

General Information

Schedule:

2:00 pm – 3:30 pm: Mindful Movement Workshop

4:00 pm – 5:30 pm: Energetic Dowsing Workshop

6:00 pm – 7:00 pm: Group Meal

7:15 pm – 7:30 pm: CE5 participants gather

7:30 pm – 8:15 pm: Travel to the CE5 site, set up chairs & equipment, broadcast contact tones

8:15 pm – 8:45 pm: Blessing and meditation

8:45 pm - ?: Active CE5 session

This schedule of events has been crafted specifically to “set the stage” for a positive and enjoyable evening of CE5 work. The Mindful Movement and Energetic Dowsing workshops both offer skills and experiences that are conducive to achieving connectivity and a state of mind that is most beneficial to making contact during the CE5 outing. The group meal supports this by strengthening the bond between participants.

Participants may register for all of the day’s events and the CE5 outing, or they may choose to sign up for only what interests them. If you want to attend one of the workshops and nothing else, that is perfectly fine. If you want to join in the group meal just for the conversation and then head home, that’s okay too. If you just want to participate in the CE5 outing without signing up for anything else, that is not a problem. Just remember – we suggest participating in as many activities as you can. Doing so increases your awareness, offers new skills, and helps everyone to achieve a cohesive mindset that is favorable for CE5 work.

Additional information:

- Detailed information on locations for all events will be emailed to you following registration. The workshops, group meal, and gathering of CE5 participants will take place at a single location; the CE5 outing will take place at a different location. Both locations are within 20 minutes of one another.
- Regardless of which event(s) you choose, please make plans to arrive 10-15 minutes early. This helps us to stay on schedule.
- If you plan to participate in either (or both) of the workshops, please wear loose, comfortable clothing, especially in warmer weather. Working with energy can raise your body temperature.
- Be sure to bring a folding chair, warmer clothes, drinks, snacks & maybe a blanket for the CE5 outing (read the CE5 handout carefully for detailed information, suggestions, and requirements).
- If you have questions or concerns, please send an email to: shea@ownthelight.org.

We Own the Light

www.ownthelight.org

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