

# My Spirit Retreat

Three-Day Guide  
& Workbook



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# INTRODUCTION

Welcome to your My Spirit Retreat. This spiritual retreat is a sanctuary of withdrawal to source activity and experiences that opens your soul to the process of transformation.

The next three days will be focused on sourcing that transformation. This is done through a variety of exercises, meditation, silence, self-discovery and creating a heightened connection and communication with spirit.

My Spirit Retreat is about creating and generating a shift. The slightest shift in any one area can make an enormous difference. For instance:

- An accident usually can be prevented by a fraction of an inch within a fraction of a second
- Controversially, yet just two degrees of global warming may cause chaos to our earth and our lives
- A few dollars difference in a country either exporting more or importing more, defines their exchange rate
- A tsunami can be caused by just a four inch shift on the ocean's floor
- The slightest elevation of the corners of your lips can cause an immediate soulful boost, and can take ten years off of your beautiful face

The slightest shift that you reveal during this retreat can influence who you are being, what you are doing, and what you have to offer. One small thought, word or deed can be a significant cause for rebirth, re-creation, or just a variation from the path you are now on.

## My Spirit Retreat

This retreat is yours and yours alone. You are the masterpiece of your life. You are the director, curator, producer, writer, designer, painter and sculptor. These three days are a blessing and gift from yourself to yourself. This is a time to focus on self-evaluation, alter self-perspective, enhance self-intimacy, and it is best done alone. True intimacy is found through silence and solitude.

Since My Spirit Retreat is self-generating, it may be a challenge for those not use to creating and producing their own sacred time. Yet, if you are willing to put in the effort, and follow the structure, this time can renew your spirit, awaken your heart, and bring you peace. It can also support you in your clarity, commitment, and choices, which will help you mold and manifest the life you desire.

Pure sacred guidance is a revered counsel. Getting in touch with your true-self, your inner spirit, your intuition will bring you to that place. It can also restore your faith, bring you hope, and offer you direction in this hectic complicated world.

My Spirit Retreat has a suggested agenda with specific time segments. The total time within the proposed agenda is 18 hours. You can divide these time segments as you wish. The preference is to use the full three days of retreat, but you can do a two-day retreat if your time is more limited. This Retreat is a system. Some of the items are repeated within the agenda. If you finish an exercise early, fill in the extra time with prayer, reading, writing, or just silence within meditation.

Creating a peaceful, quiet sanctuary is of ultimate importance. Choose a location away from noise, family, and every day interruptions. Check into a hotel, go to a bed and breakfast, use a friend's home if they are away, or wait for a time when you have the house to yourself. Turn off your cell phone, computer and any technology that could interrupt positive energy flow. Facebook, Twitter, and texts are not recommended during retreat hours.

### SUPPLIES LIST:

- Music
- Journal
- “My Spirit She Lifts From Me” and Other Inspirational Books
- “My Spirit Cards”
- Altar Accessories: Tablecloth, Candles & Lighter, Incense, Sage Smudge, Fragrance Oil, Flowers, Crystals, Religious Artifacts and or Religious Books
- Timer
- Creative Supplies
- Scissors
- Highlighters
- A Stack of Magazines You Like
- Sketching Paper
- Poster Paper
- Markers
- Glue
- Yoga Mat
- Healthy Snacks & Beverages

MY SPIRIT RETREAT AGENDA

DAY ONE

5:00 – 6:00 pm Opening Ceremony

6:00 – 7:00 Journey Back

7:00 – 7:30 Journal

7:30 – 8:00 Loving & Healing Meditation

8:00 – 9:00 My Spirit Cards - Exercise

DAY TWO

9:00 – 9:30 am Meditate & Archangel Prayer

9:30 – 10:00 I AM Exercise

10:00 – 10:30 Read & Automatic Writing

10:30 – 11:00 Game On Workbook / Read Chapters 1 -2

11:00 – 1:00 Game On Workbook / Read Chapter 3 & Set 90 Day Focus

1:00 – 1:30 Lunch Break

1:30 – 3:30 Game On Workbook / Read Chapter 4 & Mind Map

## My Spirit Retreat

3:30 – 4:00 Nature Walk With Elements & Spirit Prayer

4:00 – 6:00 Game On Workbook / Read Chapter 5 & Vision Board

6:00 – 6:30 Dinner Break

6:30 – 8:00 Game On Workbook / Read Chapter 6 & Set Goals

### DAY THREE

9:00 – 9:30 am Meditate

9:30 – 10:30 My Spirit Cards - Exercise

10:30 – 11:00 Read & Automatic Writing

11:00 – 12:00 Questions are the Answer - Exercise

12:00 – 1:00 Closing Ceremony

# DAY ONE

## MY SPIRIT RETREAT OPENING CEREMONY

(I will be not afraid in the moment, for the past moment and the future moment cradle me in the security of knowing, I am okay.)

5:00 – 6:00 pm

This ceremony is to launch your retreat with vigor and direction. How you do this ceremony is how you will do your retreat. How you are being within this portion of time is how you will be during these next three days. Be loving. Be authentic. Be generous. Be reverent. Life is a mirror. You get what you give, so when you reverence this time, this time will honor you, and so it is within life itself.

1. Start some soft spa music.
2. Clear your space with smoke from a Sage Smudge.
3. Set up your My Spirit Retreat Altar.
4. Light candles and incense and turn the lights down.
5. Read a poem or a favorite verse or say a prayer aloud.
6. Meditate, pray and visualize your retreat. Use a guided meditation if you wish for part of this section.
  1. Slow your mind and center your being. Focus on your breathing.
  2. Thank the Holy Spirit for guidance, protection and all of your life's blessings.
7. Fill out the I Transform list on the next page and give thanks for its transcendence.

## I TRANSFORM

During this My Spirit Retreat you will focus on transforming. By creating a list and writing a list of your intentions, you are starting the transformation process. You are putting attention to, and concentrating on, what you will manifest. Your thought, word and deed is the metamorphosis of life. Let it be positive. Let it raise you up and bring you forward. Let it reside in the light of goodness and greatness.

A few examples are listed below.

I (Name), Transform:

1. The way I treat my family
2. How I bend the truth
3. My financial condition
4. How sad I am
5. My state of health

Please add your name and fill in as many entries as you wish. You can focus on one or have a list of many. It is up to you.

I \_\_\_\_\_, Transform:

- 1.
- 2.
- 3.



4.

5.

6.

7.

8.

9.

10.

## JOURNEY BACK

(Be an island in an ocean of waves.)

6:00 – 7:00

This exercise is a complete scan of your life and is significant in developing a base in which to create compassion and understanding. This process will aid you in letting go of any sadness, regret, anger, grief, or resentment. It will also support the process of forgiveness. You will forgive yourself, others, and perhaps even God. Letting go of the past and allowing acceptance will open you up to new possibilities.

During this process you may feel intensive emotions. Opening the door of our pasts is not easy. No matter who we are, or where we've been, we have disappointments, sorrows, embarrassments, and loss.

## My Spirit Retreat

You are safe. Ask God for the presence of light, love and connection. Feel the peace and watch this movie of you outside of yourself. You are the loving, supportive spirit of this beautiful earthling, you. Let's see what you can discover about yourself that will offer expanded acceptance, peace, and joy.

Start at the beginning with your very first memory, and walk through a visual of your entire life. The better your memory, and the older you are, the longer this activity will take. Don't skip over tough times. Cry, weep, yell, scream, or stomp if need be. Stay within each timeslot until you release any negative feelings. Offer it love and patience and let it move through you until you are on to the next memory.

This is an all-inclusive mental visual journey and analysis, so you will also feel some of the joy, the happiness, and the peace of your life as well.

Remember all the people such as the relatives, the teachers, the friends. Evoke times spent with your pets and other animals. Recall the adventures, the vacations, the holidays, the activities. Bring to mind the locations, the buildings, the sights, the scents, the tastes, the sounds.

It is all important for it is all your life. Be willing to be open and honest with yourself. You are not alone. We all have it all, the good, the bad and the ugly.

What is your earliest recollection as a child? Move forward day by day, week by week, month by month, or year by year, depending on what comes to mind. Stay in chronological order if possible.

Now it's time to begin this visualization exercise. Cradle yourself with love, close your eyes, and envision your life from above yourself.

## JOURNAL

(When you water positive seeds, you cultivate joy.)

7:00 – 7:30

Writing our thoughts, emotions and circumstances down on paper can at times be a release and a relief. It can aid us in liberation of peace and tranquility of mind.

Journaling, similar to meditating, can be a way to center ourselves. It can support us to step back into the stillness and not live in continuous crisis. It can help us be more prepared emotionally and find stability in the knowing everything will be okay.

Journaling is nourishing for the soul, stimulating for the mind, and healing for the heart. Make journaling a regular routine and you will find it to be fuel, and nutritious energy, for a bountiful healthy life.

Journal for the next 30 minutes or so. You can use a paper tablet, journal, or your computer. Use whichever process makes it easy for you. Begin now.

## HEALING & LOVE MEDITATION

7:30 – 8:00

Read through this process first and then begin.

Sit or lay in a comfortable position. Close your eyes and breathe slow, steady and deep for a few minutes. Center yourself. Clear your mind. If you choose to play music during this portion have the volume very low.

Keep the same pattern of breath. Begin to see a pink fog coming towards you. This fog is intense and heavy. It is a visual of a true perfect love. It is billowing closer and closer. It is drawing you in as it draws near like a beautiful magnetic cloud.

See it covering your toes, and then your feet, rolling around each heel, and then covering your ankles.

Slowly see this pink fog ascend up over each and every portion of your body. It brings you warmth and love. It brings you peace and calmness. After it folds up over your forehead and back up your neck and head and totally enfolds you, breathe it in. Feel this loving mist around your tongue, down your throat and deep into the very depths of your lungs.

You are now full of love, peace, healing and perfection. Sit within this love and become ever so present of its power. Give thanks for its delivery and all it offers your life as you sit within the silence.

## MY SPIRIT CARDS

8:00 – 9:00

We all live this life with many lessons to learn. Most of these lessons are acquired through our personal choices, mistakes, and experiences. Some lessons are very difficult to learn, some are hard to remember, and yet others cannot be forgotten.

Once in a while, when we are extremely lucky, we are able to discover and absorb life's lessons through other people's stories. This is a blessing, for we are then saved from the trouble, the pain, the sadness, or the years that often these lessons take.

The My Spirit She Lifts From Me book, contain the stories, and the My Spirit Cards, echo the lessons that may be reminders, or perhaps complete new thoughts, beliefs or inspirations, which could alter the way you are from this moment on.

Read through all the Lessons on your deck of My Spirit Cards. Choose three cards which list lessons that you want to identify with. Read those stories within the My Spirit She Lifts From Me book. The page numbers are listed under the Story name on each card.

Think of any personal stories where you have witnessed these same feelings or same lessons. Some good questions to consider are:

- What are some other lessons you may have gotten?
- How did it change you?
- How can you retain the lesson if you forget the story?
- What lessons are you conveying through your stories?
- What is a lesson you have learned from experience?
- What lesson have you taken from others?

## CLOSING PRAYER

9:00

## DAY TWO

### CALLING IN ARCHANGELS

9:00 – 9:30 am

The law of receiving states that one must give in order to receive. This prayer gives you the perfect opportunity to offer support, love and lifting thoughts for someone in your life that needs it at this moment in time. Your generosity and lifting vibration may deliver peace, love, hope and or faith.

It is said that is it best to call upon Archangels when praying for others. This prayer is about connection, generosity and love. Be there. Feel it. Know you are in the presence of glory and greatness, and you are heard.

Decide who this prayer is offered to, have your altar set and four candles lit. Have one set in each direction to honor each of the four Archangels you will call upon.

Use the chart on the next page for guidance if you wish to use your own words, or just read the example.

This prayer is best said out loud.

<b>Face</b>	<b>Call Upon</b>	<b>Give Thanks For Their</b>	<b>Thank Them All For</b>
<b>West</b>	<b>Archangel Gabriel</b>	<b>Wisdom</b>	<b>Love and Peace</b>
<b>North</b>	<b>Archangel Uriel</b>	<b>Light</b>	<b>Love and Peace</b>
<b>East</b>	<b>Archangel Raphael</b>	<b>Healing</b>	<b>Love and Peace</b>
<b>South</b>	<b>Archangel Michael</b>	<b>Protection</b>	<b>Love and Peace</b>

# ARCHANGELS

ARCHANGEL GABRIEL  
WATER / WEST / WISDOM



ARCHANGEL URIEL  
EARTH / NORTH / LIGHT



ARCHANGEL RAPHAEL  
AIR / EAST / HEALER



ARCHANGEL MICHAEL  
FIRE / SOUTH / PROTECTION



## Example for Part One:

Stand and face west. “Archangel Gabriel, I call upon you. Thank you for being present and for your great wisdom. Thank you also for all of the love and peace you have to offer.”

Turn and face north. “Archangel Uriel (Ariel), I call upon you and your brilliant light of love and peace. Thank you for hearing me and coming to my side.”

Turn and face east. “Archangel Raphael, I request your presence and source of abundant healing. Thank you for hearing me and bringing with you expanded levels of love and peace.

Turn and face south. “Hear me Archangel Michael, I ask that you be here, now, for your immense protection. Thank you for your continuous support of love and peace.

Part Two:

Stand in the middle of these brilliant loving Archangels. Feel the power, the glory and the energy of the Holy Spirit. Take a few deep breaths and begin your prayer for your loved one. Tell them who you are praying for and what is being requested. This prayer can be as long or short as you wish. Make it personable and speak directly to the angels.

Thank them again for being present, for their listening of you, and for delivering their wisdom, light, healing and protection.



## I AM

9:30 – 10:00

Highlight the adjectives, which you are, under the first portion of I AM. Be real and honest. Then add to the list all of the words that describe you that are missing. Then, highlight the adjectives, which you are creating yourself to be, under the second portion. Finally add all of the words that you are creating yourself to be that are missing.

## I AM:

Loving

Forgiving

Stable

Centered

Happy

Joyous

Full of laughter

Giving

Creative

Spiritual

Deep

Caring

Smart

Full of common sense

An expanse of ideas

Stylish

Connected

Loved

Peaceful

Understanding

A great listener

Organized

Imaginative

Innovative

Patient

Dependable

Determined

Grateful

A leader

Calm

Faithful

Deserving

Forthright

Sensible

Intimate

Trusting

Trustworthy

Personable

Approachable

Assertive

Brave

Expectant

Friendly

Bold

Clever

Fun

Inspirational

Loyal

Respectful

Blessed

Rewarded

Centered

Fulfilled

## I AM CREATING MYSELF TO BE

Strategic

Clear

Focused

Successful

Wealthy

## AUTOMATIC WRITING

10:00 – 10:30

Automatic writing is described in Wikipedia as an alleged psychic ability allowing a person to produce written words without consciously writing. The words are claimed to arise from a subconscious, spiritual or supernatural source.

Don't put too much weight on the "alleged psychic ability" portion of this statement. If you don't feel that you are psychic, and most people don't, you can still be successful at automatic writing.

This is conversation with you and spirit. Even though it is ever present in your life, we are not taught how to really listen to our soul, our inner being, the part of us that is connected wholly and fully to God. This exercise sets the stage and opens communication. It can be done in your journal, a tablet, or on your computer.

You start by writing a question down. You then wait. Wait until your heart tells you what to write. Wait until you hear something. You may not know where it is coming from. You may even think that you are answering your own question. It is all okay. Writing what come to mind helps you open up. It helps you release your inhibitions over the process.

The more you participate in automatic writing the easier it becomes. It can be eye-opening, entertaining, uplifting, powerful, moving and even life changing. A few questions that you may want to start with if you have never done this before could be:

- How do I do this?
- What should I ask?
- Are you there?

Once you are comfortable and proficient you will be able to ask any question that comes to mind.

## GAME ON WORKBOOK

10:30 – 11:00 Chapters 1 & 2

11:00 – 1:00 Chapter 3 & Set 90 Day Focus

## LUNCH BREAK

1:00 – 1:30

## GAME ON WORKBOOK

1:30 – 3:30 Chapter 4 & Mind Map

## NATURE WALK OF GRATITUDE PRAYER

3:30 – 4:00

On any given day we commonly, and at times unconsciously, imprint impatience, anger, hopelessness, and worry into existence. This Nature Walk of Gratitude Prayer will lift your mood, and improve your energy, by consciously blessing the ground with each stride, peace and stability will be imprinted. Every step in your life matters. Use this walk to envision yourself walking in calmness, strength and solidity.

Use hand gestures like sign language working your way through the prayer. If you are walking in public and choose not to use hand gestures, picture them in your mind's eye. You can find an example video on the My Spirit Retreat website.

Water, water, water, water

Thank you, thank you, thank you, thank you

Earth, earth, earth, earth

Thank you, thank you, thank you, thank you

Air, air, air, air

Thank you, thank you, thank you, thank you

Fire, fire, fire, fire

Thank you, thank you, thank you, thank you

Angels, Saints, Guides, Angels, Saints, Guides Angels, Saints, Guides

Thank you, thank you, thank you, thank you

Holy Spirit, Holy Spirit, Holy Spirit, Holy Spirit

Thank you, thank you, thank you, thank you

For all of the love, all the abundance, all the connection, all the healing,

the light, the creativity, the experiences, the adventure, the protection, the laughter, the joy, the fun, the passion, and all of the beautiful, happy, wealth building, abundant thoughts from the universe onto me, through me, for the good of all.

Thank you, thank you, thank you, thank you

Amen, Amen, Amen, Amen

## DINNER BREAK

6:00 – 6:30

## GAME ON WORKBOOK

6:30 – 8:00 Chapter 6 and Set 5 Year, 1 Year, 90 Day, and 1 Week Intentions

CLOSING PRAYER

8:00



## DAY THREE

### MEDITATE

9:00 – 9:30 am

### MY SPIRIT CARDS

9:30 – 10:30

### GAME ON WORKBOOK

10:30 – 11:00 Chapter 7 & 8

## QUESTIONS ARE THE ANSWER

11:00 – 12:00

The answers you seek are found within the questions you ask. In order to move on, you will need to ask yourself the right questions. Answers are always found through the questions that are asked. If you are not asking questions, how do you expect to find answers?

Answers are found in:

- What
- Where
- Why
- When
- How
- Am I

Write down two questions that if you had an answer to, it would greatly clarify your direction. Don't expect the answer immediately. Leave it to Universal Spirit, yet give thanks to God for answers.

1. \_\_\_\_\_

Examples:

What do I love about myself and what can I improve?

What needs to change in order for me to be happy?

What am I missing in my spiritual life?

What do I want my calling to be?

What do I seek?

Where do I find peace?

Where can I look for magic in my life?

Where can I help others?

Where can I go from here?

Where is my inspiration?

Why do I tend to blame my problems on others?

Why can I not let go?

Why am I suffering?

When will \_\_\_\_\_ happen?

When will my faith be renewed?

How can I create a well-balanced life?

How can I make myself a gift to the world?

How can I better influence others?

How can I make more money?

How can I bring more integrity to my life?

How can I fully experience the Devine?

How can I better live in generosity?

How can I further live in gratitude?

How will I create a legacy?

Am I listening to my intuition?

Am I being who I know I am?

Am I creating a life worthy of my greatness?

Am I causing any pain in others?

Am I willing to pay the price?

## CLOSING CEREMONY

“Be a sharp, present, clear, perfect tone. You are but one great note in the sonnet of life.”

12:00 – 1:00

This Closing Ceremony is to celebrate you. It is to offer gratitude for this sacred time with self and with spirit. This time, like your Opening Ceremony, is spent around your altar in prayer, and thanksgiving.

Reflect on your retreat.

1. Start some inspirational music.
2. Light candles and incense and turn the lights down.
3. Read a poem or a favorite verse or say a prayer aloud.
4. Meditate, pray and visualize your transformation.
  1. Slow your mind and center your being. Focus on your breathing.
  2. Thank the Holy Spirit for guidance, protection and all of your life's blessings.
5. Review your I Transform list and give thanks for the shift that is causing new thoughts, intentions and possibilities.

Dance with yourself. Let it all go. A new awakening has occurred and you can fully experience and fully express your passion, your love, and your faith for yourself and your life.

Find some of your favorite inspirational, uplifting songs online and listen to the words. (See suggested songs on next page) Sing along. Play them loud and be exuberant in your celebration. Let the words run deep within. Smile, laugh, reflect, cry if need be, and be with the music. Be with yourself. Enjoy this time of celebration. Let the music, the words, the dance lift you into a new realm of being.

At the end of your retreat, bow your head, thank God for your time, your work, your experience and your moment in this beautiful light of life, then blow out the candles on your altar.

Your celebration of life continues...

SUGGESTED MUSIC LIST OF ONLINE SONGS WITH LYRICS

<https://www.youtube.com/watch?v=FrLafWZxczI> – On Eagles Wings

<https://www.youtube.com/watch?v=K6fYAiQV-Bs> - Here I Am Lord

[https://www.youtube.com/watch?v=AJ\\_UtQ40s\\_0&list=PL5A6B373B054E03BB&index=56](https://www.youtube.com/watch?v=AJ_UtQ40s_0&list=PL5A6B373B054E03BB&index=56) – Love is Following You

<https://www.youtube.com/watch?v=SFIOJ2BvVcc> – Amazing Grace

[https://www.youtube.com/watch?v=oni0tO\\_HN30](https://www.youtube.com/watch?v=oni0tO_HN30) – You Raise Me Up

<https://www.youtube.com/watch?v=KA7JKjw7EGU> – I Am Not Afraid Anymore

<https://www.youtube.com/watch?v=PDClYf9jjTE> – Be Not Afraid