

SEKHEM/All-Love with Partrick and Sirley Zeigler
Adamah Retreat Center — 4681 County Road ZZ, Dodgeville, WI 53533
Host Kathy Milanowski, Beautyofcompassion@gmail.com 425-220-5283

Important Notes: The schedule may adjust based on group needs. Expect short breaks in the morning and afternoon and a 1.5-hour break for a light lunch. We recommend bringing light food to enjoy on-site and minimizing movement during lunch to allow for adequate rest.

8-Day Retreat with Patrick Zeigler

Introduction to the SEKHEM Energy and All-Love System: Explore the SEKHEM Energy and the All-Love System on physical, mental, emotional, and spiritual levels. Discover "The Mastery of the Heart - A Guide to Happiness."

What is SEKHEM Initiation? Learn about the preparation needed to receive SEKHEM Energy and how to upgrade your heart to the frequency of Love. Experience a new consciousness, immortality, deep peace with integration and a safe space to anchor the experience.

SHENU Meditation: Understand the benefits of SHENU Meditation and its role in our system. This step-by-step experience will connect you to your pure and immortal essence.

The Practical Guide to Emotional Releases: FEEL, EXPERIENCE, and TRANSFORM. Explore why we continually seek the Pure Heart.

Volunteer Sessions: Patrick will work individually with volunteers, offering an opportunity to address personal issues.

Activating the Observer State: Learn how to activate the observer's internal state with new content and hands-on activities.

Homework - Infinity Meditation: An overnight practice to prepare you for the following day.

Morning Sharing: Share experiences from days and Q&A.

The group's needs will guide the agenda.

Activities: Depending on the group's energy flow, some techniques and meditations may include:

SHENU Meditation

SEKHEM Initiation

Transition Meditation | Goodbye

Countdown Meditation

Inner Child Meditation

Reconnection Meditation as Father and Mother

Heart Activation Meditation with the Infinite

Infinity Dance Meditation

DNA Strand Recoding Meditation

Step by Step for All-Love Individual Session

Cold Water Meditation

Fire Meditation

Continuation from Day 2: Deepen your learning and training with:

Meditation on Activation of Energy Points in the Physical Body

All-Love Breathing

Mental Reset

Inner Sound Meditation

DNA Strand Recoding Meditation

Step by Step for All-Love Individual Session

Cold Water Meditation

Fire Meditation

Introduction to All-Love Breathing: Learn the benefits of conscious breathing practice and how to ground the new awareness this exercise brings.