

Your -Regimen for
March- May 2023



Entering the LIGHT

March Retreat 2023

MARCH RETREAT 2023



Monday: Quietude Three

Tuesday: Quietude Four

Wednesday: Quietude Three

Thursday: Quietude Five

Friday: Quietude Three

Saturday: Quietude Four

Sunday: Quietude Five

Please practice catharsis at
least three times per week.

Journal-March- May 2023

Please Journal each day until the May Workshop

What is my intent in this day?

Why am I “me”?

*What does my human hold for
me in this day?*

End of week summation

Where was the Light this week?