

*Connect to Your Inner Self and Planet
Earth
while experiencing the beauty of tropical
Hawaii*



Sunset at Makaha (Oahu's west shore)

An 8-day self-paced self-realization/wellness program that combines spiritual and secular elements and brings you face-to-face with the natural, tropical beauty of Hawaii.



Waikiki Beach, Honolulu

Program cost excluding air travel:
\$1,895 double occupancy. \$1,595 triple
Room with private bath, land transportation,
programs and events, and most meals included.
Participation limited to ten or fewer persons.



The Oahu mountain retreat: *Fresh Air *Clean Water *Vital Energy *
Relaxing Atmosphere *Meditation *Self-Healing

**Dates: May 1-9, June 12-20, July 10-18, 2009
(special programs and dates can be arranged).**

For information, travel arrangements please contact:
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Private travel insurance for overseas visitors is recommended.
Bring your camera, take photos and create your own memories.

Hawaii has been selected as venue for this program because the islands offer a unique attraction, are often part of our dreams, and offer a lasting bond to the natural environment as well as spiritual growth. Dedicated Japanese-speaking personnel from the Academy of World Healing reside part of the year in the islands.



Hawaii: the rainbow islands

While offering a full array of daily activities, the highlights of the wellness program are exposure to the natural environment and natural beauty of tropical Hawaii and Oahu, photon self-healing, guided meditation, regular exercise and a healthy diet. With this guidance one should be able to develop a better appreciation and understanding of self and the ability for self-healing and for leading a more fulfilled, happier, and healthier life. As participants may come from different walks of life involvement in individual programs is voluntary.



Exploring the natural beauty of Hawaii

The program does not enforce any particular diet. Meals prepared consist of a healthy diet that highlights fruits, grains, vegetables, and fish. Participants who are interested in cooking have an opportunity to observe, learn and get involved in healthy meal preparation.



Diamond Head with Kapiolani Park in foreground

THE PROGRAM

Connect to Your Inner Self

Learn how to improve your ability for self-healing and a more fulfilled life through:

1. Being part of or being one with nature
2. Inner Peace
3. Zen (connect to self) and other types of meditation.
4. Healthy exercise of your choice (Yoga, Tibetan exercise, Taichi, Toning and Stretch workout, fitness walking.
5. Hado “healing”
6. Healthy diet

Connect to Our Planet Earth

Leave a smaller footprint and become more self-sufficient and thoughtful to nature:

The following optional programs are included:

1. Learning about, harvesting and preparing organic fruits, herbs and vegetables on site.
2. Healthy diet shopping in local open air markets. Participation in healthy meal preparation.
3. Eco-tour visits to nearby organic farms.
4. Communication with Nature: Observe and listen to the sounds of nature and feel its energy.
5. Ecology Art Class: Sketch or paint local scenery, flora and fauna.
6. Digital photography: Capture the natural world around you by observing more.
7. Evening Forums: Participants have the opportunity to present their own life experiences and their own insight on connecting with themselves, their world, and beyond.

Appreciate/marvel at some of Hawaii’s natural beauty/environment:

1. Experience sunrises and sunsets over the ocean at famous beaches.
2. Experience the enchantment of ocean reefs and tropical reef fish (Hanauma Bay).
3. Hike/Trek part of Hawaii’s trail systems (fit persons, weather permitting).
4. Kayak to off-shore protected islands (fit persons, weather permitting)
5. Sightseeing along Waikiki Beach and Ala Moana Shopping Center (souvenirs, presents).

Itinerary

Day 1

Morning arrival at Honolulu International Airport. Pickup by air conditioned van with short sightseeing trip on way to tropical mountain venue site. Orientation tour of site and relaxation.

Day 2

1. Trip to local open air market and ocean sunrise for early risers. 2. Daily (1 hour) exercise of your choice (Yoga, Tibetan exercise, Taichi, Toning and

Stretch workout, walking exercise, etc). 3. One hour Zen meditation (study of self) with instructor or other quiet meditation methods of your choice.

4. Photon self-healing: Put your mind and body at rest and relate/reconnect to self through one-on-one photon healing (each session may take up to ½ hour). Excursion: Hike/trek.

Day 3

1. Daily (1 hour) exercise of your choice. 2. Meditation. 3. Continuation of photon healing session. 4. Excursion: Sunsets at the beach. Dinner at local restaurant.

Day 4

1. Daily (1 hour) exercise of your choice. 2. Meditation. 3. Participate in ongoing posted programs. 4. Excursion: Hanauma Bay, beaches.

Day 5

1. Daily (1 hour) exercise of your choice. 2. Meditation. 3. Continuation of photon healing. 4. Excursions: Sunrise along ocean, local open air market. Eco-tour. Kayak.

Day 6

1. Daily (1 hour) exercise of your choice. 2. Meditation. 3. Finalizing photon healing sessions with discussion, evaluation. 4. Excursion: Tropical Botanical Garden, beaches, mountains.

Day 7

1. Daily (1 hour) exercise of your choice. 2. Meditation. 3. Excursion: Diamond Head view, Waikiki, Ala Moana Shopping Center, Dining.

Day 8 – After breakfast morning departure by air conditioned van to Honolulu International Airport.

BACKGROUND/REFERENCE

Rooms have a private bath with shower or shower-tub combination.

Zen Meditation (the study of self)

As understood today meditation is the discipline which emphasizes development of a high degree of mental concentration or mental quiescence (such as in Zazen Zen meditation). While (Zazen) Zen meditation is introduced here, participants can also practice their own quiet meditation and bring it to the attention of others during discussion sessions.

Photon Energy Healing (“Hado”)

Hado, a Japanese word, translates as “wave motion” or “vibration.” Hado healing attempts to physically and emotionally heal the body through influencing the subtle vibration in all things and stimulating the body to heal itself.

A version of Hado healing, such as practiced, is often practiced as a hand-healing procedure, touching affected areas of the body gently and attempting to send photon energy through the healer’s hands. This is often accompanied by a sensation of heat in the affected areas and general well being.