

Inner Mystery Initiation

Bali, Indonesia June 26th June - 1st July 2011

Welcome to a new form of self-development and growth! We are offering an interactive journey to Bali sharing practical tools to improve your physical, mental, emotional and spiritual wellbeing. The objective of the initiations is to develop capacities most needed for the 21st century: a deeper connection to your soul, intuition, and inner truth; a reconnection to your authenticity, integrity and emotional wholeness. Our intention is that at the end of this retreat you feel a sense of increased joy and compassion in yourself, for the planet, others and your life.

Sometimes it's only after you return from a trip that you realize how much you have done and how different you are from when you started. Know that when you leave Bali, you won't be in the same space or place – this will be a wonderful adventure and journey of inner transformation.



This experience is a combination of

- ◆ Spiritual and emotional awareness, education & expansion
- ◆ Michelle's new work comprising of reconnection to your Soul, as well as
- ◆ Visits to sacred sites and waterfalls in North Bali including a powerful purification ceremony with a Balinese 4th Level High Priest

Quote

*"Find your heart
and you will find your way"*

Mayan Elders

Itinerary

Sunday June 26th 2011

- Arrival at Bali Airport (Ngurah Rai) Denpasar. Please forward us your flight details including flight number and arrival time so we can arrange an airport pick-up for you
- Transportation to Hotel. The drive from Denpasar airport is approximately 3 hrs.
- Relaxation/Acclimatization
Receive your Traditional Balinese Massage (1 of 2)
- 8pm – Gathering at Hotel meditation room. Opening Ceremony with introductions; sharing of information, updates etc. Please ensure you are able to attend this meeting

Day 1 – Monday June 27th

- 08:00am Breakfast at the Hotel
- 09:00am Begin trip to Bedugul Temple (see picture above right). Approx 2 hours drive away from the hotel.
Short guided meditation at the lake
- Packed Lunch at Bedugul Temple
- Visit to Git Git Waterfall (see picture right)
Cleansing, empowering & receiving
- 5:00pm Visit to Family Temple of 4th Level Priest – receive holy water blessing and Purification Ceremony (at Singaraja). Includes blessed ceremonial food in the evening
- 9:00pm approx. return to Hotel

Day 2 – Tuesday June 28th

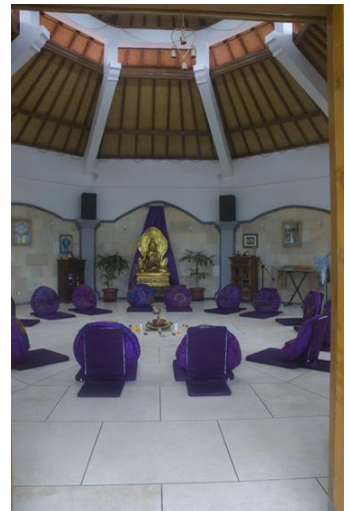
- 08:00am Breakfast at hotel
- 09:30am begin with Inner Mystery release sessions in the meditation room (pictured right)

Topics: Choosing Connection; Releasing Toxic Emotions that create disconnection; Remembering & Connecting to the Truth of who you are

- 1.30pm Lunch at Hotel
- 3:00pm Afternoon Session including relaxation and integration with Michelle at Hotel

Topics: Group Sharing; Relaxation/Meditation and Connection – “know thyself”; Integration

- Approx. 6:00pm - Free evening, swim at hotel beach. Inner reflection. Receive your Traditional Balinese Massage (2 of 2)
- Dinner



Day 3 – Wednesday June 29th

- 08:00am Breakfast at hotel
- 09:30am – Continuing Inner Mysteries with Michelle at Hotel

Topics: Soul Connection and integration

- 1.30pm Trip to Hot Springs – activation and integration for emotional body. Approx 1.5 hours' journey from hotel. *Soul Connection teaching continued at Hot Springs.* Packed Lunch
- Approx. 8:00pm - Inner reflection.
- Dinner



Day 4 – Thursday June 30th

- 08:00am Breakfast at hotel
- 09:30am Continuing Inner Mysteries with Michelle at Hotel

Topics: Empowerment; Clear connections and knowing, Creating and maintaining a Higher Connection; Journeying to the truth of your soul

- Lunch
- 2:00pm - Free afternoon – integration.
- Dinner - Relaxation. Inner reflection.



Day 5 – Friday July 1st

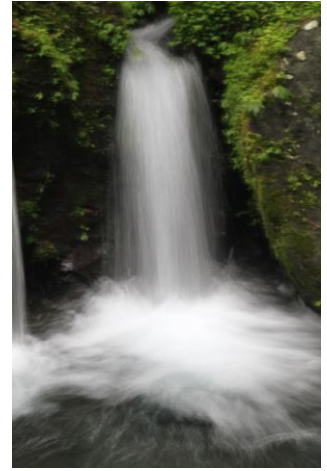
- 08:00am Breakfast at hotel
- 09:00 Trip to Tirta Empul Sacred Spring. Approx 1.5 hour's journey from the hotel. (check out of Hotel)

Topic - Utilising the activation process; the ego; the calm within the storm; Staying on track. Closing ceremony

- Celebration Lunch in Ubud en route
- 2:00pm – completion and inner reflection
- 3:00pm - Transfers to airport as required

What to bring

1. Swimming costume & towel (shoes suitable for being in water if you wish)
2. Wet weather gear
3. The usual things you would take for a hot climate: Summer dresses, sunglasses (if you wear them), sun hat, coconut oil or sun cream/aloe vera etc.
4. US\$ (small and large notes) as well as Indonesian Rupiah (small and large notes)
5. Light walking shoes, backpack, water bottle
6. Insect repellent and bite lotion, and/or incense for your room (if you wish)
7. Any herbs, essential oils, gem or flower essences, codes, laminated pictures (of friends/family/deities) for the altar, white or baby blue candles, sacred oils, whatever you wish to have with you when you do the ceremonies, crystals that you might wish to have cleansed and recharged on the Priests' altar. Paper and pen, your own books, music etc as you need.
8. An open mind and good humour, a willingness to try something new and most importantly an ability to go with the flow – the Universe; the ancient ones in Bali and the land, will have their own schedules. It's likely we will need to be flexible with some of the plans. Rest assured it will be completed in the way it needs to be; rather than how we want it!



Important Note

Please understand that this is a working initiation/trip rather than a chill-out holiday. There will be time for rest and integration, but the pace will be as the land and sites dictate. Sometimes there may be lots of traffic and/or delays and other times things will move very quickly, profoundly or subtly.

Some of the sacred sites we will be visiting have no major fan-fare's, health & safety provisions, or western style facilities. They are however regularly visited and incredibly powerful. We ask that these sites be treated with reverence and respect.

Your Guide – Agus

Agus is the person I met while in Bali. My guides told me to go to a specific temple and Agus is the guide who took me there. He also facilitated the visit the 4th Level High Priest for my purification and initiation ceremony. Agus says "I built my business 6 years ago, and my mission is to help the people. I love this tour because it is very important for people."



Your Facilitator – Michelle A. Hardwick

For over 10 years, Michelle has travelled the world helping individuals and groups release barriers to who they truly are using a variety of potent tools: Emotional Release; Neurolinguistic Programming [NLP]; Hypnosis; Spiritual Teachings; Channelled Guidance as well as Past Life Regression.



Currently, Michelle is developing a new practical curriculum utilizing innovative methods. The new curriculum helps individuals and groups to begin and maintain a powerful connection with:

- ◆ their Truth
- ◆ their Self
- ◆ their Soul, and
- ◆ Source/All There Is

Michelle says, *“If your desire is to gain an experience of greater clarity, self-worth, gratitude, and happiness - this Inner Mystery Initiation is for you. Discover what freedom feels like – be willing to be surprised!”* Michelle’s mission is empowerment, growth, connection and evolution - not only for herself, but also for those who consult and study with her. If you are ready to make fundamental changes in your life, Michelle is here to support you.

Are you ready to undertake a spiritual journey of self-discovery, adventure and evolution?

Your Hosts – Ilona & Don

I am delighted to introduce the ShangriLa team to you. I had just about given up finding a place that suited our needs. I pleaded with my guides one night to help me and the next morning a close friend from KL messaged me on Facebook about the ShangriLa. From the beginning our exchange on email has been one of grace and love. I look forward to staying there soon. Ilona Selke, Don Paris and their team say they are “looking forward to having us stay at ShangriLa, where Heaven meets Earth”.



Total Cost

Based on twin/double accommodation – **€972 per couple.**

Single accommodation - **€863 per person (incl. single supplement) Payment is required in full by 30th May 2011.**

I have negotiated the best prices to keep all the costs down to an absolute minimum - so please note, I won't be offering early bird discount. Thanks for understanding!

Deposit

A deposit of deposit of €821 for double and €586 for single occupancy, is required immediately. Please note administration fees will apply for returned deposits.

Included in costs

Cost includes transportation to and from all sacred sites; entrance fees to sacred sites; local guide; airport pick up and drop off; accommodation; vegetarian food - breakfast; lunch and dinner; 2 Balinese massages; extra ginger & lemon grass tea, Balinese coffee throughout the day; fruit throughout the day; education, support and guidance; government and service taxes.

Not included

Cost does not include tips (for driver/guide/masseuse), travel to Bali, travel insurance or personal insurance, spending money.



Payment

Your deposit and payment can be paid securely online with your credit card via PayPal - <http://www.michellehardwick.com/store.html>

Cancellations

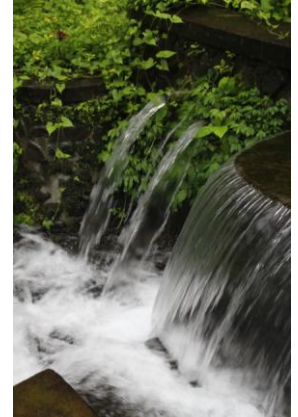
If you believe it necessary to cancel your booking, I will issue a full refund minus an administration fee of €100 (per person). Cancellations received less than four (4) weeks prior to the event are non-refundable. No refunds will be given for no-shows. I sincerely apologize if this causes any inconvenience but this clause will help me keep costs down for all. Substitutions will be allowed without incurring a cancellation fee. Please notify Michelle info@michellehardwick.com of substitutions as soon as you can. I reserve the right to cancel or reschedule and will give notice in advance. I am not responsible for penalties resulting from use of discount or other airfares.

Extending your stay

If you wish to stay longer or arrive earlier, please book directly online at this link: <http://www.reseliva.com/hotel/ShangriLaOceansideRetreatSpa/index.php>

Contact

If this information and programme resonates with you, then I am delighted you choose to join us in remembering who you are and connecting more deeply to your truth and your Soul. For more details please contact Michelle Hardwick - Phone UK mobile: ++44 (0) 785736 9619 or Irish mobile: ++353 (0) 871 492338 Email: info@michellehardwick.com Website: www.michellehardwick.com



*“One thing is sure:
After an Inner Mystery Initiation
- you will be different”
Michelle Hardwick*

HEALER AND/OR SEER

In addition, please note the following. This can be arranged to take place before or after the initiation.

The Balian is a healer that can help you by using Balinese traditional medicine which involves intuitive seeing, sensing, appropriating a special traditional medicine, or giving a massage if a person has problems with muscles or joints. A Baliane assists in attuning your energy, seeking to understand the origin of your unwellness, and she will attend to you physically as well as spiritually.

The Dukun is a Seer who employs speaking with spirits, looking within the soul, viewing the Karma and helping to avert difficulties. The Dukun we in Ubud has impressed Ilona & Don by his repeatedly valid council and visions he has shared with many of their seminar clients.

Before coming to Bali it is best to make inquires and make an appointment in advance, since the Dukun only works according to the Balinese calendar, assists in many celebrations, and may not be readily available at an instance notice. Please email me if you wish to make a booking with the Dukun in Ubud. Ubud is a two hour car ride from ShangriLa. The ShangriLa will contact their local guide in Ubud to arrange a time for your visit with the Dukun. Please be advised that you need to honour your booking requests. There is no set fee for your visit with the Dukun as he strictly works on donation. NB: These services are not included in the cost of your trip.



Last update: 17 April 2011