

**2019 Mount Shasta Special Event**  
***Opportunity Rings! Pray, Sing, Dance and Play in the Light!***

**July 5-7**

**Friday, July 5**

- 9:45 am Meet at temple property, 1341 Pine Grove Drive, Mount Shasta, CA 96067, to pick up a map of the parking area around the corner. Then continue for 200 feet on Pine Grove Drive. Turn left on Schilling Ave, left on Scenic Drive (800 feet) and left on Tamsen Way and look for the sign that says "Alexander-Beese." Drive down the driveway, follow the pink flags out into the flat field, and park there.  
Walk to PanEuRhythmy\* Circle. Look for the blue flags marking the Circle.
- 10:00 PanEuRhythmy\* begins
- 11:00 Walk short distance to Vaastu property  
Kirtan singing  
**Kuan Yin: *Loving-Kindness Reigns in Hearts of Mercy and Grace*** (not broadcast)
- 12:30 pm Bookstore open
- 1:00 Lunch at local restaurants
- 2:00 Soul-Raising Sessions\*\* with David Christopher Lewis in the Vaastu Temple (2:00-5:00 pm)
- 2:30 pm On your own: hike the lower mountain, hike the Elsa Rupp Trail\*\*\* (flat trail by a crystal-clear stream) or enjoy sacred shopping

**Saturday, July 6**

- 8:00 am PanEuRhythmy\*
- 9:00 Prayers and songs  
**Saint Germain and Portia: *A Magic Ride to the Violet Planet with Omri-Tas*** (a talismanic blessing with a large amethyst heart afterward!)
- 12:30 Set up lunch (vegan pot fortune with **cosmic carrot cake** to celebrate the golden-pink ray of love-wisdom!)
- 1:00 pm Picnic on Vaastu property with volleyball, water balloons, games
- 2:30 A hike up the mountain with **Godfre, David Lloyd, Unkle Kenneth (Sir Winstone/Laugh-a-Lot) and Peter McPhee** (not broadcast)

**Sunday, July 7**

- 8:00 am PanEuRhythmy\*
- 9:00 Prayers and songs  
**Jesus and Magda: *The Love and Life of Twin-Flame Initiates***
- 11:00 Intermission
- 11:15 Prayers and songs  
Sharing and reflection on HeartStream

12 noon Closing, Circle of Oneness  
3:00 pm Soul-Raising Sessions\*\* with David Christopher Lewis in the Vaastu Temple

**\*Paneurhythmy** (pan-u-rith-mee) is a system of physical exercises set to music traditionally performed in the morning in nature, integrating music and poetry, movement and thought in a harmonious unity. The meditative movements set to sacred music were created and introduced by the Bulgarian master, Peter Deunov, between 1932 and 1942. In his own words, he describes this all-encompassing science by saying, "...I have placed in your hands [Paneurhythmy], the key to my Teaching. If you dance the Paneurhythmy correctly, the positive forces of Nature will flow through you and connect you with one another and connect all of you with the unbounded Cosmic Circle of Great Beings."

**\*\*Soul-Raising Session.** Each 10-, 20- or 30-minute in-person **Soul-Raising Session** with David Christopher Lewis includes a soul reading, aura clearing, chakra balancing and question(s) answered. Receive a direct teaching from the Holy Spirit, uniquely personal for you. Feel accelerated and invested with greater light, divine joy and beingness.

A 5-minute **Holy Spirit blessing** with gemstone talisman, also offered, releases a personal talismanic charge of light from the Holy Spirit. See Cathleen Alexander during the event to schedule your session. (\$33 for 5 minutes; \$72 for 10 minutes; \$144 for 20 minutes; \$200 for 30 minutes).

**\*\*\* Elsa Rupp Trail**, 28-220 N Old Stage Rd, Mt Shasta, CA 96067. Near the Sisson Museum and Fish Hatchery. Length: Approximately 1 mile in total. Elevation Gain: Negligible. Special Features: Multiple crossings of clear Big Springs Creek and its side canals. A shady and cool mixed conifer forest with a broad riparian zone along the waterways. A very peaceful isolated corner away from the "hustle and bustle" of Mount Shasta.

Directions to Trailhead from Pine Grove Drive: Go east on Shilling Ave 0.6 miles to the end. At North Old Stage Road, turn left (south). Go about 1.5 miles to the first stop sign junction. Look for the Sisson Museum sign and the Mount Shasta State Fish Hatchery sign. Turn right into the Sisson Museum parking lot. The trail begins through a gate on the north side adjacent to a kiosk describing the trail.

Directions to Trailhead from I-5: Take the Lake Street (Central Mount Shasta) exit off of I-5 and then go west on Lake Street for about ½ mile to the stop sign junction with North Old Stage Road. Go straight into the Sisson Museum parking lot. The trail begins through a gate on the north side adjacent to a kiosk describing the trail.

Source: <https://mountshastatrailassociation.org/trails/urban-trails/elsa-rupp-trail/>

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