1. What is All-Love?

All-Love is the name Patrick Zeigler gave to his work with Sekhem Energy, due to the Love that expands the heart and connects us to the Source. This Energy helps individuals align with their higher purpose and creates a perfect connection between the material and spiritual worlds through Unconditional Love.

The All-Love practice focuses on heart expansion and connection to Earth and Universal energies, activating the ANKH (Breath of Life, Eternal Life). When we connect with this Energy, we go through a process of self-healing, releasing imbalanced energies to be filled with All-Love. The group works spontaneously, guided by the Energy and the individual needs of each participant, leading to Enlightenment experiences and Spontaneous Initiations.

All-Love Energy manifests freely and unpredictably, creating deep connections and working on emotional, physical, mental, and spiritual levels.

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2. What's the difference between a Workshop and a Retreat?

The All-Love Retreat differs from a traditional workshop in several ways:

- Full Immersion: All participants stay in the same location throughout the event, enabling deeper connection with the Energy.
- Three Daily Sessions: Activities take place in the morning, afternoon, and evening, including meditation, breathwork, and physical exercises.
- Disconnection from the outside world: Participants are encouraged to limit contact with the outside world to allow complete immersion in the process.

This structure supports a deeper and more lasting state of connection and Enlightenment, unlike shorter and more structured workshops.

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3. How is All-Love connected to Sekhem?

All-Love is the name Patrick Zeigler gave to his work with Sekhem Energy. Sekhem, an ancient Egyptian form of Energy work, was rediscovered by Patrick after a powerful initiation experience in the pyramids of Giza.

He began chanting "Allah" and noticed the sound transformed into "All-Love," triggering a heart-expanding experience. Since then, Patrick has developed and shared this Energy work, expanding love in the hearts of his participants. The connection between All-Love and Sekhem lies in their shared purpose: to reconnect individuals with the Source and promote Enlightenment through love.

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4. Why doesn't the All-Love Workshop have a fixed schedule?

The All-Love Workshop is experiential and does not follow a rigid structure. It's not about teaching specific techniques, but about creating an energetic field that allows participants to experience their own self-healing and transformation.

The group co-creates the Energy, and the workshop unfolds naturally, responding to each person's energetic needs. Every workshop is unique, with the shared goal of heart expansion, Enlightenment, and reconnection with the Whole.

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5. On what levels does All-Love work?

All-Love operates on multiple levels: Physical, Emotional, Mental, and Spiritual.

- Physical: Participants may feel electricity, intense vibrations, or physical blockages being released.
- Emotional: Deep emotions may arise—some full of love, others denser and needing release.
- Mental: The mind may feel overloaded or reset, allowing for mental reprogramming.
- Spiritual: Spiritual senses may open, leading to experiences with guides, masters, and other dimensions.

At all levels, the goal is for participants to consciously feel and understand what is happening, expanding awareness and fostering self-healing.

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6. Why do some participants have uncontrollable movements or emotions?

These reactions often occur during Spontaneous Initiations when the Energy vibrates intensely, and the physical or emotional body is unaccustomed to such high frequencies. In these moments, the participant surrenders to the Energy, allowing it to facilitate healing and reconnection. Even if it feels like losing control, the participant remains conscious throughout. With time and practice, these processes become more subtle and integrated.

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7. Is All-Love connected to any religion?

All-Love is not linked to any religion or specific spiritual path. People from various traditions—Catholics, Evangelicals, Spiritists, Wiccans—attend the workshops. The shared goal is heart expansion and reconnection with the Source.

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8. Does All-Love promote healing?

Healing is a natural result of the All-Love experience, though not the primary goal. The Energy helps release physical, emotional, and mental blockages, allowing the body to self-heal by reconnecting with its divine essence. Through this self-healing process, participants often experience significant improvements across all aspects of being.

9. Why might life feel worse after the workshop?

After an intense Energy workshop, stored toxins and unresolved issues may rise to the surface. This may bring up emotions, situations, or physical conditions that need transformation. It might feel like life is getting "worse," but in reality, this is a sign that the system is being purified, making space for positive change and a new state of balance.

10. Why do people attend the workshop multiple times?

All-Love is a deep process of healing and reconnection. Repeating the workshop allows participants to dive deeper into their healing and Enlightenment journeys, strengthening their connection to the Source. Additionally, each workshop is different, co-created according to the needs of that specific group.

11. What's the difference between a 4-day Workshop and an 8-day Retreat?

The main difference lies in the amount of time spent in the energetic field. The longer one remains immersed in the Energy, the deeper it can work within the system. Short workshops may bring fast, powerful connections, while longer retreats offer deeper healing and more complete Energy integration.

12. Are there any age or physical limitations for All-Love?

All-Love is open to all ages, but guardians of children or people with physical limitations should be aware that energetic shifts may continue after the event. Pregnant individuals or those with specific health conditions should inform the workshop facilitator beforehand to receive proper support.