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

Hawaii Time is listed, except the times highlighted in yellow are the Broadcast Times in Mountain Daylight Time

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
1:15 pm MDT
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
1:35 pm MDT
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
3:15 pm MDT
11:15 Prayers, songs and Laughter Yoga
Fun Wey: Sharing within a Joy-Field of Hilarity and a Fun-Field of Health!
4:30 pm MDT Broadcast ends for the day.
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).
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
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.

1:30 pm MDT
9:20 Silent meditation. No entry
9:35 Prayers and songs. Okay to enter room
Joviel: How to Be Jovial on the Path of the Via Gloriosa!
11:00 Intermission
3:30 pm MDT
11:20 Prayers, songs and Laughter Yoga
Sharing and reflection
4:30 pm MDT Broadcast ends for the event. Broadcast listeners, thank you for joining us!
12:30 pm Lunch.
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, 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.

3:20 pm MDT
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!

5:00 pm MDT  Broadcast ends for the day.
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
Outing to Hawaii Volcanoes National Park—no broadcast today.

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.

1:20 pm MDT
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
3:15 pm MDT
11:15  Prayers, songs and Laughter Yoga
Buddhi-Ma: Become Childlike and Ascend through Joy, Joy, Joy!
Maitreya: Laughing Buddhahood Brings the Riches of the Spirit to All!

4:30 pm MDT  Broadcast ends for the day.
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**
Outing to Dolphin Swim Boat Tour and beach—*no broadcast today.*

Revised 3/18/20. This program is subject to change.