

Lifting the Vibration of Our Spirit

2018 Mexico Event Program Schedule

Wednesday, November 14

8:00 p.m. to 9:30 p.m.

- Beginning the journey
- Raising the vibration of humanity
- Group coherence app
- Meditation to help lift the spirit of humanity.

Thursday, November 15

9:30 a.m. to 11:00 a.m.

- Personal and social coherence
- Energetic connectivity
- Global coherence and the planetary field environment

11:15 a.m. to 12:45 p.m.

- Personal vibration
- Shift and Lift Technique
- Group coherence exercise
- Spot Check

12:45 p.m. to 2:00 p.m. – Lunch

2:00 p.m. to 6:30 p.m. –Free Time and Recreation

2:00 p.m. to 3:30 p.m. Optional: Q and A session with Rollin McCraty (research and science)

6:30 p.m. to 8:00 p.m. –Dinner

Thursday Evening

8:00 p.m. to 9:30 p.m.

- Heart of Humanity Awards
- Heart-connected communication exercise

- Meditation to help lift the spirit of humanity

Friday, November 16

9:30 a.m. to 11:00 a.m.

- The science of heart/brain communication
- The social engagement system
- How our relationships shape our perceptions of the world
- Foundations of group coherence
- Operational coherence

11:15 a.m. to 12:45 p.m.

- Heart qualities and values
- Attitude Breathing Technique
- Lifting our vibration to rise above daily drama
- How we can make changes we thought we couldn't

12:45 p.m. to 2:00 p.m. –Lunch

2:00 p.m. to 6:30 p.m. –Free Time and Recreation

2:00 p.m. to 3:30 p.m. Optional: Q and A session with Debbie Rozman

6:30 p.m. to 8:00 p.m. –Dinner

Friday Evening

8:00 p.m. to 9:30 p.m.

- Heart of Humanity Awards
- Positive energy exercise
- Interconnectivity meditation

Saturday, November 17

9:30 a.m. to 11:00 a.m.

- Science of intuition and heart Intelligence
- Freeze-Frame technique

11:15 a.m. to 12:45 p.m.

- Aligning with our true purpose
- Heart-Powered Practices

12:45 p.m. to 2:00 p.m. – Lunch

2:00 p.m. to 6:30 p.m. –Free Time and Recreation

2:00 p.m. to 3:30 p.m. Optional: Q and A session with Howard Martin

6:30 p.m. to 8:00 p.m. –Dinner

Saturday Evening

8:00 p.m. to 9:30 p.m.

- Group Discussion – Q and A
- Meditation to help lift the spirit of humanity

Sunday, November 18

9:00 a.m. to 11:00 a.m.

- Unleashing the heart power of collective consciousness
- Heart Mapping your next steps
- Meditation to help awaken the heart of humanity

