



TARETH

The Sounds & the Silence

'A Joyful Coming Together as a Spiritual Family'

Summer Retreat 2018

Friday July 27th to Sunday 29th

This will be a sacred time of complete cleansing from the noise of the world, in a sanctuary of deep healing to create an awakening experience that will leave you feeling positive in every way. We will work with new frequencies from sounds manifested by Tareth and integrate the wisdom they hold with periods of silent meditation.

There will be profound mediations, healing rituals, singing & toning as well as movement/bodywork to unify all aspects of your being. We will explore self-compassion, which leads us to more compassion for others. You will discover how to access and know your own true power in order to create a much clearer space within your life and find deep inner-peace. Learn mind and bodywork techniques that empower your own creative flow of energy and connects you with the guidance of nature and the Source.

All of this will be contrasted with times of silence, where great wisdom resides. It is a time to reflect and expand your individual consciousness so that you are nourished from a much deeper source. It is in this silence that we hear clearly just what the inner wisdom has to say. You will go deep into the soul light that you are, beyond the mind of thought, where your being can experience the real 'here & now' and light up the future, touching the essence of eternal you. The form you are in is not all of you.

'You are Eternal & a Light of the Future'

During our time together Tareth will channel direct guidance from the Source. You will receive healing using the language of light. You will also receive an individual healing and an invocation in the Alchemic Language to help awaken your highest-self and this will be recorded for you!

Give yourself some 'me time' for personal attention to reflect and just be in a group with like-minded souls. Experience deep lasting peace, calmness & tranquility immersed in total relaxation

Venue: **Avalon Constitutional Club (Upstairs) 50 High St. Glastonbury BA6 9DX**

Cost: **Only £180 (£60 deposit secures your place) Early Bird Discount: £150 if paid in full by May**

Starts: **Friday 2pm** Contact: **Helen 01458 833929** Email: tarethlight@gmail.com

www.tareth.co.uk