



October 13-15 2017 at The Shore Lodge in McCall, ID

Two days of **mountain magic, multidimensional exploration, powerful healing, and transformational shifts** - and, of course, playful fun and connection - to help you make **the next big leap** toward your Soul Purpose work in the world!

Uncover the next level of your True Self...

Adrienne will help you explore more of who you are and to **release more of who you are not** as you reconnect more deeply than ever with your multidimensional nature. The time to step into your wayshowing and healing leadership role like never before is now!

You will receive guidance on how to:



- Identify and transmute lingering distortions that impede you.
- Engage in self-love and self-acceptance at radical new levels.
- Expand your experience of yourself beyond this dimension.
- Unlock innate metaphysical healing abilities.
- Elevate your vibration and enJOY yourself!

An Invitation from Adrienne:

Hello, Emergent Wayshowers!

We have entered a powerful time on the planet. Ascension is well underway and chaos is king. **The human collective is undergoing a major spiritual evolution.** In order for the higher consciousness to build new systems on Earth, the old is being deconstructed. It is time to reconnect to our multidimensional nature like never before on behalf of ourselves, those we love, and the entire human collective.



It is an incredible time to be a wayshower on the planet. Our own healing (of the False Self) and embodiment (of the True Self) is happening at an accelerated pace. **In order to stabilize and give direction out of the chaos, bringing emergent systems forward, we must embody a multidimensional way of life.** We have special responsibilities, including transcending polarized ways of being (me/you, us/them) in order to usher in unity consciousness.

For many thousands of years on Earth, **healers and shamans have turned to higher dimensions of existence in order to solicit the assistance of Spirit Allies, including powerful aspects of themselves.** That's what we'll be doing at the Fall Emergence Retreat, in the gorgeous Idaho Rocky Mountains, on October 13, 14, and 15, 2017. Joining me is T'ai Chi Teacher Jude Trapani, who is also my life partner and Lisa Martin Miami, Ascension Portal and Empath.

If you attend this retreat, you'll be guided—through live channeling, structured teaching exercises, and your own interaction with your multidimensional self—to achieve a significant acceleration in your spiritual development. You'll **identify and release negative distortions** that impede your happiness. You'll **explore aspects of your multidimensional self that can assist you powerfully**, and radical, self-loving power. You'll learn to **balance yourself through alignment with your Higher Self**, and to regain that balance quickly if you lose it. Finally, you'll see how you can **create a life based in 5th dimensional principles of instant manifestation and magical synchronicity**, building the confidence to create new thinking, new systems, and new paradigms on Earth.

The setting—the high mountain lake town of McCall, Idaho—could not be more gorgeous. The participants could not be more courageous and compassionate, having all of them journeyed ever closer to home, the True Self. And **I could not be more delighted to offer you this transformational opportunity to align yourself with your Greater Self.** Hope to see you there. To register, click here: <https://www.adriennetrapani.com/fall-retreat>

with LOVE,



Adrienne Trapani
Galactic Shaman

Retreat Highlights:

- Adrienne will lead you on healing meditations and galactic journeys, in which she'll channel guidance from her Multidimensional Selves, as well as the Ascended Masters, Archangels, and spiritually advanced Galactic Collectives.
- Jude will guide you how to step into multidimensional reality through the practice of t'ai chi, enabling you to embody your truth more powerfully.
- Lisa will guide you in how to discern the voice of the Higher Self by using ancient technology.
- You'll learn how to identify energetic obstacles and how to transmute them.
- You'll deepen your commitment to a self-empowering narrative.
- You'll witness transformative coaching from wise teachers and collectives beyond this dimension.
- You'll play and connect with a community of like-hearted and like-minded multidimensional wayshowers who've gathered to support one another.
- You'll find the deLIGHT of your true nature emerging as you reconnect to the beauty of multidimensional reality.
- You'll experience the magical mountain resort of McCall, Idaho.
- You can wind down by visiting the lodge's amazing spa or going for a run, walk, or bike ride on local trails.



Retreat Leadership

Adrienne Trapani - Retreat Leader

Adrienne Trapani is a Galactic Shaman & Multidimensional Bridge. She is here to help those Souls who agreed to assist humanity during planetary ascension awaken to their True Selves, thereby unlocking powerful innate metaphysical abilities in service to the ALL. She guides, channels, and supports others using her own reactivated set of higher knowledge.



Jude Trapani - Instructor

Jude Trapani has been studying T'ai Chi since 1990. His practice grew substantially after connecting with his teacher Master Henry Wang in 2000. He lives in Boise, Idaho and is practicing and teaching with other students of Master Wang's T'ai Chi School. Professionally, Jude is a fishery biologist working for the government specializing in river and restoration ecology, and has earned nicknames like "River Medic" and "Obi-Wan Kenobi". He is especially interested in the multidimensional aspects of energy exercises like T'ai Chi.



Lisa Martin Niemi - Instructor

Lisa is an Ascension Portal and, as such, is here to download, hold, and emit the full magnitude of the frequency, vibration, and Essence of Creation as it would like to express itself through me (as are you); communicate the Ancient Knowledge and relevant NOW messages; and assist individuals with their Ascension. She also helps to clarify the nature and roles of the Dark and the Light, eliminating Religious and other types of Programming, assisting Empaths in understanding their role in shifting the human collective consciousness, and Healing those in need of the assistance. She enjoys the gift of Clair Gnosticism, which is the ability to know what needs to be known in the moment it is needed.



AGENDA - THE TRUE SELF EMBODIED

DAY 1: Friday, October 13th

7:00pm - Opening Dinner

Meet in The Narrows restaurant for dinner. *Optional, not included in the price of the retreat.

DAY 2: Saturday, October 14th

9:00am - Opening

We'll open the circle and introduce ourselves. Meet in the Mill Room.

9:15am - Qi Gong & T'ai Chi with Jude

Jude will lead you through basic qi gong (gentle energy exercises) to awaken your mind/body/spirit complex for the day. Wear comfortable clothing.

10:00am - Break



10:15am - Guided Meditation & Journeywork with Adrienne

Join Adrienne in a guided grounding and clearing meditation, followed by astral travel to the Arcturus and beyond. We will receive timely healings, activations, and be taken on guided journeys from the wise, benevolent teachers that await us there.

11:30am - Share Your Experiences

Adrienne will then facilitate a shared discussion of the journey.

11:45noon - Lunch on Your Own

The Cutwater Restaurant was recently renovated. Or, take a walk downtown to enjoy a bite to eat.

1:15pm - Energy Flow Exercise

Jude will lead you in more advanced gentle exercises, focusing on enlivening your physical body and activating your Light body through the practice of Search Center.



2:00pm – Pendulum as Oracle Tool

Have you ever wished you could spontaneously receive answers to your most pressing questions? Would you like the ability to improve your Discernment (the power of naming) at a moment's notice? In this workshop with Lisa Martin Naimi, we will develop skillsets to proficiently use a pendulum to guide us to the relevant pieces amongst the vast amounts of information of the realm of Spirit. We will also explore how use of a pendulum can guide us in discerning the voice of our Guidance, and as a tool in our own development along our pathway of Ascension or Enlightenment.

Please bring a pendulum with you to this workshop. If you don't already work with a pendulum, we will have one for you to take home.

4:30pm - Wrap Up for the Day

We will wrap up for the day. Go enjoy your spa appointments, a walk along the lake, a rest in your room, or a lively chat with your peers!



7:00pm - 9:00pm - Fire Circle

Join us for an evening fire circle on the Mill Room patio overlooking Payette Lake. We'll engage in a brief shamanic journey with drumming and then relax into shared stories and laughs!

DAY 3: Sunday, October 15th

8:00am Self-Love Yoga on the Dock

Join yoga instructor Sydney Eastman for self-loving, gentle yoga on the dock.

9:30 - Opening

Meet in the Mill Room.

9:45am - Qi Gong & T'ai Chi

Jude will lead you through basic qi gong (gentle energy exercises) to awaken your mind/body/spirit complex for the day. Wear comfortable clothing.



10:30am - Break

Check out of your rooms.

10:45am - Guided Meditation & Channeled Session

Similar to yesterday, join Adrienne in a guided grounding and clearing meditation, followed by journeywork and time to record your experiences in your journal. We will share our journeys with one another.

12:15pm Closing

Wrap up and share insights and intentions going forward.

12:30pm Closing Lunch (included)

Join us for the closing luncheon in The Cutwater Restaurant (just across from The Mill Room).

To register, click here: <https://www.adriennetrapani.com/fall-retreat>