



# Quilt of Experiences *Slovenia Dream Group 2024*

“Congratulations, total success 🙌🙌🙌”



“What a day, a big thank you to all who laboured hard to make it a success. Wonderful to hear Paco’s magical tale, I recognized the truth of his observations. All the passes were wonderfully shown. It was great to have so many takes on these two forms. The Russian video was hilarious 😂. Thanks to those that organized the Arts section. The seeds have been sown.”



“One of the most beautiful things I ever heard, all of it. (Referring to Elisa’s performance).”



“Yes, I completely agree. It was magic and a wonderful treat for the energy body. I was touched in the core of my being. 🙏❤️❤️❤�”



“Grazie a tutti per questo potente divertente intenso pomeriggio!  
Grazie Miles per aver organizzato tutto questo! Grazie x ogni Giaguaro..tutti  
meravigliosi e potenti alcuni ultradivertenti..la musica dei video dei Russi  
fantastico! Con gioia immensa e gratitudine a tutti !”❤️❤️❤️



(“Thank you all for this powerful fun intense afternoon! Thanks Miles for  
organizing this! Thank you for every Jaguar... all wonderful and powerful, some  
ultra-fun ... the music from the Russian videos is fantastic! With immense joy and  
gratitude to everyone!”)❤️❤️❤️



“It was so beautiful to share all these amazing hours today with you, guys,  
and in the Spirit. I love you.”❤️❤️❤️



“Thank you, thank you thank you to Miles, all the organizers and  
practitioners from all over the planet for manifesting this Big Dream of  
transforming the world with Energy Passes, transcending all kinds of barriers and  
limitations, to reconnect with the Pure Joy of being an Amazing Alive Human  
Being 🙏❤️🙏”



“Is it because of your stance?  
Or is it because of this light?  
Or is it because of the fact that you’re  
standing right here but outside of time  
that I suddenly stopped on my path today?

Have you ever spoken before? Because I  
know all about this place and have never  
heard you. And how come I hear you now  
if you wouldn’t even know how to speak?

How long have I been standing here? I  
feel somehow that my body too now  
speaks the silence of eons of time  
present in this one and only moment.”



“The Jaguar doesn’t want to live  
in between anguish and hope anymore  
He has chosen a new life.  
With an abstract goal.  
The freedom to perceive  
without prejudice and without thoughts.  
You could think he has lost his mind,  
But in fact  
He re-encountered himself.  
Incorruptible, he traverses reality  
Without succumbing to it's traps  
He observes his environment,  
from within his whole being!  
Feels the flow of energy,  
and draws the most out of it.  
Neither indolent , nor in a hurry  
He follows the current,  
Without forcing,  
or without being dominated.  
Agile and fluid,  
As he is.....his path...”



“What an incredible time together, everyone! Thank you Miles, Elisa, the  
organizers and everyone who helped co-create this magic!”



“I definitely would come come back. I loved everything.”



“I’ll come back any time! Best workshop ever! ❤️”



“Waiting for the next Spike in energy!”



“I will also gladly come back! Wonderful retreat! ❤️”



“Yes. I would like to come back to Špik energy ❤️🌲🌳👤”



“Would love to come back to Spik energy too!”



“It was an intense, long lasting, immersion in perception of energy, of love, connected to all companions, between earth and stars.

What I bring home is the awareness that every time I need inner silence I can let myself sink into earth energy, generous mother earth! I bring home also some other power gestures that will bring me right there where I want to be. One of them is drawing a line and go over it to be in that special place. Another one is gathering energy around me with both hands, bringing it in my fists to my lower will and making a connection with the will between the eyebrows.

Such dynamic, powerful sessions I experienced only with Doctor Miles Reid !!!  
😊

The energy and magical passes with music woke up the joy, the pleasure to be in my body without words.

One leap towards freedom ....

Thanks to the mountains, thanks to the waters, thanks to the stars, thanks to those that gave time, energy, love, knowledge and wisdom to make it happen. ❤️”



“Good morning everyone. I'm in such an extraordinary level of energy today. I've been traveling for more than 30 hours, all night long squeezed in the coach class of an almost full airplane and, instead of being tired, I can hardly contain myself to not go around the airport jumping and growling like a Jaguar! By the way, from Ljubljana to Frankfurt I was on the stand-by list. It was a small airplane and it was completely full. I decided to stay at the gate until the very last moment. I took a deep breath, silence my mind and visualize myself aboard. Suddenly the attendant looks at me and said (in her words) that I'm so, so, so, so very lucky. There was a checked passenger that didn't show up at the gate. Very rare situation. She allowed me to board!”



“I would like as well to come back next year to Spik.”



“Hello, Miles, I would like to give my feedback of the workshop, so just a month before when you sent me the reminder. It was thanks to you that I decided to come because I was before, without practicing for few years with the group, the magical passes, I lost myself and I was without energy. I was in the moment of being a victim, and that's what I don't like. So at the moment that you say ‘Liliana, hey, you wanna come to the to the workshop?’ I started to see the light because in

that moment, as I told you, I was deeply, deeply in the darkness. I lost all my energy because I've chosen a partner that was not meant for me. He was not the right person and destroyed my person. So this led to the workshop. The workshop gave me back my power. Thanks to everybody, the energy and also to be conscious that I can dream and I can achieve what I want. That's everything inside me. So this workshop, I thank everybody. But mainly to you, as you know, my Nagual. And it was just fantastic. So now I'm going to be again present in the groups, and in my path of life that I decided. 2002 was my first workshop, to be part of this wonderful world of the Naguals and the ancient Naguals of Mexico. In Mexico, I feel my second home, as you probably know. I don't know why, but when I arrive in Mexico, I'm home. So this means something for me. Maybe I have ancestors, I don't know, it might mean in my whole family, somebody comes from Mexico, I don't know, but I don't care. The most important thing that now, I can start a new life. I can start again to be Liliana, The Light, not to be in the darkness. And thanks to everybody. Thanks. Thanks. Thanks.

Ah Elisa. Elisa was as well wonderful because a few years ago I attended some singing classes, and I know singing makes me happy like dancing, so thanks also to Elisa, she brought me back to my interest, what I love and that, the things of the workshop.

Grazie, grazie Elisa! Tesoro sei bellissima. (Darling you are beautiful!)”



“Hi beautiful beings, Elisa here!! 🎵 I want to express my deepest gratitude to all of you for welcoming me with openness, kindness, curiosity, love!! ❤️ Special thanks to the Slovenia Dream Team for all the help and most of all to Miles for inviting me and for truly believing in the power of the practices I share and love. 🙏 It's been such a pleasure to share my sounds and techniques with you, we flew high!!! 🦋 Now I am Jaguarized too!! 🐆 And yes I'd like to come back to Slovenia next year! 😊

Big hugs to all, especially the ones that I wasn't able to say goodbye to!”



“I came to the workshop with some personal stuff and insecurities. These dissolved mostly on Saturday and Sunday, and I went home with clarity, purpose and intent. The new and unexpected topic I discovered: often in my interaction with people and the outside world in general, I only express a small part of myself. With my new energy, openness and intent, I can now start to express more of myself – especially with my voice!

The retreat setting was just wonderful. The practice room was perfect. I have never before been to a workshop with such a beautiful swimming, spa and fitness area, and I used it daily. The surroundings were so beautiful, and there was enough time to enjoy it – or one could stay an extra day or two. I was moved by the community spirit and affection inside our group. Miles & the organizing team supported this so wonderfully. As it was my first ELSI workshop, I didn't know that before, but that seems to be the spirit!

I loved the way Elisa invited us to her beautiful music, and I could just follow her, without judgement. I didn't have singing on my list for Not-Doings, Energy etc. – but yes, it is another beautiful tool.

Of course, the teachings and stories from Miles & others are so valuable, and the number and quantity were just perfect. We did so many movements, and then we could sit and dive into those tales of power. All of them in their own way were impressive. Miles sharing so many personal-abstract events on his path is a real gift for all, thank you so much.

The 3 morning sessions were my favourite parts of the day, all of them in their own way.

The movements and singing outdoor with Elisa were a very special moment for me, I was very connected.

The walk to the waterfall gave opportunity for exchange with practitioners and pure joy.

The meditation was more like “work“ for me, until I became really silent.

I was very impressed by the huge global community on Saturday. The presentations were quite moving, so much passion.

Also in the 3 person witness groups we shared so much and it was magic.

Nonlinear experiences - I could dream a little, I saw the glow on some fellow practitioners, and my body changed for the good in such a short time. But as always, I felt the real boost of energy only after the end of the workshop. Going home by car, which is like a 5h drive, I was in complete flow, without any thoughts or even emotions. At the same time, I noticed how my ego tried to get its own share of this energy: in the holiday traffic, I started to drive always at the upper limit of regulations and risk, trying to get home extra quick. So I stalked this behaviour and focused on my silence, calming down. On Monday at my workplace, I was very balanced, strong, could speak very well and act without hesitation.

When we did the final “eye contact exercise”, for a moment it felt a little strange, but when everybody just embraced it without judgement, it was a unique experience. I still get shivers remembering it, it was pure affection without any thinking.

Would I come back next year? Personal time schedule permitting – yes!”



“Grazie Elisa per le foto e per tutto ciò che ci hai donato! (Thank you Elisa for the photos and for all you have given us!) ❤️ 🙌 ✨



“So many great experiences in these few days! So moving to see all of you, some long years after, others for the first time out of Zoom. 😊😊 Every day was special with own surprises, openings, discoveries. Many answers came with Energy and also more awareness of no judgment about little or big steps. So, I can fully appreciate these gems and keep them close. For example, I finally understood what means to stop the world. It was very easy explanation; for stopping the world, I need to stop at least one of my patterns "to see or believe how the world is. So, it's automatically a new one, which starts to appear. Another precious finding- some bad situations or difficult interactions will happen time to time, but don't have to suffer on it. I don't have "to own it" in my physical and energetic body. I can leave it outside. Exercise with facilitator helped me to find new vision of situation, which coming time to time in my life. Making a good fight for



something, which is really worth it and leave all, what is superficial and unnecessary and most of all not to waste my time and energy for. Where thought goes, energy goes!

So, I find my own definition of phrase "let me be like water" during our connection with lake, which means not altering my true nature with outside elements, to reflect them, without attachment, don't get stuck in someone and don't allow some emotions, events, feelings, people stay stuck in me in any way for years, but keep oxygenating myself, keep breathing, keeping clarity and pure vision. Another finding-réalisation of what I am. I'm a form of presence, who has the right to be here, without feeling superior or inferior to others. Self-sufficient presence, someone who keep openness, without being anxious or sad to stay in my own company.

The Jaguar brought me a very pleasant feeling of strength and power to face everything, to get out of sometimes appearing (as a) "victim" (in my) assemblage point. Doing in such an intense way, the passes everyday, gave me a lot of energy, making feel everything is possible, and finding answers for many questions. Even the protection of the space at the entry and exit of the practice space, gave me the idea to do it while I enter and get out of the house, leaving all external energy, problems, thoughts of others Outside. To create some form of energetic sanctuary!

I loved our practice of voice exploring! It was individual and collective in same time. I was clearly hearing my own voice in choir of all of us. It's so important to hear others and make them hear yourself ✨😊 Each of us was constantly supporting intent of others by our own energy, and it was an act of creativity.

During the exercise with the corridor of silence, first nothing was happening, and when I changed the way to watch, without fixing, so first I started to see some threads, they were alive in their own way. Blue, violet and some of them pink. And so some dark corridor quickly appeared, with the light at the end and three curious heads watching on me from other light part. I finally realized what Miles was repeating to us all these years, about energy which is there and available for us. It's that simple!! ❤️✨🚀🌀 Doing energy passes allows us to have access to it. I felt connected with all stories, we heard from Miles, Polona, Richard, Miles, Maurice . I appreciated doing the passes in Saxo way, which allows me to improvise myself as well. I loved to meet Elisa! I loved the place, the pure water of the river, calm et peaceful mood of the mountains and the comfort of the hotel. But most of all impeccability of the Slovenia team, which was always around, making us feel at

home. And deep gratitude to Miles, who was guiding us with power, impeccability and humor. Intent and lots of love to all of you!!!”



“The workshop was amazing. I felt the strength and effectiveness of the indoor movements and practices, the fresh energy of the outdoor ones. I appreciated the beauty of the place, the air, the colors, the Nature all, the company and cheerful support of my fellow navigators of the infinite, the music. Thank you!” 🌻 😊



“For me this was the best workshop ever. The mood was relaxed and light. This was because of this Dream Team making the space for us to feel welcome and save. The ritual of drawing a line before and leaving the room, felt as a sacred space. Entering space-time and when leaving, stepping into time-space again. The first time we did the code not doings, I went into the unknown. I was in no place and in no time. It was a profound experience where there are no words to describe. Into nothingness, into space. Seeing colors and geometry. The next time we did the code, I had a completely different journey. I jumped places where I have been in my life. I was there in full color, feeling the temperature, the smells, my mood then and it was as if I were there. Saturday night, during the concert I could surrender into the sounds. And then when the gong (I think it was the gong) start moving through the room, I had bodily convulsions which I could not control. It was as if I was grasped from my midsection up.

Staring at the wall was a big effort for me. I started the gazing with the corridor from the big screen. This was not my corridor. This I realized when staring into the wall. I found my own tunnel and could dwell upon this. My own corridor is a blue/purple tunnel which can transfer me into dreaming. Only this time I did not enter a vision or dream.

The inner silence practice was great. Suddenly I felt I had paws and there I was on a great rock standing as a jaguar. I was on a high rock and could oversee my hunting ground. Back into time-space, I made a pouch of the vision and stored it in my energy body.

A big thank you to Miles, Elisa and the DreamTeam organizers. I am so thankful that I was part of this magical encounter with all of you. I would love to come back next year and meet again with my fellow warriors.”



“Good evening dear navigators,

In the twilight's embrace, where shadows weave,  
I wander, energetically available, to feel the pulse,  
Putting words to my perceptions, soft and tender,  
Like bird s whispers, pausing in the binding force of the universe,  
In presence, where energy dances and sings in connection with Mother Earth.

I direct my purpose to freedom's fervent call,  
Moving the assemblage point  
To its multiple positions,  
Fighting against what they have done to me  
And reclaiming my birth right

Life is a dream, I remember  
I am dreaming, within layers so intricate and vast,  
I am dreaming myself, a tapestry unfurling,  
I am dreaming others, our fates entwined,  
Others are dreaming me, reflections in the night,  
Everything around me is a dream, painted in hues of intent.

The shoulder movements, the subtle eye paths,  
The foot massage, the earth's hum beneath my toes,  
Releasing the grip of the mundane, transforming,  
Discovering the Will System, a spark ignited,  
Connecting the hara center with the third eye,  
Expressing Spirit through the irises of my soul.

Like a strong swimmer, navigating in the stars  
For a brief moment, I became jaguarised, fierce in my quest,  
To confront the darkness of my soul with valiant valor,  
Now I know that I can create pouches in my luminosity,

Nurturing them with the essence of intent.

At the end of the day, my heart soars high.  
I call upon my power,  
Yet realize the truth: this power was never mine,  
Lent by Infinity, a sacred trust bestowed,  
Entering the unknown, fueled by a spirit alive,  
In the delicate balance of not-doings, I find peace.

Each magical pass, an evocation of presence profound,  
If Intent is my conversation with Infinity,  
What is underneath my intent?  
What could be infinity's intent?  
Do I have the intent to succeed or to fail?  
A riddle eternal.

So let's just dream a corridor in the wall of what we know,  
Waiting patiently for something from the other side, unseen,  
Ready to embrace the riches of the unknown,  
Knowing that in every heartbeat, every breath,  
Life unfolds its magic, and we are the dreamers,  
Free souls, navigating the vastness of creation.”



“Thank you, Spirit, thank you Miles, thank you Slovenian dream team, thank you fellow navigators, for everything that we shared in this beautiful location, I am in for Season 2 !” 🍀 🎮 🙏



“I want also to say big thank you to dear Angie and Miles for organizing Art corner and for inviting me to be part of it. Definitely beautiful initiative to keep growing.” 🎮 🍀 🎵 🍀



“The workshop was basically a series of 5-star events, held in a location which has the feel of a magical power spot/summer Shangri-La. The workshop, together with four of Miles treatments, left both my body and awareness feeling great! I hope you offer it again next year!”



“I want to say a Gigantic Thank You to Saida for her magnificent performance, and to Nohra for her deep and moving poetry reading. We were so lucky to have you both on site. And most importantly, deeply grateful to Miles for inviting me to be a part of the Practitioners Arts Corner! All the presentations showed a deep connection to our Dreaming Spirit. I feel privileged to have been a part of our initial Launch. A worthy start to our first effort ... on to more and better. Let The Arts Begin!!!” ❤️ 😊 📷 ⚡



“Fellow peaceful warriors, while you Miles, your companions, Taisha Abelar, and Florinda Donner Grau met me first time, I was falling in complete Love, because I was so much impressed by your kindness, generosity, authenticity, elegance and simplicity at the same time.

Beautiful male and female warriors like here in our workshop. I wanted to be like you. Those warriors show the good science of a fully accomplished master-warrior, being and practicing in the world. This is the highest practice! Those warriors are free and able, to releasing others. The magical power was around us, but more and more in us. Are we ready to fly?

This time I felt unconditional deep Love with all of you, in every single moment. I love you so much! Back at home I will train my body, speech and mind with power and kindness, as I learned it here. I am looking forward, to meeting all of you in Špik, again. Thank you Miles, thank you all, to sharing your love energy, music dreams, and pictures with all of us.”



“I am living like in my things and also the big ones with



twenties. Light, fluid, doing little the same easiness.”

“I would like first to thank the Slovenian friendly team, the Maurice for making this journey come true! 🙏



fast and elegant Miles, the Maestra of sound Elisa and

Thanks to the people that shared a little piece of their life which was very inspiring for me! I felt embraced and safe in this room without judgment, a place of converging with people I met during my first retreat in Mexico and the dolce vita retreat in Italy last year. (All the roads lead to Spik 😊). The pictures in the background of the pyramids of Chichen Itza and Calakmul made me remember all the exciting moments I spent there and all the path I overcame so far.

The global practice was amazing! I was impressed and emotionalized by all the participants who demonstrated their own and personal version of the jaguar form. I felt the feminine power coming from different part of the world 🌍.

I appreciated to see how various disciplines and arts mixed together can finally perfectly match!

I liked pretty much the morning sessions at the lake and the mountain. I was joyful on the bridge next to the cascade and I felt a strange energy on the way back. I had the sensation that my way of moving forward was fast and precise. I was like pulled ahead without thinking where I needed to put my feet on the ground. And at the end I crossed the road of this young girl Maya with whom I felt immediately connected despite our difference of age!

I intend to be more fluid in my daily life without trying to control everything, acting differently, trusting the guidance of the spirit and see what happen...

I will definitely come back to Spik if you offer it again!

Best wishes to all of you.” ✨



“Thank you to miles and the group” 😊

staff and fantastic practitioners’



“Having connected with the Slovenian team for years, I’ve been dreaming of being in Slovenia with them to practice passes. Sasha was a bright emissary from Spik, as he came to collect us from the airport.

It was great to reconnect and connect with fresh practitioners. I was struck by their unbending intent. Miles greeted us with a huge smile as did Maurice. I felt very welcomed. The retreat ran smoothly due to the hard work of the core organisational group. Thank you all. I loved all the stories that came from the stage. Palona s and Paco s were deeply touching and revealed so many nuggets from the warriors path.

Maurice s story brought back beautiful memories of Karma Ling and the adventures we had there for many years. I love stories and Miles generously shared so many gems of his interactions with Carlos and the witches.

It was wonderful to meet up early to practice swim and hike. I loved the breaths we all enjoyed together before swimming. Great to get the boost from the Earth and Sky. By Friday night I was exhausted so it was touching to bathe in the sounds from Elisa. On Saturday I awoke refreshed.

The worldwide practice was a high event and was a lot of fun, as was the fledgling art sharing from Angie and her fellow artists and poets.

It was energizing doing the Code in a new way. Not doings are very powerful. New behaviours exhilarating. The gazing exercise was very mysterious. It s empowering to pause and see beyond our structured world.

I would come back to Spik, although this date at the end of August is difficult for us. Thanks to everyone, the warmth and communication I felt means a lot to me.

Look forward to practicing with you again, wherever we are.”



“Hello Miles. Thank You for the

wonderful retreat! 🙏

The best non linear experience I had was during the singing / drumming session

The drum 🥁 transported me big time  
First I was in a shamanic drumming circle around a fire ....  
Then lots of vision realizations came,

I felt the earth energy alive And I saw how this energy feeds me, upholds me  
always. Then it get transformed through my particular heart configuration into love  
I am here to give and spread. And all this witnessed by (being) connected to the  
sublime pure white light, the ultimate source and my ultimate home.

These three energies : the primordial earth, the human loving and the sublime  
divine.

I Could Travel between Them, become any of Them ....  
I saw that they are dancing in me with me all the time ...  
At the end I went up and finished in clear light ...

I felt a bit disturbed that after we finished everybody started to move and talk  
I Wish we had 5 minutes at least (of) silence for Integration.

Spik hotel is a gorgeous retreat venue, would love to come back.

Morning programs were great, though it was too cold and wet in the shade when  
singing practice was made at the lake. I had to go to the sun, but this is my  
sensitivity only.

I loved your stories about the eye locking in Africa  
And I knew what you meant.  
I had similar deep experience twice.  
Once locked eyes with a gorilla in a zoo... will never forget  
Once with an inmate in chains in a prison where I worked as a pharmacist for a few  
weeks.  
And the spirit and light beamed between us  
Just transformed everything.  
When you were talking it gave me the chills  
And you reminded of the Nagual too 😊  
When he was sharing his adventures, making us laugh and put us in to awe at the  
same time !!!



This for now....



The code was awesome, leading to inner energy and compact silence, and perception below the surface

The gathering energy giving bubbly energy and life force, and well being. I especially enjoyed and treasured your instructions and hints And comments just about everything, Connection to It, Personal power which is not personal at all, and body positions, emotions, and changing grooves, internal dialogues and realities.

This much comes to my mind this time

I am sure more will surface after I am recovering from this stupid Covid. 😊

It has been wonderful to see you shining and glowing at your best as always!

And I am grateful for this wonderful experience !

Till soon!" ❤️🙏😊❤️



“This was definitely the most amazing workshop I’ve ever experienced, without exaggeration. I’ve always left other workshops with an energetic boost, but this one was in a category like no other. Yes, we did go places indeed. Indescribable places. I was transported into the Second Attention without a doubt. It took me a while to warm up to The Corridor of Silence, but I get it now. For me it amplifies the visions behind my eyes, and they get projected onto the wall. Gammadian and Ena were magnificent in Demonstrating the Code, and all the stories and demonstrations from the other practitioners were riveting. Elisa’s music was breathtaking, and just so unearthly and beautiful. I hung on every word of stories from Miles, and need to mention the perfect timing in his Delivery, as well as the pointedly Elegant way he signed off in his letter. That was craftsmanship, superbly executed. A Fast Man, an Elegant Man. Brilliant.

As some of us sat around the table Sunday evening, we floated in a climate of euphoria, laughing and enjoying each other like a gathering out of a dream. After I left Spik, I noticed that lights sparkled, and music and sound was richer and deeper, transporting me in waves as I walked around Paris. Not to mention having excess energy like never before!

I truly want to thank Miles for putting 1000% of himself into this workshop, and everything he does on our behalf. Every day I think about how amazingly lucky we are to have him in our lives, and that he carries on the work of the Nagual that we so cherish, with such fierce dedication. It's really a privilege to be included in this magnificent, impeccable group of warriors. To be with all of you is a gift to me from Infinity, and I can never fully express my gratitude.”



“Bueno, hay cosas muy lindas del evento, como los trabajos con Elisa de sonido, eso fue espectacular. Eso realmente a mí me movió mucho. Definitivamente tú eres un gran story teller tienes una habilidad para contar y escribir las cosas y que sean interesantes y al final dejan. Un sentido, un mensaje de espíritu. Y por eso, pues claro, tienes un talento y tuviste un buen maestro. Y creo que ellos en el hotel hay que advertirles, hay que hacerles entender que este tipo de grupos estamos vendiendo es a un retiro. Un cierto nivel de silencio que andamos buscando para trabajar cosas internas profundas de cada uno; sí sería bueno que ellos también entiendan que es un retiro de gente que vienen a hacer un trabajo espiritual nosotros. Me encantó hacer pases mágicos con música, eso me encantó, volver a eso y esa energía Y que las cosas fueran tan fluidas. Me encantó la sesión de Sasso de de sus movimientos tan fluidos. Me encantó como él movía su energía de una manera que tan elástica y al mismo tiempo entrando en un movimiento que que llamaba la segunda tensión fácilmente. Me llenó de mucha energía y me conecté. Él a raíz de eso, también me enseñó algo que es la fluidez, yo tratando de hacer lo mismo que él.

Los trabajos con Elisa de sonido, eso fue espectacular. Eso realmente a mí me movió mucho. Elisa fue muy muy efectiva en ayudarnos a sacar nuestra propia voz a mí eso yo nunca he podido cantar, ni ni vocalizar, ni hacer muy difícil para mí. Con la sesión de ella yo. Tuve ahí un encuentro con el espíritu enorme. Y me fui para mí. El salón se desapareció. Y que una sinfonía de sonidos y de segunda tensión super intensa que al final ya solamente me bañaba en energía y me bañaba y no podía terminar de bañarme y eso era una fuente ilimitada que seguía brotando y brotando. Ya se estaba acabando la actividad y. No podía, no podía dejar de estar en ese en esa presencia tan fuerte. Eso fue súper fuerte esas actividades. Nadie con el sonido, lo mismo la actividad en la noche de sonido con Elisa a mí también me llevó muy profundamente a conversaciones con el espíritu y a realizaciones que me llevo para el resto de la vida que tengo que integrar y que me dan propósito que

una de las cosas más lindas fue una conversación con el corazón. Donde el corazón me mostró que energéticamente una parte del corazón late hacia afuera y otra parte hacia adentro. Y que hay un latido que es para mí y otro que es para los demás que siempre tengo que tomar el latido para mí primero y luego el latido para los demás, para tener un balance en la interacción de la energía y esa experiencia.”



(English Translation)

“Well, there are very nice things about the event, like the work with Elisa in sound, that was spectacular. That really moved me a lot. You are definitely a great storyteller, you have an ability to tell and write things and make them interesting and at the end they leave a sense, a message of spirit. And so, of course, you have a talent and you had a good teacher. And I think that they in the hotel, we have to warn them, we have to make them understand that the type of groups we are selling is for a retreat. A certain level of silence that we are looking for, to work on deep inner things of each person; it would be good if they also understand that it is a retreat for people who come to do spiritual work with us. I loved doing magical passes with music, I loved that, going back to that and the energy that made things so fluid. I loved Sasso's session of his movements, so fluid. I loved how he moved his energy in a way that was so elastic, and at the same time going into a movement that called the Second Attention easily. It filled me with so much energy, and I connected. He also taught me something from that, which is fluidity, I'm trying to do the same as him. The sound work with Elisa, that was spectacular. That really moved me a lot. Elisa was very very effective in helping us bring out our own voice for me, who has never been able to sing, nor vocalize, but she made it much easier for me. With her session I had an enormous encounter with the spirit. And I myself left.. The room disappeared. And there was a symphony of sounds and a super intense Second Attention, so that in the end I was just bathing in energy, and I was bathing and I could not finish bathing, and there was a limitless source that kept gushing and gushing. The activity was running out and I couldn't, I couldn't stop being in that strong presence. That was super strong, those activities. The same activity in the night of sound with Elisa also took me very deeply to conversations with the spirit, and to realizations that I take with me for the rest of my life, that I have to integrate, and that give me purpose. One of the most beautiful things was a conversation with the heart. Where the heart showed me that energetically one part of the heart beats outward and another part inward. And that there is one beat that is for. And another that is for others ... that I always

must take the beat for me first and then the beat for others, to have a balance in the interaction of the energy and that experience.”



“A bit frustrated that I didn’t get a perceptual kick this time ...as is usual after one of those retreats. I thought to myself ...never mind the reward, I still want to follow the Warriors-path, and become as impeccable as I can ...INTENT!!! And I have to say, I got a reward anyway, in a more subtle way.... First of all, ... a sort of detached efficiency that I felt after Slovenia, and believe me, I really needed that, because of the challenges and the pressure that I had to face last week on a professional level ... And secondly, and certainly the most important of all ... the encounter with you, marvelous people, with which I got the opportunity and the privilege to connect with...So, how could I not thank you for that..?! Thanks to all of you for this beautiful gift... and special thanks to Maurice and the Slovenian Super crew, the men that made things happen, the beautiful and bewitching Elisa, and of course...Miles, a master of Intent and the most impeccable warrior that I ever met, .... And last, but not least to the Jaguars spirit.”

