

# Inner Mystery Initiation

## Bali 11-16 November 2012

With Michelle A. Hardwick of Release...Peace

### Welcome to the 2012 Inner Mystery Initiation!

Come to warm, nurturing, beautiful Bali for an Inner Mystery Initiation and 5 days of accelerated growth processes. The Initiation is an exciting opportunity to work with Michelle to begin or continue your journey of evolution. Enjoy deep, profound teachings; experiential exercises, self-reflection tools, examples and metaphors that will accelerate your Soul connection and evolution.



### Evolutionary Process

The Inner Mystery Initiation is an in-depth intensive, where the emphasis is on application and experience rather than theory. Facilitator Michelle Hardwick co-creates the programme with you so that you can:

- ◆ **Begin** or continue your evolutionary journey (without the usual distractions).
- ◆ **Evolve** into expanded levels of awareness and consciousness.
- ◆ **Spend time** sorting and rearranging values, with your highest purpose in mind.
- ◆ **Experience** firsthand the transformative power of 'Soul Connection and Evolution'.
- ◆ **Know** yourself more fully.
- ◆ **Find answers** to questions and challenges in your life.
- ◆ **Enjoy** greater access to your inner guidance and wisdom.
- ◆ **Experience** a sense of peace.
- ◆ **Connect** with the energy and spirit of Bali
- ◆ **Make** new friends and meet like-minded people from around the world.
- ◆ **Feel** inspired.

### The Inner Mystery Initiation Programme

- ◆ **Purification & Cleansing Ceremony** - Our programme begins with a purification ceremony. We journey to a sacred Waterfall about 1.5 hours from the hotel. Then after lunch we travel to the humble home of a Balinese 4<sup>th</sup> Level High Priest. Here we experience a powerful cleansing initiation usually accessible only to the Balinese.
- ◆ **Soul Evolution** - We will co-create sessions of guided channelled meditations, healing visualisations and inner soul work which will vary from day to day.
- ◆ **Group Gathering** - There will also be time devoted to exploring questions and challenges in our lives. This will occur in a safe space so that you can share, receive support and converse openly.
- ◆ **Evening Enjoyment** – Some of the evenings will include private time for your own resting, soaking up the healing energies of Bali; or reading, journaling, reflecting, personal relaxation, eating, chatting and/or spa visits.
- ◆ **Sacred Site** – The final day concludes with a day trip to a sacred Balinese site with a brief stop in Ubud for lunch.



## The Inner Mystery Initiation Includes:

- ◆ 5 Nights shared twin-room accommodation. Rooms are allocated on a 'first come first served' basis. (There are a limited number of single rooms available and these will incur an additional supplement).
- ◆ Herbal teas and fruit all day.
- ◆ 5 Breakfasts.
- ◆ 5 Lunches (or packed lunch on the day trip).
- ◆ 5 Dinners.
- ◆ Two massages at Bali Shangri-La Spa of one-hour duration – choose between either Balinese or Lomi Lomi style.
- ◆ All retreat activities and sessions; guided meditations.
- ◆ Purification ceremony, day trip and activation. The Initiation with the Balinese 4<sup>th</sup> Level High Priest including ceremonial requirements and food.
- ◆ Transportation and driver for the two day trips and entrance fees to sacred sites.
- ◆ Tips for the hotel staff and driver during your stay.



*Note: This is a working Initiation rather than a chill-out holiday so please come prepared to work on every level and be open to the possibility that the day may be full of tears; laughter and everything in between.*

## Accommodation

The Initiation will be held at the [Bali ShangriLa](#), a delightful haven beside the ocean. Accommodation at the Bali ShangriLa Oceanside Retreat and Spa includes elegant, handcrafted Balinese style twin rooms (some with private balconies) with either a garden or ocean view setting. A limited number of single rooms are available. All rooms are set amid a lush tropical garden complete with beautifully carved stone statues and pool.

Each room offers mosquito netting over every bed, a beautifully carved writing desk, a fan, an MP3 sound system, walk-in closets and personal safety deposit box for your valuables.

## La Zoomba Cafe with Internet Access

At the La Zoomba Café you can sit beside the ocean and just listen to the relaxing sound of the waves; hear the fishermen fishing; or chat with other participants.. The Bali ShangriLa is a vegetarian resort where you can enjoy wholesome, healthy tasty vegetarian meals (with fish options), ranging from mild to spicy, in both Balinese and European styles. You will be attended to by heartfelt, attentive and gentle staff.

*In Bali it is generally not recommended to eat salads or any form of juice with ice. However at Bali ShangriLa the chefs are diligent in their food preparation and all food is washed in filtered and ultraviolet treated water, so is safe to eat raw.*



## Bali ShangriLa Oceanside Retreat and Spa

The contact details are:

Cell Phone: + (62) 0 81 338 674 895 or Landline Tel: +(62) 362- 70 -55 -669

Cell phone calls locally within Bali: 081- 338- 674 895

Email: [info@bali-shangrila.com](mailto:info@bali-shangrila.com)

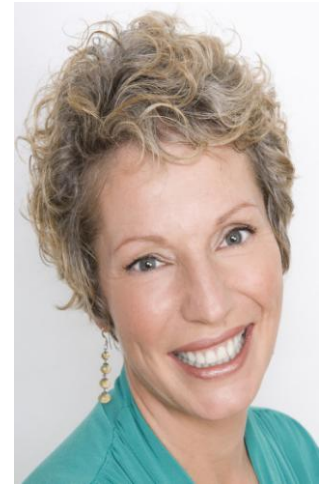
Website: <http://www.bali-shangrila.com>

The hotel is located in the vicinity of Bondalem, Tejakula.

## Your Facilitator

Your facilitator Michelle Hardwick (pictured right) is passionate about soul evolution and transformation. Her mission involves helping souls heal to strengthen their relationship with their own inner guidance and purpose.

Michelle has extensive experience as an EFT trainer, Hypnotherapist and NLP Practitioner and has facilitated evolutionary programs worldwide for over 15 years. Michelle loves to write, to cook, and spend time in nature, travel and experience new cultures. Read more about [Michelle here](#).



Michelle says: *“join me on this spiritual and evolutionary journey. My intention is to create a safe, sacred space that is co-creative and empowering; one that allows you to find the answers, energy and inspiration you seek. This will be a divinely-inspired and co-created journey of soul evolution. I trust this Inner Mystery Initiation will bring you closer to your own truth, soul-connection, and unique path”*

## Inner Mystery Initiation Cost

### Early Bird Fee:

**UK£1081.00 per person (shared room & bathroom facilities)**

**UK£1216.00 per person (single room. Limited numbers apply)**

**Available only when paid before 31<sup>st</sup> July 2012.**

### Full Fee:

*UK£1200.00 per person (shared room & bathroom facilities)*

*UK£1335.00 per person (single room - only if available. Limited numbers apply)*

*When paid after 31<sup>st</sup> July 2012.*

Early booking is essential as spaces and rooms are limited. The above cost does not include:

- ◆ Your airfare.
- ◆ Airport transportation to/from the hotel.
- ◆ The US\$25 personal entry visa into Bali.
- ◆ Travel insurance or personal insurance.
- ◆ Your spending money.
- ◆ Wi-Fi Internet access. This is available in the La Zoomba Café at €3/USD\$5 per hour.

Payment can be paid by credit card through a secure online payment portal at [PayPal](#) in UK£, or direct credit payment into the UK HSBC Release...Peace bank account. Details available on request.

## Registration and Dates

Contact Michelle Hardwick for all enquires; registration and payment of our Inner Mystery Initiations through her site:

[www.michellehardwick.com](http://www.michellehardwick.com)

If you can't make November 2012, Michelle will be running another Initiation in Bali in January 2013. Let her know of your interest and she'll be happy to keep you on the mailing list.



## Programme

We commence at The Bali ShangriLa Oceanside Retreat and Spa (the Northern most point of Bali) at 7.00pm on Sunday, 11 November 2012 with a welcome and introductions. We will complete the Initiation in Ubud at 4.00pm, Friday 16th November 2012.

### Sunday November 11th 2012

Arrive at Bali Airport (Ngurah Rai) Denpasar, travel to the Bali ShangriLa. Relax, acclimatize or if you wish receive your first one hour traditional Balinese or Lomi Lomi Massage (1 of 2).

**7pm** – Welcome Gathering in the meditation room. Includes group introductions; updates regarding the programme and sharing of information. Please come on time and ensure you have your journal and a pen with you to make notes.

### Day 1 – Monday November 12th 2012

**08:00am** Breakfast at La Zoomba Café

**09:00am** Begin trip to Bedugul Temple. Approx 2 hours drive from hotel. Packed Lunch at Bedugul Temple

Travel to Git Git Waterfall to cleanse, receive and release. Visit Family Temple of 4th Level Priest – receive holy water blessing and purification. Includes blessed ceremonial food in the evening. Approx. **9:00pm** return



### Day 2 – Tuesday November 13th 2012

**09:00am** Breakfast at La Zoomba Café

**10:30am** begin with Inner Mystery Initiations and Meditations in the meditation room

**1.30pm** Lunch at La Zoomba Café

**3:00pm** Afternoon Session including relaxation and integration with Michelle in the meditation room

Approx. **6:30pm** - Inner reflection or alternatively receive your 2<sup>nd</sup> one hour Massage. Dinner at La Zoomba Café

### Day 3 – Wednesday November 14th 2012

**09:00am** Breakfast at La Zoomba Café

10:30am – Continuing Inner Mysteries with Michelle in the meditation room

**1.30pm** Lunch at La Zoomba Café

**3:00pm** Free Afternoon. Snorkelling, resting or be pampered at the Bali ShangriLa Spa. Dinner at La Zoomba Café

### Day 4 – Thursday November 15th 2012

**09:00am** Breakfast at La Zoomba Café

**10:30am** Continuing Inner Mysteries with Michelle in the meditation room

**1.30pm** Lunch at La Zoomba Café

**3:00pm** Afternoon Session including relaxation and integration with Michelle in the meditation room

Approx. **6:30pm** - Inner reflection. Dinner at La Zoomba Café. Pack, settle your account and prepare for tomorrow's day trip.

### Day 5 – Friday November 16th 2012

**08:00am** Breakfast at La Zoomba Café

Check out of The Bali ShangriLa Oceanside Retreat and Spa

**09:00** Depart for Sacred Spring. Approx 90 minutes away.

Lunch in a Rice Fields Oasis in Ubud

**3:00pm** – Inner Mystery Initiation completion and closure

**4:00pm** – Time in Ubud and/or transfers to airport



## Bali Time

The pace of this programme will be as the Bali energies and its people dictate. There could be lots of traffic and delays or things may change very quickly. Be prepared to be flexible.

The sacred sites are regularly visited and very energetically powerful. Please treat these sites with reverence and respect.

*Note: the sites won't have health & safety provisions, toilets or Western facilities.*



## Additional Activities Available On Request (Outside of the Programme)

If you wish, in-house **yoga sessions** are available each morning for a reasonable price. Please arrange this with the hotel reception.

In addition there is a **female Balinese Healer** who lives 10 minutes away who might be available for consultations. Arrange this with the Hotel as a translator will be required to accompany you. The Healer does not speak English. Please tip Healer and translator directly.

## Snorkelling at Bali ShangriLa

You can also go snorkelling in the warm ocean water beside the Bali ShangriLa early in the morning or late afternoon, depending on the programme and activities. It is a safe place for beginners to swim. Snorkelling equipment is available free of charge at the Bali ShangriLa reception.

## Spa

Appointments for massage and beauty services can be arranged with the ShangriLa Spa reception. Experience the following at very reasonable prices:

- ◆ Various styles of Massages.
- ◆ Facial packages; Pedicures or Manicures.
- ◆ Traditional herbal scrub; Flower Bath
- ◆ Reflexology treatment for feet or whole body.
- ◆ Sound treatment with our sound bowls, sound table & tuning forks.

Payment can be made by Visa and Master Card (with a 3% surcharge) or in cash (Rupiah). If you choose any of these additional services please tip the staff directly.

*Note: You are entitled to receive 2 one hour Balinese or Lomi Lomi massages as part of your Programme.*

## Airport Transfer

Please email the Bali ShangriLa directly [info@bali-shangrila.com](mailto:info@bali-shangrila.com) to arrange your transfer. Provide your flight details; your date and time of arrival. The hotel is remote, so it is advisable to book one of the hotel drivers rather than getting an airport taxi. The fee for this service is not included in your itinerary; each pick up and drop off is 550,000 Rupiah per person (approx. US\$61; £40; €47). Please tip your driver directly.

The duration of the trip from the airport will be approx. 4 hours, so ensure you have some bottled water/snacks with you (if you need them) and ensure you have had a toilet stop prior to leaving the airport.



## Kind Feedback

Here's a sample of what participants said after attending previous Inner Mystery Initiations:

*"I really appreciate the time we spent together last week. Thank you very much for sharing and the enlightenment. I learned more new things about myself and found some peace in myself."*

**M. China**

*"I want to thank you again for the life-changing experience you gave us. I am moved by your generosity, love and patience, you're a true role model! : ). It was fun being a ground-breaking pioneer!"*

**K. Vietnam**

*"I got the feeling of knowing where to go and what to do in my life. I still feel that I am in this flow it is like a new feeling of myself, my body and my intention in life or my life purpose is much clearer. I am living more in the flow. I still can go back to some soul*

*connection we did and connect with the feelings and pictures I had also with the cleansing ceremony you did with me. Also I can still connect with the nature and the Waterfall and the calmness and relaxation there... when I lose it here.*

*The teaching or learning for each was so individual, it was just perfect and I also learned from the others... What I feel is that each inner mystery workshop will be different to what I learned or was taught. So what you mentioned in the invitation 'to be open as not everything may go according to the schedule' was true."*

**C. China**

*"Michelle, I am extremely happy I joined your retreat. As you know, I was a bit hesitant and I guess a little nervous about what to expect. I realize now there was no need for me to be nervous."*

**N. Hong Kong**



## Additional Travel Information

### How Do I Get To Bali?

Bali is a small island set amidst the Indonesian archipelago. It is approximately 3 hours south of Singapore. The international airport is called Ngurah Rai International, and the arrival city is Denpasar (DPS). The Bali ShangriLa Oceanside Retreat and Spa is located approximately 4 hours drive from Denpasar.

### Travel Insurance

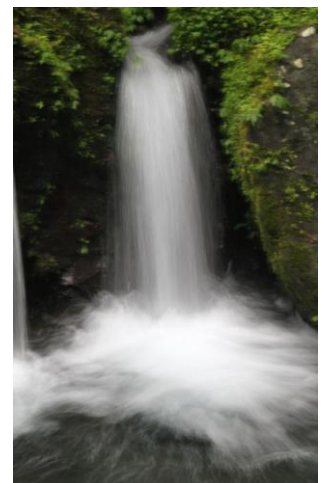
We advise you take out travel insurance for any problems that could occur e.g. lost luggage, cancelled flights, or medical issues. Insurance can be purchased through most travel agencies or online.

### Do I Need a Visa?

Yes, a visa is required for Indonesia. When you arrive at Denpasar airport, enter the Visa-On-Arrival line, where your passport will be stamped for 30 days. Upon leaving Bali, there is also a departure tax. The airport visa is **US\$25**. Ensure you have the correct currency and amount.

### Passports

If your passport is due to expire within 6 months, we advise you to renew it. On occasion, Indonesia has not allowed tourists into the country, and your airline might not allow you on the plane, if your passport has less than 6 months left on it.



## Can I Stay Longer?

If you choose to arrive earlier or wish to stay longer at the Bali ShangriLa Oceanside Retreat and Spa please book your room directly with the hotel secure online reservation system:

<https://www.reseliva.com/hotel/ShangriLaOceansideRetreatSpa/index.php?lang=en>

Or [click here to go directly to the link](#)

Balinese visas are for 30 days and are issued at the airport upon arrival. If you want to stay longer than this, you will need to apply for a 60-day tourist visa at the Consulate of Indonesia in your own country. You will most likely have to show proof of a ticket to leave the country when you apply.



## How Do I Get to the Bali Shangri-La Oceanside Retreat and Spa from the Airport?

The Bali ShangriLa, our inner Mystery Initiation location, is happy to organise a transfer to pick you up from the airport. This costs about 550,000 Rupiah each way. You will need to send your flight details including the day, date and time of your arrival, airline and flight number, and city of departure, ideally two weeks prior to your arrival. It takes about four hours to travel from the airport. We recommend if possible for you to arrive during the day as it is easier and you get to see some beautiful scenes as you make your way to Bali ShangriLa.

## How Do I Exchange Money?

It's probably best to wait until you get to the airport in Denpasar. There are many offices where you can exchange cash or travellers cheques.

Ensure you tell your bank and credit card companies the dates you will be in Bali, as they might cut off your funds for fraud protection if they don't know it is you. Asia loves Visa or Master Card but not many places take American Express. It's probably helpful to bring £100.00 in Indonesian Rupiah from your bank in "small money" bills in denominations of 1,000; 5,000 or 10,000 Rupiah. There are no ATMS near the Bali ShangriLa.

## How Safe is Bali?

Bali is the only Hindu island in Indonesia and the Balinese people are among the friendliest in the world. As for safety in the streets, there is very little violent crime. In popular tourist beach areas take precautions against pickpockets, just like most tourist spots in the world. Bali is a very safe destination for travellers and it has a deep family and community oriented social structure, designed around their profound love of nature and traditional Hindu spirituality.

## What Health Concerns Do I Need Be Aware Of?

Bali is not a high-risk area for malaria and malaria tablets can be considered controversial, so we recommend you do some research and make your own decision on this. Normally, anti-malarial tablets are not recommended for Bali, as it is a low-risk malarial environment. A good organic insect repellent and bite soothing cream is recommended.

Even though you'll be eating in good restaurants, there is always a chance that you might get "Bali Belly"—a mild form of dysentery that passes in a few days. If this worries you, you can always bring an antibiotic for stomach ailments.



### What if I Need to See a Doctor?

The Indonesian government has recently invested in improving local hospitals, and there are some international medical clinics in Ubud and Kuta. If you have a minor illness or ailment, you'll be fine. These clinics do not accept health insurance, but are very inexpensive. Should you need specialised care in the case of emergency, you can be evacuated to Singapore. It's wise to arrange insurance with evacuation coverage. We visualize, however, that you'll be glowing with health and radiance after a few days in Bali, soaking up the energies, eating tropical fruit, and resting and enjoying yourself.



### What about the Water?

The Bali ShangriLa Oceanside Retreat and Spa have filtered water available in all rooms. It is advisable to drink and brush your teeth with this water.

### What's the Weather Like?

You can expect very pleasant day temperatures between 20 to 33 degrees Celsius, or 68 to 93 degrees Fahrenheit, year-round. From December to March, the West Monsoon can bring heavy showers and high humidity, but usually the days are sunny and the rain falls during the night and passes quickly. From June to September the humidity is low and the evenings can be cool. Evenings can cool down a bit, so bring a wrap or shawl.

### What Type of Clothes Are Best?

Light, airy, casual clothes are the most practical and you'll find natural fibers like cotton or linen are the most comfortable in Bali's humid conditions. Waist sashes should be worn when visiting temples. Comfortable sandals are a must and should be easy to slip off, as most Balinese do not wear shoes indoors. Laundry service is available and inexpensive at the Bali ShangriLa. The Balinese are a modest culture, so prepare to dress modestly with your shoulders covered in the sacred sites.

At the temple ceremony you must wear long sleeves, as well as pants or a sarong that cover your knees. These are usually provided at the temples we will visit.

### What Shall I Bring?

A suggestion:

- ◆ Loose, lightweight summer clothing e.g. short and long-sleeved cotton t-shirts, summer skirt and dress, cotton pants.
- ◆ Light walking shoes and sandals
- ◆ A wrap, shawl or jacket for the evening.
- ◆ Waterproof jacket.
- ◆ Clothes for yoga and massage (if you wish to avail of these services).
- ◆ Bathing costume and goggles.
- ◆ Organic insect repellent and lotion to soothe insect bites.
- ◆ Small backpack and water bottle.
- ◆ Organic sunscreen lotion; aloe vera lotion; or coconut oil.
- ◆ Toiletries (only soap is provided at the hotel) and hairdryer (if required).
- ◆ Lightweight sleepwear.
- ◆ Journal and pen for recording your experiences.
- ◆ Any medications and vitamins you usually take.



- ◆ Sun-hat and sunglasses.
- ◆ Camera.
- ◆ Passport, cash, credit cards (The Bali ShangriLa Oceanside Retreat and Spa has safety deposit boxes where you can leave your passport and valuables).
- ◆ Sacred items such as oils, gem/flower essences, cards, pictures, or crystals.
- ◆ Your own books and music if you wish.
- ◆ A copy this entire document.
- ◆ Most important of all is to bring an open mind and good humour; a willingness to try something new and an ability to go with the flow. The Universe; the ancient ones in Bali, the people and the land, will have their schedules. It's likely we will need to be quite 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!



### How Do I Get Around?

For most of the time the Initiations will be held in the Bali ShangriLa Oceanside Retreat and Spa. Transport to the sacred sites is included in the cost. On your free afternoon, drivers can be arranged to drive you where you wish to go for a very reasonable price.

### Connection and Electricity

The electricity in Bali is 240 volts, (not 120 volts as used in the States). All appliances require a European adaptor in Bali. Internet reception is often difficult or patchy. If you need to bring your laptop be aware that the Internet reception can be intermittent. The signal is stronger in the La Zoomba Café.

### Final Words from Michelle

If the Inner Mystery Initiation feels right then register now to avoid disappointment, as places are limited. Contact me for Registration

If you have any further questions, please contact me. I am happy to help you and look forward to meeting you. Warm wishes to you all,  
*Michelle*

### Release...Peace

We provide evolutionary workshops and initiations. Learn more about the Release Peace go to: [www.release-peace.co.uk](http://www.release-peace.co.uk) website. Become a fan and follow us on Facebook: [www.facebook.com/ReleasePeace](http://www.facebook.com/ReleasePeace)  
Or LinkedIn: <http://ie.linkedin.com/in/releasepeace>

Contact Release...Peace for more details: Phone UK: ++44 (0) 785736 9619 or Ireland: ++353 (0) 871 492338 Email: [info@michellehardwick.com](mailto:info@michellehardwick.com)



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

*Michelle Hardwick*