All Love: Day Retreat

Carriage House — 119 South Main St. Deerfield, WI 53531

All Love Facilitator, Kathy Milanowski, 425-220-5283

All Love Class Basics

The Sekhem /All Love Day retreat is a highly experiential workshop. The energy affects participants on all levels: physical, emotional, mental, and spiritual. Everyone has a unique experience, ranging from very cathartic and full of emotional release to deep silence and peace. We hold a sacred, safe space for whatever arises. The energy will speak to you in the language and images your heart recognizes.

According to Patrick Zeigler, All Love Founder, "The key here is enlightenment and unconditional love. To discover the love so deep within and to feel it in a way you have never felt before." Allow your heart to open and love more deeply than ever before!

- **Confidentiality** - Keep what happens in class confidential. You may share your experience, but please keep others' experiences and sharing privately.

- **Touch Permission** - Let us know if you do not want to be touched, and tell the person if any touch is uncomfortable. Please let your supporters know if you need to touch somewhere. Supporting each other with love and safe touch, with consent, is powerfully healing. Let us know if loving hugs and embraces are welcome.

- **Self and Other Empowerment** - Let the person in the process discover what is going on. You may see it before them, but let them find out it. Let them follow the energy to their truth. This empowers them. You may encourage them to go deeper.

- **Please use no other modalities** - Allow the All Love Energy to work without other energies or systems.

- **See everyone in their perfection** - Hold the space of True/Divine alignment and perfection for them and yourself.

- **Let the energy or feeling in your body move you**. Unlike other guided meditations, All Love permits you to make sounds, release emotions, and move your body with the energy that arises. Laughter, crying, toning, screaming, and silence are all welcome.

- **All emotions are welcome** - All Love can help you let go of your fear of your feelings. Even the difficult and unpleasant emotions are part of the rainbow.

- **Pain** - Allow yourself to find the pain to release the energy from the body thoroughly. "The deeper you go, the higher you fly." ~ Patrick. All Love energy can take you into the hidden darkness within you and expose it to divine light.

- **Allow the trigger** of someone else's comments, experiences, and emotions to take you where you need to go. It will be a gateway of release. *Let go of judgment* of yourself and others even as you experience being triggered.

- **Whatever comes up for you - go into that**. Feel deeply into whatever arises.

- **Let the child inside you out**. Children don't judge their emotions or thoughts. They have them and let them go as quickly as they arise.

- **Boundaries** - Full expression is welcome within safe boundaries. No sexual touch is permitted during the class. Anger can be expressed. Pounding pillows is welcome; however, breaking objects, hurting yourself, or hurting others is prohibited. If triggered by someone, please own your thoughts and feelings and express how another's thoughts or actions made you feel.

- Verbally attacking another is not permitted.

- **If you need to be left alone** for a while, there is a designated couch where you can be completely alone.

- **Commit** to stay for the whole time you originally intended. Some want to leave just before their breakthrough. ***Often, wanting to run away signals the nearing breakthrough.*** The longer you stay in the energy, the more benefit there will be.

Let it all unfold, and know you are so loved! All Love!