

RE SOUND TREAT

A Pu re Sound Treat!

Sacred sound scape within magnificent land scape, where you can simply be, listen and the rest can unfold with ease.

ReSound!

Journey the sound labyrinth that sets free the mind of its habitual confinement, and its belief that it isn't already illuminated with embodiment beyond perception.

Rest 'n Receive

Create time for yourself, to redefine the value of Listening. Simply slowing down, and bathing in your own presence, showering in diversity of experiential sounds, immersing in the flow of unfolding choices.



ReSound ReTreat



Choice...

- ◆ Sharing time with simplicity, choice, and nurture
- ◆ Initiating, amplifying, and anchoring expanding capacity
- ◆ Uniting in Presence, Intention and Purpose
- ◆ Aligning with earth cycles, and realising the value of lifestyle approach in harmony with natural rhythms
- ◆ Resounding Synthesis of Sound, Light and Geometric Symmetry as pure experience
- ◆ Opening with Trust, Deepening Listening and Self Honouring
- ◆ Expanding sensorience, beyond previous definitions, and establishing new pathways for quickening of self resonance
- ◆ Surrendering within beautiful environment, nurtured with pure goodness
- ◆ Choice to Be, and the safety in being whatever that is



Sensorience



It is through our senses that we experience and interpret our reality. Pathways of determined response, re-enforced through time, as familiar imprints. When new stimulus is presented, the brain seeks to interpret according to its previous references, building upon them, intelligently forming an ever expanding reference point from which we evolve.

We acknowledge the function of our sensory systems, and create now, a dedicated potential of deepening our listening to our world, through all senses.

Purposely, we practice a new habit, to go **behind**, **within** and **beyond** the senses.

To use senses as the bridge, allowing our mind its dedicated function, and then to expand, allowing all previous reference points to fall into an abyss of unlimited possibilities.

Behind the breath, **behind** the heart beat, **behind** the words, **behind** the sounds, **behind** the vision, **behind** the touch, **behind** the smells, **behind** the intuitive knowing.

Behind, Within, Beyond.

We place ourselves at that entry point, with simple surrender, love and dedication. Allow the influence of vibration to move you there.

Bathe in the experience with total sensory listening, and receive the gifts of the undefined.

Silent Deepening

The essence behind no intention of intention. The inspiration within the welcome of sharing the merging of the gong, light and geometric symmetry:

Creating a vibrational field, a sound board of remembering. The senses heightened beyond the framework of familiar linear focus. Shifting to a synthesis of sounding. Calling forth the vibrational quickening that is invoked naturally, when attention shifts from familiarity, into the delight of expanding possibilities. Harmonic fractal patterning, that spontaneously initiates.

Words simply for the forms they are. A bridging behind the breath. Directional, but distracting when determining. A listening, illuminating, formless forming. A lifting of mind state to higher perception and openness to simply be.

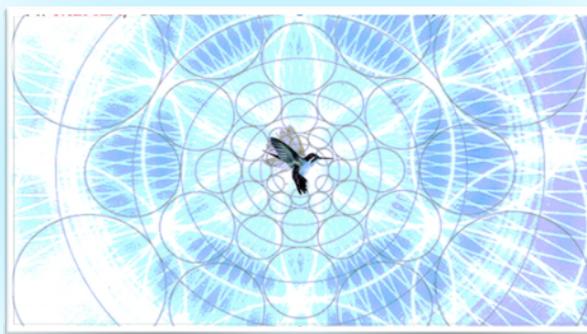
Nature reflecting lovingly, nurturing, nourishing, grounding, pure blessings. The natural merging of the unified field of our earth, and ourselves. Seen as unseen. Realised as unrealized. Known as unknown. The mind releasing habits of busyness, into the resting phase of peaceful giftedness. Just as it is, it is.

As the echo, the sounding board of consciousness within no consciousness. The realisation that there is nothing to heal, to understand, to resolve, to merge. There is no need for anything to change to be something other than what it actually is. Deep Peace.

The silent celebration and total freedom. Sounding the knowing of the ultimate web of truth, and the nothingness that is within the forms, and the forms that are given to nothingness.

Humility, Gentle Strength. Freedom.

Witnessing dimensions as none. Aspects of consciousness as none. Elements of synergy is none. Nothing to sound, nothing to illuminate. Nothing to give form to. The creation of Love as absolute, is already Absolute...



Open structure of ReSound ReTreat

Essentially, there is invoked a surrender of primary structure as a workshop model, and opening to flowing with what group presence unfolds in each moment. It will be intriguing to allow this to be more than we can imagine. A safe space to put into practice, a deepening of trust beyond our innate desires to be in control. To witness how easily we move into familiar habits that create a form that confines our definitions, and the courage to move beyond this. Any yet, support present for any and all, facilitated by practitioners of healing, wisdom and gentleness, to maintain the safe environment in which to Be.

To provide the essence of the ReSounding, the following may provide an overview:

As sacred weaving of ReSounding Synthesis:

The trinity of creation as a singularity, resounded as an echo of expression within the *ReSound ReTreat*:

- SURRENDER / OPEN
- LOVE / ALLOW
- AUTHENTICITY / CREATIVITY

Thursday 13th October:

Initiate Clarity

The first evening, is the preparing, clearing, outlining of choice and opportunity. The offering for each to open in their own intentions to whatever they would like the experience to be, and then letting that go completely within their own acknowledgement, and as aspect of each other in readiness. Silence is a choice, if chosen, over the next couple of days, as there is a deepening opportunity to listen beyond the listening. The challenge to move beyond even the desire to gain anything from any experience. The core being held, that there is nothing actually to being gained from the experience. Just acknowledge as they experience. Here. Now. Nowhere. Ever. Everywhere. Always.

Friday 14th October

Surrender / Faith

Morning

Invocation of surrender. Including release of any form or outline that may define the retreat. The depth of faith and surrender, and opening fully to now allowing all simply to be. To be in the space, and see what is called forth.

It may unfold with opening with gong, and sounding, movement and toning. Allowing the sounding to be its own expression, without being held, directed, guided by any principle of intention or purpose. Opening to the total state of surrender to discover a depth beyond understanding of what it truly means to release the familiar forms of control. Free fall into being. Free fall into whatever. Free.

The afternoon is choice:

silence, more sounding, personal sounding sessions, conscious discussion or supportive therapies, rest, walking, journaling, whatever....

Evening: After dinner:

Love / Acceptance:

Intentional deepening of loving acceptance. Invoking and embodying Love beyond Love. Gentle strength, the whispering Spirits of Divine Devotion. The evening sounding is the sharing of total nurture, love to the absolute open surrendered spirit. The illuminating spectrum of Light, caressing the Conscious Soul of dedication. A balm of bliss to the realisation beyond the self, to the absolute dedication as simple expression of perfection. Moving beyond judgement into the freedom of expanded illuminated truth of an essence that is the echo of a memory beyond all dimensions of dimensions.

Sleep.

Saturday 15th October:**Authenticity / Creativity.**

The ordered movement of creation. Conscious choice and direction. Empowered knowing. Recognise the mastery of totality. Ownership, inner peace, symmetry of geometric perfection and sheer beauty in creation. All of life mirroring the hologram of choice. Commanding joyously in full expression. The flow in flow patterning as perfection. Opening to a divine patterning that supersedes any forms of familiar expression. Embodying the joyous remembrance of a nature of innocence and clarity in flow. Totality of order within chaos of order. Undulating, cyclic, power potential. Essence in reflection, and the mirror of perfection radiating beyond any forms.

Pour forth the creative essence of empowerment, awakening the full potential of consciousness, amplified by the full moon. And then the eclipse of this, the shadow aspect, knowing nothing is necessary to be seen, to be known. The shining, the shadow. All One.

May include: Meditation, Chi Gong, Free movement, Yoga, Movement inspired through sound, etc.

Afternoon of choice...

Evening after dinner

Synthesis

Dream the greatest dream and initiate the motion to direct a new cycle in creation. Unification of all into expression that simply is in presence of power and interplay of perfection. Giving form to harmony in illumination. Absolute Love Manifest.

Calling forth the gateway of potentiality that is not even necessary. Calling forth the realisation that nothing is needed to be shifted. Consciousness to disarm. Purpose and function to be empty in the nothingness of play and presence. Joy. Harmony ignited as presence.

Sleep.

Sunday 16th Octobre**Integrate / Consolidate**

Sound, share. Integration strategies.

Lunch and journey homewards.

Live IT!!

ReSound ReTreat



*And the nitty gritty of planning and preparation.....***Where is this going to BE?**

A synergist experience, offered at *Siba Retreat Centre*, a unique and beautiful Buddhist retreat located in the Snowy River Country of East Gippsland, surrounded by forest, fresh air and purpose.

2592 Gelantipy Road, WTree, Vic, 3885.

Venue Ph: 03 5155 0329

Directions:

Make sure you take a good look at the map and directions before you go.

It is a dedication to attend, as from the Inverloch area, allow 4 ½ hours. Reception will drop out about 20 minutes from final destination. Yes, that is right. No mobile coverage!

Just keep in driving along Gelantipy Road, and you will come to the property:

Facilitation in Dedication

Organised and facilitated by Sound Sisters; Latimah, Nettya and Ann who will co-create the sound labyrinth.



The event is envisioned to amplify presence.

To bathe in the natural influence of nature in all its glory and vibrational focus that sounds perfection in unison.

It is intended that the planning is kept simple,

with a gentle outline,

allowing for choice,

and its own organic revealing.

The essence of the gathering is to move beyond the words and habituation of our daily lives,

to listen more,

be responsive.

Simply Be.

Silence of speech may be elected,

further deepening the shift in Rest.

Greater Cycles of Connecting

The dates are aligned with cycles of nature, celebrating Spring in such a beautiful location, and aligning with the first of three super moons. Powerful amplification! Anchoring intentions that have been planted within at the time of Spring equinox, we truly be present to that which is now in creation.

In the natural rhythm of our earth, within this cycle, there is amplified opportunity to consider and celebrate empowered choice.

Truly, this time is in parallel to a new year of possibility, of potential, of creation.

A perfect time to be mindful to what you would truly like to align your attention, presence and efforts to.



The Days of the ReSound ReTreat.....

Thursday 13th:

This will be primarily a travel day for most, plan to arrive between 3 and 5 pm. When you arrive, you will see a main building with a dome structure.

- This is the gathering/dining area.
- Enter, be greeted, or wait by the fire and someone will come.
- This will be the time to relax, settle in to your accommodation, familiarize yourself with the environment, whilst others arrive.
- Dinner time is at 6pm, and after the meal we shall all gather.

Friday and Saturday will be full days, full of sound and choice, and when silence from speech may be elected. Sunday will be consolidation and integration of the experience together, and departure will be after lunch.

General Info and Packing

- Meals will be offered in the main dining room prepared lovingly by Siba staff.
- The food is wholesome vegetarian meals, served three times a day. Specific dietary requirements are catered to. Make any requests on the booking form.
- The rooms are clean, basic, and easy, including beds, bunks, a table, toilet and shower, sink, and heater. You may choose to bring a mattress topper to ensure a comfortable night's sleep. Memory foam topper is always a great option! Camping is an option too!

When packing, we recommend you include:

- Top and bottom sheet for your bed (Required)
- Towels (Required)
- Extra blanket and/or doona. Favourite pillow!
- Hot water bottle, or electric blanket
- Warm clothes, Hat and gloves
- Yoga Mat
- Earplugs, torch, and of course toiletries

Drinking water is from the tank, and tastes good to us. You may choose to bring filtered water as your preference.

Booking and Payment

For three nights twin-share accommodation with nutritious meals provided, is \$490.

Twin: \$490 Private ensuite: \$590 Camping: \$290

Additional self-determined contribution towards facilitators and equipment is graciously received. This is extra to the Siba Retreat payment. There will be a donation box in the hall at the event.



To Book:

- 1 Complete the booking form accessed from:
[Healing Space Website](#)
- 2 Make payment to the bank details below.
- 3 Confirm via email that you have booked and paid.

Nettya: 0422 372 178 nettya7@yahoo.com.au or

Latimah: 0400 993 321 healingspace@me.com

Final date for confirming booking and payment is 1st October 2016

Bank Deposit

Acc Name: Latimah Sloan
 BSB: 633 000
 Acc Number: 157675430
 Reference: 'RR' and your name



Please, if you are impulsed to attend but finances are a concern, you are welcomed to discuss this with us for possible options.

Consider the ReSound ReTreat as an opportunity for

deep resonance,

resounding and

reenergization.

Taking time out and in,

allows a shift in ordinary order.

- You are welcome to share your gifts, skills and passion as inspired. This may include musical instruments, meditation, yoga, chi practices, complementary therapies, etc. Please discuss with us if you are motivated to share, or detail on the booking form.
- It may be supportive to have a nurturing treatment within a month prior to the event, and again within a month after to further facilitate integration. The sessions could be with any practitioner, or even with yourself, simply creating time to give focus to your intentions for choosing to come.
- Also.... On the way, if you travel through Bairnsdale, there is a magnificent inspiring church: **St Mary's Catholic Church**. It is well worth stopping for, and reflecting on beauty, and the gifts of fulfilment of purpose, passion and effort. It is located at Corner of Main and Pyke Sts, Bairnsdale, right on the main road. There is parking with toilets and food choices right next door.
- If you feel you would benefit from a longer stay at Siba, please discuss with us.
- If you have any further questions, please do not hesitate to make contact.
- or book NOW: complete the booking form and make payment. Please also send an email to Nettya or Latimah confirm your booking and we will reply with confirmation!

