

Lifting Global Consciousness: 2019 Program Schedule

Wednesday, November 6

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

- Beginning the journey
- Lifting global consciousness
- Heart-focused meditation to help lift global consciousness
- Group Coherence App importance and use

Thursday, November 7

9:00 a.m. to 10:15 a.m.

- Coherence, heart rate variability, the importance of heart-brain communication
- Establishing a new baseline for sustained change and growth

10:30 a.m. to 11:45 a.m.

- Stepping up your vibrations to magnetize more harmonious outcomes
- How the power of “Pause” can prevent stress deficits
- Shift and Lift™ Technique for increasing the vibration during interactions

12:00 p.m. to 1:00 p.m.

- Global coherence and the planetary field environment
- Global Tree Monitoring Network overview and importance

1:00 p.m. to 5:00 p.m. Lunch, Free Time and Recreation

2:00 p.m. to 3:00 p.m.

- Optional: Q and A session with Rollin McCraty (research and science)

Thursday Evening

5:00 p.m. to 7:00 p.m.

- Accessing the higher

vibrational power of the ocean to boost your heart's intentions

- Walking meditation on the beach

Friday, November 8

9:00 a.m. to 10:15 a.m.

- Practicing coherent alignment with others to strengthen your heartfelt intentions
- How our relationships shape our perceptions of the world
- Heart to heart synchronization
- Energetic connectivity
- The uplifting effect of positive energy

10:30 a.m. to 11:45 a.m.

- How accessing heart qualities and values draw flexibility for handling challenges
- Hidden sources of stress and how to transform them

12:00 p.m. to 1:00 p.m.

- How to progressively replace old mindsets and feelings
- Lifting our vibration to rise above daily drama
- How we can make changes we thought we couldn't

1:00 p.m. to 5:00 p.m. Lunch, Free Time and Recreation

2:00 p.m. to 3:30 p.m.

- Optional: Q and A session with Debbie Rozman and Howard Martin

Friday Evening

5:00 p.m. to 8:00 p.m.

- Trip to Tulum ruins and

meditation to lift global consciousness

Saturday, November 9

9:00 a.m. to 10:15 a.m.

- Technique for accessing your heart's intuition for solutions and creativity
- Aligning with our true purpose

10:30 a.m. to 11:45 a.m.

- Cut-Thru® Technique for clearing emotional histories and habits

12:00 p.m. to 1:00 p.m.

- Raising our vibration and expanding our capacity to love

1:00 p.m. to 8:00 p.m. Lunch, Free Time and Recreation

Saturday Evening

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

- Programs for dealing with trauma and crisis situations
- Group discussions
- Heart-focused meditation to help raise global consciousness

Sunday, November 10

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

- Lifting global consciousness
- Next steps for co-creating the shift in global consciousness
- Heart-focused meditation to help raise personal, social and global coherence

Program Lessons are subject to change.