

## Mary Lemons' workshop descriptions, The Great Lakes Spiritual Retreat 2025

### Tuesday: The Sacred Journey Between Realities, Part One

Life continues beyond physical death as we understand death as a threshold between two realities. Creating Sacred Space for others as they die helps us realize the importance of having Sacred Space as we live. A meaningful death can result from having a meaningful life. Learn ways to make the actual death experience more peaceful and meaningful. Regardless of your age or your health, knowing how to meet the challenges of death is an important aspect of our living.

### Wednesday: The Sacred Journey Between Realities, Part Two

What is your legacy? How can you heal when your body is dying? How can you ensure emotional support when physical death is imminent? Understand how acknowledging your legacy gives you dignity and affirms continuation of life beyond physical death. Learn empowering ways to heal life issues through physical death. Lessen the trauma of physical death as you understand the sacredness of journeying from one reality to another. Join Mary to celebrate life and death!

### Thursday: Self Care, Remaining Calm Amidst Chaos

Knowing our authentic selves, maintaining good health, is paramount for us to be the spiritual warriors our time desperately needs. Experiencing self-care techniques strengthens us on many levels. To care for others, we must first care for ourselves. Our class closes with a Chakra Balance meditation to activate and energize our own chakras to music of the seven major chakra tones. You will receive a CD of the chakra balancing music composed specifically for Mary's meditation by mystical musician Laraaji.

### Friday Morning Workshop: Finger Labyrinth and Sacred Heart Blessing

End the week with contemplation and renewal as you prepare to re-enter your everyday life. In the stillness of Nature, you will journey inward through a finger labyrinth. Then you will experience the Sacred Heart Blessing that envelopes you in your own unconditional love and self-worth. You will also create the space for another to experience his own love of self. In Sacred Heart Blessing you will be both facilitator and recipient of this remarkable and tenderly unique blessing.