

# FLOWER OF LIFE

September 4-6, 2009 \* San Diego, CA

**MerKaBa Meditation facilitating Whole Heart Expansion**

**Fri. 9:30 am -6:00pm, Sat. 9:30 am - 6:00 pm , Sun. 9:30 am - 3:30 pm- \$381**

The Flower of Life ([www.floweroflife.org](http://www.floweroflife.org)) teaches the MerKaBa Meditation, an ancient meditation based on conscious breathing, ascension, and components inherent in the sacred geometry of nature and all life.

The Flower of Life course is offered monthly at Alaha Shamaya in beautiful Redwood Valley, California, as well as other places, based on guidance and 'sponsored' request. Ilizabeth Fortune, MA,CST, facilitates the MerKaBa Meditation, unity heart experientials, and sacred

geometry wisdom as a living philosophy in harmony with all life. This opening heart MerKaBa Meditation is a template that may be integrated into one's personal life and philosophy, helping to create active authenticity with creativity and soul.

This authenticity increases self-trust and faith in soul communications. The gentle strength of resonating courage emerges, creating the highest priority, to be conscious, and to be who we truly are, aware of the interconnectedness of all life, offering our uniqueness toward the new paradigm in process. [dolphinsight@saber.net](mailto:dolphinsight@saber.net)



Ilizabeth learned the specifics of the MerKaBa Meditation from Drunvalo Melchizedek in 1988. She was already familiar with this type of meditation because of her many unusual interactions with dolphins and whales. She has been facilitating this course ever since, creating environments for participants to move into deeper levels of self love, awakening ancient wisdom within, and activating a personal new connected leadership for the present.



**W**hen the teachings of geometry are used to show the ancient truth that all life emerges from the same blueprint — the intelligent force some call “God” — this study is called Sacred Geometry. Understanding the simple truths of sacred geometry leads to an evolution of consciousness and an opening of the heart that is a next step in the process of human evolution! -RHFOL

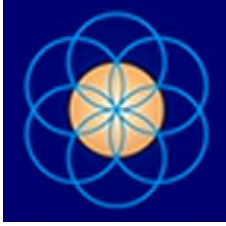
“You Are What You Love” - Rumi



**Alaha Shamaya**  
Honoring the divine in all life

**Ilizabeth Fortune, MA, CST**

707-485-1205 \* 707-272-8979



## REGISTRATION

*Please complete and return to*

Elizabeth Fortune/DolphINsight  
P.O.Box 832  
Redwood Valley, CA 95470

### **FLOWER OF LIFE WORKSHOP** September 4-6, 2009

North County San Diego, California USA

Facilitator: ILIZABETH FORTUNE, MA, CST (707) 272-8979, (707) 485-1205

YOUR NAME \_\_\_\_\_

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_

Cell \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Country \_\_\_\_\_ Zip \_\_\_\_\_

Best time to reach you \_\_\_\_\_ How? \_\_\_\_\_

Do you have special needs? \_\_\_\_\_

If you need more room to answer the following questions, please write them on a separate piece of paper and attach them to your registration.

1. What is your interest/purpose in taking this FOL workshop?

\_\_\_\_\_

2. Have you read Drunvalo Melchizedek's books?

Vol.1 \_\_\_\_ Vol.2 \_\_\_\_ Heart Book \_\_\_\_ (*You do NOT have to have completed these books*)

3. Have you "browsed the FOL website? \_\_\_\_\_

4. Have you seen any Drunvalo Melchizedek videos? \_\_\_\_\_

If so, which ones? \_\_\_\_\_

5. Are you a first time FOL Participant? \_\_\_\_\_ Repeater? \_\_\_\_\_

6. If a repeater? When, Where and with Whom did you take the FOL? \_\_\_\_\_

7. How long have you been involved with metaphysics, spiritual studies, interest in self-awareness?

9. If there are ways that we can assist you in what you desire from the course, please elaborate:

**THIS FLOWER OF LIFE COURSE IS PERSONALIZED. THE INTENT IS FACILITATION OF YOUR NEXT STEP ON YOUR PATH REGARDLESS OF BACKGROUD AND EXPERIENCE. THERE IS CARING FOR WHO YOU TRULY ARE AND AN HONORING OF THE IMPORTANCE YOU PLAY BEING HERE WITH EARTH DURING THESE MANY SHIFTS AND INITIATIONS INTO A NEW PARADIGM OF THE GRAND HEART.**

The FOL course Times:

The MerKaBa facilitation is a personalized experiential. The course actually begins when you commit. Suggestions are available for pre-course optional activities. We begin at 9:30am on Day One with arrival between 9am and 9:20am. The course closes at 4:30pm on Day Three. After which your MerKaBa becomes your living heart expansion. This is a powerful time to be focused with one's innate wisdom and the experience of the FOL is certainly an adjunct to one's personal journey.

The course is \$381. The total payment of \$381.00 includes:

- the workshop
- most course materials
- an extensive handbook
- during course use of audio-tapes of Drunvalo teaching a 1995 course
- personalized pre-course communications
- suggested pre-course optional activities
- personalized post-course support
- follow-up communications based on current research and personal interest

Along with this Registration Form, include your workshop payment of a nonrefundable deposit of \$150 to hold space or payment in full of \$381.00 by check or money order. Any balance due must be received four weeks prior to the course date.

Should you desire to use a credit card, contact Elizabeth Fortune.

If you are mailing this form within the last four weeks before the workshop, please mail this form with full payment 1-2 day priority mail via the post office to expedite the processing of your registration. During the last week before the course, full payments are to be over-nighted.

Please make out your checks or money orders to Dolphinsight.

If we cancel the workshop, your monies are refunded.

If you cancel this workshop, funds paid beyond the \$150 will be refunded up to 44 days prior to the starting date. Afterwards, amounts may be transferred to a future class of your choice.

I am paying by Check in the amount of \$\_\_\_\_\_

I am paying by Money Order in the amount of \$\_\_\_\_\_

I am paying by Credit Card. The price includes a small surcharge of \$12 for credit card use. The total amount is \$393. Contact Elizabeth for Pay Pal directions.

If you have any questions regarding the workshop, the completion of the registration or methods of payment, please call us at (707) 485-1205 or (707) 272-8979

Please mail your Registration and Payment to:

Elizabeth Fortune/DolphINSight,  
PO Box 832  
Redwood Valley, CA 95470

When we receive your Registration and Payment, you will be contacted with information regarding location specifics, accommodations, what to bring, and optional activity suggestions before your Flower of Life course. Please feel free to make contact with any questions.

Looking forward to this MerKaBa Meditation experiential with you..

**Thank You and Blessings, Elizabeth Fortune, MA, CST**