

The Hearts Center Meru University Event
Permaculture, Freedom and Prosperity
A Green and Violet Revolution for Lightworkers
June 22-26, 2021 Livingston, MT

A hands-on practicum with meditation, teachings, hikes, field trips, and more

All Times MDT

Location except for Wednesday: Property of David and Mona Lewis, a model permaculture demonstration and teaching garden for Paradise Permaculture Institute.

Tuesday, June 22 Earth Element

- 6:45 am Registration open (Preregistration is recommended due to the early time)
- 7:00 Morning solar meditation to change daily and include some of the following:
Essene Morning Meditation, New Age Rosary, Energization Exercises, Tai Chi,
Yoga, Omraam gymnastics, Five Tibetan Rites*
- 7:30 Paneurhythmy*
- 8:20 Breakfast*
- 9:00 Chanting, prayers, singing, dancing
- 10:00 HeartStream: discourse, darshan and/or dictation
- 10:30 Intermission
- 10:45 Permaculture mini-class taught by Mona Lewis
Permaculture practicum with hands-on garden work
- 12:15 pm Lunch at local restaurants
- 1:30 Fire meditation
- 2:00 Earth element presentation: Angela Seagraves, herbalist
- 3:00 Hike or special trip locally
- 6:00 ish Dinner
- 7:30 Evening activities change daily and may include a campfire, community building,
inspirational movie, or free time*

Wednesday, June 23 Water Element

- Meet at the Healing Light Retreat (HLR).** Address provided in post-registration letter and in registration folder
- 9:00 am Chanting, prayers, singing, dancing—focus on the water element
 - 10:00 HeartStream by a healing master
 - 10:30 Intermission
 - 10:45 Tour by Mona Lewis of the permaculture work done at HLR and hands-on garden work. Visitors may also take a turn spending 5 minutes in the Vaastu Temple either meditating quietly or praying in small groups.
 - 12:15 pm Lunch at local restaurants
 - 1:30 Yellowstone River float
 - 6:00 ish Dinner
 - 7:30 Evening activities change daily and may include a campfire, community building,
inspirational movie, or free time

Thursday, June 24 Air Element

- 7:00 am Morning solar meditation to change daily and include some of the following:
Essene Morning Meditation, New Age Rosary, Energization Exercises, Tai Chi,
Yoga, Omraam gymnastics, Five Tibetan Rites
- 7:30 Paneurhythmy
- 8:20 Breakfast
- 9:00 Chanting, prayers, singing, dancing
- 10:00 HeartStream: discourse, darshan and/or dictation
- 10:30 Intermission
- 10:45 Permaculture mini-class taught by Mona Lewis
Permaculture practicum with hands-on garden work
- 12:15 pm Lunch at local restaurants
- 1:30 Fire meditation
- 2:00 Exploring the air element with the Livingston Kite Company including a
demonstration on kite-flying and kites for the participants to fly
- 3:00 Hike or special trip locally
- 6:00 ish Dinner
- 7:30 Evening activities change daily and may include a campfire, community building,
inspirational movie, or free time

Friday, June 25 Fire Element

- 7:00 am Morning solar meditation to change daily and include some of the following:
Essene Morning Meditation, New Age Rosary, Energization Exercises, Tai Chi,
Yoga, Omraam gymnastics, Five Tibetan Rites
- 7:30 Paneurhythmy
- 8:20 Breakfast
- 9:00 Chanting, prayers, singing, dancing
- 10:00 HeartStream: discourse, darshan and/or dictation
- 10:30 Intermission
- 10:45 Permaculture mini-class taught by Mona Lewis
Permaculture practicum with hands-on garden work
- 12:15 pm Lunch at local restaurants
- 1:30 Fire meditation
- 2:00 Drive to John Bluefeather's tipi (10-12 min. drive) for his presentation on the fire
element
- 3:30 Hike or special trip locally
- 6:00 ish Dinner
- 7:30 Evening activities change daily and may include a campfire, community building,
inspirational movie, or free time

Saturday, June 26 Ether Element

- 7:00 am Morning solar meditation to change daily and include some of the following:
Essene Morning Meditation, New Age Rosary, Energization Exercises, Tai Chi,
Yoga, Omraam gymnastics, Five Tibetan Rites
- 7:30 Paneurhythmy
- 8:20 Breakfast
- 9:00 Chanting, prayers, singing, dancing
- 10:00 HeartStream: discourse, darshan and/or dictation
- 10:30 Intermission
- 10:45 Permaculture mini-class taught by Mona Lewis
Permaculture practicum with hands-on garden work
- 12:15 pm Lunch at local restaurants
- 1:30 Fire meditation
- 2:00 Ether element presentation: Angela Seagraves, herbalist
- 3:00 Hike or special trip locally
- 6:00 ish Dinner
- 7:30 Evening activities change daily and may include a campfire, community building,
inspirational movie, or free time

Program is subject to change. For outdoor activities, we may make schedule changes due to weather.

*Optional activities: The early morning meditation, Paneurhythmy and breakfast as well as the evening activities are optional, though recommended for the complete experience of this event.

6/4/21