



FLAME RETREAT SCHEDULE 2019

*The Octagon, Rose Cottage,
Norfolk NR21 9NF*

ABOUT FLAME RETREATS

Flame Retreats in rural Norfolk are an extension of the work of The Flame Centre based in central London. Our retreats aim to help people connect inwardly and come home to themselves to access source energy, or some might call it the divine, creative spark within. This pure awareness is our true nature, our authentic self, simple, natural and spontaneous. Mindfulness and meditation offer ways to begin to access or further develop and explore awakening into higher consciousness.

The 2019 retreats each have their particular themes, some being for the general public and others being specifically for energy therapy practitioners. If you would like to discuss any aspects of these retreats, do feel free to get in touch and we would be happy to answer any questions you may have.

VENUE

Rose Cottage is located in Sculthorpe a village outside Fakenham. The venue is a small cottage with gardens and a purpose built Octagon for meditation.





Octagon: The shape of the octagon carries sacred meaning throughout human history where the number eight represents cosmic balance, infinity and eternal life. The octagon shape is an aspect of ‘sacred geometry’, a symbol for renewal, rebirth, regeneration, and transition. Amongst its qualities, the Octagon is said to represent: the ultimate balance between material and invisible (spiritual) forces, male and female, and total balance between heart and mind.

RETREAT FRAMEWORK

Meditations: depending on the particular retreat there will be a mix of simple mindfulness meditation, some guided practice, walking meditation, and use of visualisation and mantra, with space for both individual and group meditation practice.

Space for silence: there will be periods of meditation quiet and stillness, when the retreat will be silent, unless we need to speak to clarify details about the programme. However, these are not ‘silent retreats’ – rather, we aim to have as much peaceful reflective space as possible.

Energy work: there will be space for physical movement to enhance the body’s energy system such as yoga, Qigong and breathing exercises. We will also use self- help techniques for clearing blocked energy.

Walks: the location of Rose Cottage is a short drive away from some of the country’s most spectacular beaches. There is also a beautiful nature reserve 5 minutes’ walk away.

Meals: We usually have a cook to prepare the main meals with options to suit individual needs. Everyone is asked to help in the kitchen and share in simple daily tasks.

Connecting up: People value the opportunity to meditate and share the retreat experience with like-minded souls.

RETREAT ETHOS

Energy follows intention so what we focus on is what we create. Since a group amplifies the energy, and light brings up our densities for clearing, it is a normal part of a retreat that each of us will be dealing with our 'stuff'. We ask people to be aware of this so in all our retreats we set our group intention to:

- honour each and every one of us and allow different voices to be heard
- respect people's life experiences and pathways
- enable a peaceful space where people feel safe
- create a place of light, love and openness where we speak to one another in a supportive way valuing people's diverse feelings and experiences.

RETREAT SCHEDULE 2019

SPRING EQUINOX

BLUE DIAMOND RETREAT AND PRACTICE 2019 With Phil Mollon

Fri 22nd March 4pm to Sun 24th March 3pm 2019

THIS RETREAT IS SPECIFICALLY FOR ENERGY PSYCHOTHERAPISTS ONLY

This Blue Diamond practice retreat with Phil Mollon offers an opportunity for practitioners to deepen their work with Blue Diamond healing. This advanced form of PEP facilitates the removal of dysfunctional patterns more completely from a person's energy body and morphogenetic field. The Blue Diamond, (which can also turn into a Blue Flame) thus assists in neutralising the 'illusory ego' and is an access point to the person's higher dimensions, thereby helping psychological and spiritual development.

The retreat coincides with the energy of the Spring Equinox, and we will meditate together to welcome in the spring.



ENERGY THERAPISTS RETREAT

Friday noon onwards 10th – Sun 3pm 12th May 2019

This retreat is for the energy therapy community. There will be opportunities to consolidate your learning and practice energy psychotherapy, to work on some of your own issues and have space to meditate. There will be a particular emphasis on taking care of our own energy and selfcare, which will include being in nature and walks along the beach. All meals are provided apart from Saturday evening when there will be the option to go out to a reasonably priced local restaurant or to order in takeaways. Camping is available – for fun, to be close to nature and to reduce accommodation costs.

SUMMER SOLSTICE RETREAT plus barbeque

“LOVE AND ABOVE – HIGH VIBES!”

Thurs 20th June 4pm – Sun 23rd June 3pm 2019

‘Love and Above’ is a vibrational ‘scale’ developed by Dr David Hawkins, concerning levels of consciousness and the energetic frequencies of our emotions. During this period of awakening on our planet, the more we can access the higher vibrations – such as love, joy, peace and gratitude – “high vibes” – the more we help our environment. This retreat celebrates the joyful energy of summer. There will be a barbeque and live music on Saturday night.

The retreat will include:

- meditation (sitting and walking meditation)
- some form of physical movement such as yoga, going for walks etc
- singing sacred chants
- having time for personal reflection
- listening to mp3s about contemporary spiritual thought

AUTUMN EQUINOX RETREAT

“FINDING BALANCE – INTEGRATING THE LIGHT AND SHADOW ON THE SPIRITUAL PATH”

Thurs Sept 19th 4pm – Sun Sept 22nd 3pm 2019

The Equinox is a time to restore balance. This retreat offers a period of withdrawal from the busy-ness of life so you can reflect and replenish in a calm and energising setting. Autumn brings many beautiful changes in nature and noticing the changing rhythms in life will be part of our focus. It is also time when the light and dark are in even balance. There will be opportunities to reflect on how we can best integrate the shadow with the light and come to terms with the rollercoaster of moving between our egoic judgemental minds and the awakening mind.

The retreat will include:

- meditations (group and individual)
- some form of physical movement such as yoga, going for walks etc
- appreciation of nature and the changing seasons
- singing sacred chants
- exploring and working with aspects of our own light and shadow
- use of self-help energy psychology tools as part of the process of Integration

NOVEMBER WILLIAM LINVILLE RETREAT

Exploring William Linville's teachings plus 3 live Interviews from the USA (williamlinville.com)

THEME TO BE ANNOUNCED

Thurs 4pm Nov 14th – Sun 3pm 17th 2019

This 6th William Linville retreat will include meditation, exploring issues via 3 hours of energetic transmissions, group activations and healing to help develop our latent strands of DNA, light and crystalline encodements, and energise our various energetic bodies. There will be opportunities for questions and answers with Will, and studying videos of specific teachings. William embodies pure love and unlimited consciousness, free of all veils and filters and he assists the process of ascension, facilitating profound change. People always enjoy these retreats, and the breadth and range of his insight into everything is extraordinary. He can address questions about the far reaches of the galaxies and beyond, to deep healing and understanding of our personal issues. He is quirky, playful, fun and above all encourages us to be ourselves, enjoy our lives and 'dance with the universe'.

NEW YEAR RETREAT 2020 LIVING WITH NEW ENERGY

Thurs JAN 2nd 4pm to Sunday 5th at 3pm 2020

As part of the changes of the New Earth, the 'awakened state' of quantum consciousness invites us to release our old habits of 'trying and doing' with an emphasis on 'being' and 'living in the flow' with grace and ease. The beginning of a new year provides an opportunity to refresh our state of being, relax, rest deeply and reflect on the new things we wish to bring into our lives. In addition to meditation and healthy food, we will focus on clearing our energy, including using colour healing. There will also be opportunities for visiting the local Spa for healing massage and use of swimming pool, sauna etc, invigorating walks by the sea, and plenty of time for yourself and for silent meditation.

CD OF SACRED CHANTS AND MANTRAS

If you would like a copy of this CD of sacred chants and mantras see the FLAME website for details. It is available to download in MP3 form or CD form. www.theflamecentre.co.uk

RETREAT FEES

We have tried to make these retreats as affordable and accessible as possible whilst covering the basic costs. The Thursday to Sunday retreat fee is **£275**. The Friday to Sunday retreats which are for the energy therapy community, are priced individually (see booking form). There may be additional costs, for example when there is a guest speaker or we are booking to use the local Spa. Please see Booking Form for more details.

N.B. You will need to arrange and pay for your own accommodation if all Rose Cottage places have been filled. Early booking is advisable.

ACCOMMODATION

Rose Cottage: Accommodation at Rose Cottage is allocated on a first come first served basis with various levels of accommodation, from your own room, to a sofa bed in the living room.

Local B and B's: can be booked by participants and will need to be paid for separately. There are some suggested venues on the bookings forms and you can also do your own research.

Camping space is available in the garden.

APPLICATION FORMS

If you are interested in joining us on any of these retreats please email us at info@theflamecentre.co.uk and we will send you an application form. Please complete this and send your deposit to secure your place. **BOOKING CAN ALSO BE DONE THROUGH THE FLAME WEBSITE www.theflamecentre.co.uk**

FACILITATORS

Guest speakers in 2019 include Phil Mollon and William Linville. The William Linville Retreat will be facilitated by Simon Lofting and Ruthie Smith. Other retreats will be facilitated by Ruthie Smith and Tessa Underwood.



MAILING LIST

If you wish to be on our mailing list to hear about future retreats, email us to let us know

www.theflamecentre.co.uk
info@theflamecentre.co.uk