

***A Spring Equinox Celebration of Joy in Hawaii with the Masters of Levity***  
**March 16-23, 2020**  
**WhaleSpirit Sanctuary**

**All Times Hawaii Time**

**Please note: In order to facilitate the highest experience possible for everyone present at our meditation retreat, the ascended masters request that during our morning sessions you leave your phone and other electronic devices in your room. If you are not lodging at WhaleSpirit, kindly turn off your phone and leave it with the usher. Thank you!**

**Monday, March 16**

Flights arrive at various times into Kona International Airport (KOA), 73-200 Kupipi St., Kalaoa, HI  
Van drivers and riders connect, according to the airport shuttle schedule emailed to you. Vans will drive conferees to WhaleSpirit Sanctuary, 82-5988B Lower Nāpo'opo'o Rd., Captain Cook, Hawaii  
Meet your driver at **Terminal 2** at Tiare's Flowers.

Van drivers: Nancy Badten, Dan Lach, Zully Albornoz, Terri Ziemkowski, Barbara Gabbert

- 3:00 Check-in at the WhaleSpirit Sanctuary. If you arrive early, you must wait until 3:00 pm. At 3:00 pm or later, leave your travel bags in the van and walk over to the dining lanai (veranda), pick up your registration folder, and enjoy the view of the bay.
- 3:00 The Hearts Center event coordinator, Joyce Genis, and Boyd Badten are given an orientation tour of venue with the Sanctuary's property ka luna (caretaker).
- 3:30 ish Aloha! As soon as Joyce completes orientation tour, she will meet you on the dining lanai to show everyone to their rooms. After you have been shown to your room, retrieve your luggage from the van.
- 6:00 Dinner

**Tuesday, March 17 (St. Patrick's Day)**

- 7:00 am Optional drive to Kealakekua Bay to view ocean, possibly dolphins (3-min. drive).  
We will drive on the first day, because it is a steep 20-30 min. walk. Swimming not recommended until session with swim guide on Thursday.
- 8:00-9:00 Breakfast
- 9:15 am In seats in meeting room. Leave your phone and any other electronic devices in room or kindly turn off and give to usher. See note at top of program.
- 9:20 Silent meditation. No entry
- 9:35 Prayers and songs. Okay to enter room  
***How to Be a Jolly Good Fellow with Lanello and a Happy Camper with Clare de Lis!***
- 11:00 Intermission
- 11:15 Prayers, songs and Laughter Yoga  
***Fun Wey: Sharing within a Joy-Field of Hilarity and a Fun-Field of Health!***
- 12:30 pm Lunch
- 2:00 Meet at vans to go to Paneurhythmy and afternoon outing to Pu'uhonua O Hōnaunau National Historical Park, State Hwy 160, Hōnaunau (pronounced Hoe-now-now), also known as the Place of Refuge (12-min. drive). Refer to chapter "The Place of Refuge on The Big Island," p. 107-113 in *The High Beings of Hawaii* by Tanis Helliwell for information on this magical place.
- 6:00 Meet at vans to return to WhaleSpirit
- 6:30 Dinner
- 7:30-8:30 Available times to schedule in-person Soul-Raising Sessions\*

### Wednesday, March 18

- 5:45 am Breakfast
- 6:20 WhaleSpirit lodgers meet at vans to depart for Dolphin Swim Boat Tour.
- 6:20 Those who are not going on Boat Tour (Ron and Dwinn) meet at Dan and Nancy Lach's van. You will be dropped off in Kona town for the morning. Dan and Nancy's van will take 2 or 3 other riders and leave before 6:30 am.
- 6:30 Manago Hotel lodgers meet at Zully's van in front of hotel. Zully will drop off Susana, Andrea and Lisa in Kona town for the morning, and rest of group at Boat Tour.
- 6:30 Depart for Honokohau Harbor/Marina (42-min. drive)
- 7:20 Ron, Dwinn, Susana, Andrea and Lisa meet in Kona Town
- 7:30 Check-in for Dolphin Swim Boat Tour
- Provided for you:** all snorkel gear, flotation as needed, fruit, muffins, water/sodas/juice, dry snacks. Also included are 10-15 complimentary photos of your trip.
- Be sure to wear:** Bathing suit and cover-up clothing
- Bring:** Towel, sunscreen (no oil- or spray-sunscreen types; preferably REEF-SAFE please), sunglasses, and shirt/jacket/sweatshirt if you become cool or have too much sun, etc. (Any valuables brought on board, such as cell phones, cameras, are at your own risk. Protective, water-proof bags are available for purchase in the office/gift shop.)
- 8:00 Boat leaves.  
Captains Michael and Melainah, and the staff at *Sunlight on Water* will take you along the beautiful Kona Coast on their comfortable 40' boat, the Uhane Nui O Nai'a (Great Spirit of the Dolphin). Along the way the staff will share with you the protocols for swimming with free dolphins. They will also be in the water with you as guides.
- 12:00 pm Boat returns. Walk to vans
- 12:15 Drive to Hapuna Beach—often voted best beach in nation by Conde Nast Traveler magazine (43-minute drive)
- 12:15 Zully picks up Ron, Dwinn, Susana, Andrea and Lisa in Kona Town and drives to Hapuna Beach.
- 1:00 Arrive beach, park and walk to pavilions to eat picnic lunch provided by caterer. According to Hawaii Revealed guidebook, restrooms by the parking lot are usually not in the best shape and the ones behind the north lifeguard station are better.
- 2:30 ish **Joviel: *How to Be Jovial on the Path of the Via Gloriosa!***  
Relax on beach, enjoy the beautiful white sand and the water. Swimming is safe during calm seas and not safe during periods of high surf. For more advanced snorkelers, on calm days, the area directly south of the sand beach is usually teeming with fish. Check for currents and stop snorkeling if the ocean starts to get rough.
- 4:00 Vans leave for those who wish to rent snorkel gear.
- 5:15 Vans depart for drive back to WhaleSpirit Sanctuary (1hr. 13 min. drive)
- 6:30 Dinner
- 7:45-8:30 Meeting with swim guide Steven Whaley. Signing of liability forms.  
If you have snorkel gear, have it ready to take with you tomorrow morning.

### Thursday, March 19 (Spring Equinox: 5:50 pm Hawaii-Aleutian Time)

- 6:15-6:55 Breakfast  
Wear your swimming suits. Bring snorkel gear, hat, swim socks or shoes, bottled water.
- 7:00 am Meet at vans to drive to Honaunau Beach Rd Snorkeling access (12-minute drive), known as Two-Step. Some of the best snorkeling in the state of Hawaii is found here.
- 7:15 Park and follow swim guides to spot where we will divide into our swim groups and receive instruction on entering the water and swimming or snorkeling.
- 10:00ish Meet at vans to return to WhaleSpirit

- 11:15 In seats in meeting room. Leave your phone and any other electronic devices in room or kindly turn off and give to usher. See note at top of program.
- 11:20 Silent meditation. No entry
- 11:35 Prayers and songs and laughter. Okay to enter room  
**Levity, The Angel of Joy: Thrive and Be Alive in Levity's Light!**  
**Lord Ling: A Sacred Journey to the Promised Land of Perfect Joy!**
- 1:00 pm Lunch
- 2:30 Meet at vans to drive to beach for optional Paneurhythmy or go on your choice of other activities.
- 6:30 Dinner
- 7:30-8:30 Available times to schedule in-person Soul-Raising Sessions\*

### Friday, March 20

- 7:00-7:40 Breakfast  
 Kilauea Crater is at an altitude of 4,000 feet so weather may be cool, windy, and/or rainy. Wear good walking or hiking shoes, and bring rain gear, a jacket, hat, bottled water and snacks.
- 7:50 am Meet at vans. People who do not wish to hike meet at Barbara Gabbert's van.
- 8:00 Leave for Hawaii Volcanoes National Park (1 hr. 52 min. drive, 81.5 miles)  
 Refer to chapter "Meeting Pele at Volcanoes National Park," p. 115-126 in *The High Beings of Hawaii* by Tanis Helliwell for information on Pele, the volcano goddess.
- 10:00 Kīlauea Visitor Center – Stop #1  
 The Kīlauea Volcano is the most active volcano in Hawaii Volcanoes National Park. It has recently been erupting continuously between 1983 and 2018. Since the 2018 eruption, many parts of the park are still being repaired and sometimes new issues are found that require previously opened areas to close again.  
 Restroom break. Check out the 3-D miniature of island near the restrooms to get a perspective of the island.
- 10:30 Meet back at vans for Crater Rim Drive Tour  
 Steam Vents - Stop #2  
 Ground water seeps down to the hot volcanic rocks in this area and returns to the surface as steam. While standing at the Steam Vents, take a good look around. The area between the caldera's edge and outer cliffs of Kīlauea Caldera is a treeless plain. The ground just a few feet down is so hot that tree roots cannot survive. But shallow-rooted grasses and plants grow here.  
 Wahinekapu - Steaming Bluff  
 Take the short walk on the trail leading from the Steam Vents parking area to Steaming Bluff, on the caldera's edge. The area is a grassy meadow with ground cracks and steaming concentrated in fractures along the caldera's edge.  
 Ha'akulamanu - Sulphur Banks: **Visitors with heart or respiratory problems (such as asthma), pregnant women, infants, or young children should avoid this walk.**  
 Across the street from Steaming Bluff and the Steam Vent parking area (and 800 ft. before the lot) is the trailhead to Sulphur Banks. It leads 5-10 minutes through a pretty forest to a boardwalk at the Sulphur Banks, where volcanic gases seep out of the ground along with groundwater steam. These gases are rich in carbon dioxide, sulfur dioxide and hydrogen sulfide -- the gas that smells like rotten eggs. Some sulfur gases deposit pure crystals at Sulphur Banks. Other sulfur gases form sulfuric acid which breaks down the lava to clay. This clay is stained red and brown with iron oxide.
- 11:30 Meet back at vans  
 The road is closed further on, so we will backtrack on Crater Rim Drive to Kīlauea Visitor Center. Eat picnic lunch (provided by caterer)—there are some picnic tables. When done eating you can walk across the street to the Volcano House to see a great view of Kilauea Caldera and/or explore the Visitor Center more.

When we can find a suitable place (here or at one of our other stops) we will gather for a HeartStream by **Laugh-a-Lot: Love and Joy Are Sisters; Compassion and Levity Are Brothers! Join My Laugh-a-Lot Tribe!**

- 12:45 pm Meet back at the vans.  
Continue Crater Rim Drive Tour
- 1:00 Kīlauea Iki Overlook – Stop #3 (Porta-potties available)  
Kīlauea Iki looks fairly tranquil these days. However, in 1959 it was a seething lava lake, with lava fountains up to 1,900 feet. From up here it is difficult to comprehend the scale of Kīlauea Iki. The crater is a mile long, 3,000 feet across, and the floor is 400 feet below the overlook.  
Halema'uma'u is in the distance and Mauna Loa looms beyond. Kīlauea Iki Overlook is also the start of the Kīlauea Iki Trail, one of the most popular in the park.  
Since parking at the Thurston Lava Tube is very limited, we will take a .5 mile (one-way) hiking trail from this overlook to lava tube and back. Those who don't desire to hike gather at Barbara's van so they can be dropped off at lava tube. Additional vans will shuttle if required.
- 1:45 Nāhuku, the Thurston Lava Tube—Stop #4  
Take a 20-minute half mile loop walk through a verdant forest and cave-like lava tube. Be sure to listen for varied bird calls as you hike through the tree ferns. If you watch carefully you may see the red apapane feeding among the bright red ohia blossoms. As you enter the lava tube, imagine the intense and scorching heat of a massive flow of molten hot lava that built the cave. When the lava tube was discovered in 1913, the roof of the tube was covered with lava drippings. Unfortunately, those soon disappeared due to souvenir collectors. Help protect this incredible resource by not touching the walls or delicate tree root systems hanging down.  
Take trail back to Kīlauea Iki Overlook or if not hiking, wait for van to pick you up.
- 3:00 Meet at vans at Kīlauea Iki Overlook.
- 3:15 Devastation Trail parking area—Stop #5 (Porta-potties available)  
30-minute walk (half mile to Pu'u Pua'i Overlook) on a paved trail through the cinder outfall of the 1959 eruption of Kīlauea Iki. The van drivers will drop those who would like to do this hike off and then proceed on to the Pu'u Pua'i Overlook to park.
- 3:30-3:45 Pu'u Pua'i Overlook— Stop #6  
Hikers will meet the vans at this stop.  
On most days, the strong trade winds make it easy to see how the cone was built during the high lava fountaining in 1959. Notice parts of the old road are buried under Pu'u Pua'i. (Road rebuilding and rerouting is a fact of life at Hawai'i Volcanoes National Park.)  
Close to Kīlauea Iki's fountaining, the lava pumice cinders were hot enough to weld themselves together into a spatter cone, Pu'u Pua'i. Pu'u Pua'i means gushing hill. Further downwind, the falling cinders had cooled sufficiently to form a blanket of cinders.  
The Pu'u Pua'i overlook area is also the upper trailhead for Devastation Trail, which provides a full view of the spatter cone.
- 4:00 pm Vans depart for drive back to WhaleSpirit Sanctuary.
- 6:15 Arrive at WhaleSpirit
- 6:30 Dinner

### **Saturday, March 21**

- 6:45-7:00 Optional drive (or walk) to Kealakekua Bay or elsewhere to view ocean, dolphins and/or swim
- 8:00-9:00 Breakfast
- 9:15 am In seats in meeting room. Leave your phone and any other electronic devices in room or kindly turn off and give to usher. See note at top of program.
- 9:20 Silent meditation. No entry
- 9:35 Prayers and songs. Okay to enter room  
**The Goddess of Joy: Every Blessing Has an Alchemical Center of Divine Joy!**

- 11:00 Intermission
- 11:15 Prayers, songs and Laughter Yoga
- Buddhi-Ma: *Become Childlike and Ascend through Joy, Joy, Joy!***
- 12:30 pm Lunch
- 2:00 Meet at vans to drive to beach for optional Paneurhythmy or go on your choice of other activities.
- 6:30 Dinner
- 7:30-8:30 Available times to schedule in-person Soul-Raising Sessions\*

**Sunday, March 22**

- 6:45-7:00 Optional drive (or walk) to Kealakekua Bay or elsewhere to view ocean, dolphins and/or swim
- 8:00-9:00 Breakfast
- 9:15 am In seats in meeting room. Leave your phone and any other electronic devices in room or kindly turn off and give to usher. See note at top of program.
- 9:20 Silent meditation. No entry
- 9:35 Prayers and songs. Okay to enter room
- Maitreya: *Laughing Buddhahood Brings the Riches of the Spirit to All!***
- 11:00 Intermission
- 11:20 Prayers, songs and Laughter Yoga
- Sharing and reflection
- Circle of Oneness and *Mahalo Piha* (whole-hearted gratitude)
- 12:30 pm Lunch
- 2:00 Meet at vans to drive to beach for optional Paneurhythmy or go on your choice of other activities.
- 6:30 Dinner

**Monday, March 23**

- 6:00 am Breakfast
  - 6:00-9:30 Vans depart for airport. See airport departure shuttle schedule for details.
  - 10:00 am Check out from WhaleSpirit Sanctuary is complete.
- Aloha! Mahalo for coming! Have a safe trip home or stay to enjoy Hawaii on your own!

\*Ten-minute to 1-hour in-person Soul-Raising Sessions with David Christopher Lewis include a soul reading, aura clearance and chakra balancing, and one question addressed. Receive a direct teaching from the Holy Spirit, uniquely personal for you. After your session, you will be emailed a link to an audio file enabling you to save and listen to your message at your convenience.

(10-min.: \$72; 20-min.: \$144; 30-min.: \$200; 1-hr.: \$333)

A 5-minute Holy Spirit blessing with gemstone talisman, also offered, releases a personal talismanic charge of light from the Holy Spirit: \$33. Schedule an appointment during the event with Zully Albornoz.