

Reclaiming Your Inner Sun

Connecting to the Great Heart

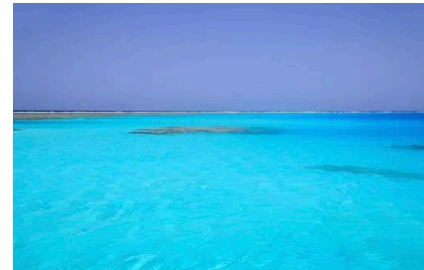


With Lisa Denning and Hydee Tehana

July 10-17, 2027 and/or
July 17-24, 2027
On the Red Sea, Egypt

We are all being called home. Dare you ask to remember the empowerment that you hold within yourself? This is key to connecting into our multidimensional self, leaving separateness behind, and celebrating the truth of who we are. We have crossed a dimensional threshold as we move harmoniously into unity consciousness where we resonate authenticity, peace, love, integrity, and humility. Simply put, we are embodying more energy and voltage within our sphere.

The Red Sea is a very powerful place, especially during these cycle changes and is known for its exceptional clarity and vibrant marine life. The dolphins are local year-round residents in the coastal and deep waters. The Spinner dolphins (*Stenella Longirostris*) are especially social and known for their leaps and spins out of the water. They typically rest in shallow lagoons during the day after nocturnal feeding.





The visibility in the Red Sea is excellent and currents are usually minimal. The temperature of the water is around 81 F (27 C) with the air temperature around 93 F (34 C) in the month of July. The Spinner dolphins are who we are mainly going to be with, yet we may also find Bottlenose (*Tursiops Truncatus*), Risso's (*Grampus Griseus*), Pan-Tropical

Spotted (*Stenella Attenuata*) dolphins in the Red Sea. The dolphins are warm-blooded marine mammals that breathe air and give birth to live young which they nurse. They are conscious breathers and like all cetaceans, they actively choose when to take a breath as they are incredibly intelligent.

Everything in the sea is assisting us in raising our frequency/voltage, including the salt crystals, as they attune our bodies, releasing what no longer resonates with us. If one were to look at the Red Sea from an esoteric point of view, it is viewed as a symbol of transformation and rebirth from separateness into a new level of consciousness of connectedness. It represents the journey from mundane existence to spiritual awakening and enlightenment where we reconnect to our vital force.

Our all-inclusive trip will be on the liveaboard ship, *Sea Friend*, which will be our home on the Red Sea with a great crew, creating a personal and expansive experience. *Sea Friend* is a 120 foot (40 meters) yacht in length with plenty of space to relax and enjoy. All rooms are double occupancy, individually air-conditioned, and have private bathrooms.



There are 3 daily meals offered, with fresh fruit and snacks available in-between meals. If you have special dietary needs, please let us know so we can accommodate your needs. Beverages are complimentary while onboard, except for alcohol which can be purchased.

The dolphins are some of the beings that are leading the way to remembering, as is all of Mother Nature, with their sounds and sonar. It could be a look in their eye where you suddenly just know and your inner heart is ignited. They are multidimensional



beings assisting us during this transition of cycles and have access to pod mind, telepathy, invisibility, and deeply know how to work with sound and vibration. They bring us back to joy and a connection to our inner knowing, activating light codes within and in our field.

Humanity's remembering is quickening on all levels right now and you may be feeling it yourself as we are being asked to take back our essence and vital force. We are shedding layers of old, dense energies that we have been carrying for eons and it is time for us to shine our inner sun that has just been covered up. Do you ever wonder who you really are without the labels, limitations, blocks, and ancestral wounds?

Join us for a powerful adventure where you can uncover more of your vital force and original blueprint. This week long retreat opens us to heart-centered communication, light code activations, and the opportunity to become the master of your inner world through swimming, floating, meditations, discussions, and sound baths. These are incredibly transformative retreats that are difficult to put into words as they are experiential and your intentions lead the way!

We invite you to come open and curious. Looking forward to being with you!

COST:

\$2777

\$777 deposit to reserve your space

Contact Lisa Denning at: lisa@lisadenning.com

Included: Airport transfers, \$280 fees (marine park fees, port fees, guard vessel registration, fuel surcharge, reef tax, local tax), snorkeling equipment, breakfast, lunch and dinner, along with snacks and fresh fruit, water, soft drinks, tea and coffee.

Not Included: Flights, Visa (\$30), beer/wine, wetsuits, and gratuities

***“You are not a drop in the Ocean.
You are the entire Ocean in a drop.”
~Rumi***

