

SEKHEM/All-Love with Kathy Milanowski
Awakened Lakeshore, 2221 Lincoln Avenue, Two Rivers Wisconsin
Host: Tammie Tripler, tammie@meridianwi.com 920-540-6693
Teacher: 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, as well as a 1-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.

Introduction, explanation of the day's events.

The group's needs will guide the agenda throughout the day.

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.

Sharing: Share experiences 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

The Sufi Dance

Reconnection Meditation as Father and Mother

Infinity Dance Meditation

DNA Strand Recoding Meditation

Mental Reset

Inner Sound Meditation

The Surgeons Experience