

A Spring Equinox Celebration of Joy in Hawaii with the Masters of Levity
March 16-23, 2020
WhaleSpirit Sanctuary
Broadcast Program

Hawaii Time is listed, except the times highlighted in yellow are the Broadcast Times in Mountain Daylight Time

Tuesday, March 17 (St. Patrick's Day)

- 7:00 am Optional drive to Kealahou Bay to view ocean, possibly dolphins (3-min. drive). We will drive on the first day, because it is a steep 20-30 min. walk. Swimming not recommended until session with swim guide on Thursday.
- 8:00-9:00 Breakfast
- 1:15 pm MDT**
- 9:15 am In seats in meeting room. Leave your phone and any other electronic devices in room or kindly turn off and give to usher. See note at top of program.
- 9:20 Silent meditation. No entry
- 1:35 pm MDT**
- 9:35 Prayers and songs. Okay to enter room
How to Be a Jolly Good Fellow with Lanello and a Happy Camper with Clare de Lis!
- 11:00 Intermission
- 3:15 pm MDT**
- 11:15 Prayers, songs and Laughter Yoga
Fun Wey: Sharing within a Joy-Field of Hilarity and a Fun-Field of Health!
- 4:30 pm MDT Broadcast ends for the day.**
- 12:30 pm Lunch
- 2:00 Meet at vans to go to Paneurhythmy and afternoon outing to Pu'uhoanua O Hōnaunau National Historical Park, State Hwy 160, Hōnaunau (pronounced Hoe-now-now), also known as the Place of Refuge (12-min. drive).
- 6:00 Meet at vans to return to WhaleSpirit
- 6:30 Dinner
- 7:30-8:30 Available times to schedule in-person Soul-Raising Sessions

Wednesday, March 18

- 9:15 am In seats in meeting room. Leave your phone and any other electronic devices in room or kindly turn off and give to usher. See note at top of program.
- 1:30 pm MDT**
- 9:20 Silent meditation. No entry
- 9:35 Prayers and songs. Okay to enter room
Joviel: How to Be Jovial on the Path of the Via Gloriosa!
- 11:00 Intermission
- 3:30 pm MDT**
- 11:20 Prayers, songs and Laughter Yoga
Sharing and reflection
- 4:30 pm MDT Broadcast ends for the event. Broadcast listeners, thank you for joining us!**
- 12:30 pm Lunch.

Thursday, March 19 (Spring Equinox: 5:50 pm Hawaii-Aleutian Time)

6:15-6:55 Breakfast

Wear your swimming suits. Bring snorkel gear, hat, swim socks or shoes, water.

7:00 am Meet at vans to drive to Honaunau Beach Rd Snorkeling access (12-minute drive), known as Two-Step. Some of the best snorkeling in the state of Hawaii is found here.

7:15 Park and follow swim guides to spot where we will divide into our swim groups and receive instruction on entering the water and swimming or snorkeling.

10:00ish Meet at vans to return to WhaleSpirit

11:15 In seats in meeting room. Leave your phone and any other electronic devices in room or kindly turn off and give to usher. See note at top of program.

3:20 pm MDT

11:20 Silent meditation. No entry

11:35 Prayers and songs and laughter. Okay to enter room

Levity, The Angel of Joy: Thrive and Be Alive in Levity's Light!

Lord Ling: A Sacred Journey to the Promised Land of Perfect Joy!

5:00 pm MDT Broadcast ends for the day.

1:00 pm Lunch

2:30 Meet at vans to drive to beach for optional Paneurhythmy or go on your choice of other activities.

6:30 Dinner

7:30-8:30 Available times to schedule in-person Soul-Raising Sessions

Friday, March 20

Outing to Hawaii Volcanoes National Park—**no broadcast today.**

Saturday, March 21

6:45-7:00 Optional drive (or walk) to Kealakekua Bay or elsewhere to view ocean, dolphins and/or swim

8:00-9:00 Breakfast

9:15 am In seats in meeting room. Leave your phone and any other electronic devices in room or kindly turn off and give to usher. See note at top of program.

1:20 pm MDT

9:20 Silent meditation. No entry

9:35 Prayers and songs. Okay to enter room

The Goddess of Joy: Every Blessing Has an Alchemical Center of Divine Joy!

11:00 Intermission

3:15 pm MDT

11:15 Prayers, songs and Laughter Yoga

Buddhi-Ma: Become Childlike and Ascend through Joy, Joy, Joy!

Maitreya: Laughing Buddhahood Brings the Riches of the Spirit to All!

4:30 pm MDT Broadcast ends for the day.

12:30 pm Lunch.

2:00 Meet at vans to drive to beach for optional Paneurhythmy or go on your choice of other activities.

6:30 Dinner

7:30-8:30 Available times to schedule in-person Soul-Raising Sessions

Sunday, March 22

Outing to Dolphin Swim Boat Tour and beach—no broadcast today.

Revised 3/18/20. This program is subject to change.