

There is something mystical about Hawaii that calls to people from all over the world. One of the first astronauts to circle the globe recognized it from outer space as he noted that the “exquisite emerald jewels” in the middle of the Pacific filled him with joy. Healing happens here. So much so that following 9/11 Hawaii’s governor gifted hundreds of surviving family members with trips to the islands for that express purpose. The call to Hawaii is stronger than any other place on earth. An annual survey done internationally asks people to list their top ten fantasies, and year after year the list contains only one physical location - Hawaii. There is a unique spiritual energy that comes from the islands’



position along leylines (or energy meridians of the planet). Sacred sites throughout history consistently fall along these lines inviting powerful energetic openings. The islands also have a naturally healing feng shui - an ancient Chinese art literally meaning “wind and water.” Hawaii’s balanced and harmonious elements enhance this energy. Finally, the deep spirituality of the native Hawaiian culture can be found through aloha (the generosity and loving spirit of the people), ohana (the feeling of family that comes from sharing this place with



others), aina (the relationship with the land) and mana (the spiritual energy attributed to all things). The spirit of Aloha - love, I love you, or my love to you - is not just a simple greeting for tourists, it is a way of life. The soul of the Hawaiian people has prevailed as they offer visitors a model of peace and understanding. Because Hawaiian culture reveres the land and the sea, and views them as sacred, that energy radiates throughout the islands. The people believe that a divine presence and supernatural power exists in all of us, and further that we are brothers and sisters with the land itself. This spiritual energy, the incredible beauty and perfect temperatures of the islands creates ideal conditions for healing and transformation. This magical retreat on the Big Island of Hawaii will allow you to soak in the healing and culture of this incredible place.

[Read more about Kokolulu, the staff and programs offered there.](#)

The world needs your wholeness . . .

Buried beneath layers of sadness, fear, uncertainty, resentment, disharmony and anger in the world (and often in each of us as survivors), lives a spirit of pure possibility just waiting to be unleashed.

. . . now more than ever

Are You . . .

Tired of feeling like damaged goods? So are we. We created this retreat as an opportunity to access our own sense of wholeness, find a level of self-compassion and step into our true natures, and we decided to invite you along for the ride so you could experience it too.

Concerned about the state of the world and the chaos that bombards us every day?

Who wouldn't be? Things are a bit crazy out there. We will teach you how to manage being in the world through being present in your own body and connecting more intentionally to your own spirit, so that what's happening out there doesn't completely side-track what's happening in here.

Worried about healthcare - both your own and a system that seems broken and ineffective?

It can be supremely difficult to navigate both a health challenge and all the levels on which it affects our systems from physically to mentally and emotionally. On top of that, add the ways it impacts our careers and finances, our families and our very peace of mind, and it takes a huge toll. This retreat will offer a space of collective calm and provide access to a more permanent sense of peace about your health and your life.

Struggling to bring forth something from deep within you that seems to be just out of reach?

You can feel it, can't you? It's just there. So close and yet hidden from view. It's within your grasp, but needs some quiet, some relaxation, some presence in order to come out of hiding. When it does, you'll get to high-five it, then embrace it and finally, walk hand and hand into the future with this special part of you that you have been longing to meet.

Overwhelmed by the depth of feeling all of this brings up to the point that you don't even feel capable to processing it all? We hear you! So many of us have simply shut down our feelings and closed our hearts because it hasn't felt safe to experience all that is coming up inside of us. It is a natural protective mechanism, and when we shield ourselves for too long from the difficult emotions, we block the amazing ones too. We'll open our hearts to a new way of standing in our power instead of shrinking from what feels threatening.

Searching for other people who understand what you've been through? Connecting with your tribe of beautiful, imperfect, powerful and sometimes scared fellow survivors can be so inspiring. We have all been through the fire and something has been forged through that heat that makes us even stronger than we were before. We will help you get present to just how strong and amazing you are!

Willing to see everything as a gift to heal you? "It's not happening to you, it's happening FOR you." YES! How great would it feel to know for sure that this is true and everything you've been through that has felt terrible or terrifying has actually been for your highest growth? As my friend Ethan says, "Never let a good crisis go to waste." We want to help you take what you've been through and turn it into something more amazing than you ever could've imagined.

You have come to this page for a reason . . .

You're being called to step into a new way of being. To give yourself the space and the peace of mind to create what's next. To experience what is possible in every area of your life – your work, your growth, your health & wellness, your relationships and most of all, your very BEING. You have been through a lot. Give yourself this gift!

Retreat Benefits:

- * Openings in your heart, mind, body and the connections between all three.
- * Healing food, practices, tools and most of all, the healing energy of Hawaii.
- * The experience of your own wholeness and perfection - no matter what your body has been through.
- * Living the Aloha spirit and tapping into the sacred energy of these islands including the concepts of ohana, aina and ho'oponopono.
- * A way to make meaning out of your experience.
- * Opportunities for one-on-one work with Tracy, Aleece, Lew & Karin and other local healers. As well as local cultural group experiences.



Both of these photos were taken at Volcano National Park, which we will be exploring as a part of this experience.

Accommodations on-site at Kokolulu in double or private rooms with a shared bath or in town (a short walk away at a local Inn), all transportation, tours, meals and qi gong sessions are included in the price. Flights, meals in restaurants and extra healing or spa treatments on your own. *Schedule is tentative and subject to change based on availability, weather and other factors.*

Detailed Schedule:

- FEB 22
SAT Arrive at Kailua-Kona Airport between 3-8 p.m. There will be two airport pickups or you can take a cab to join us for dinner in town and travel together to Kokolulu on the north end of the island.
- FEB 23
SUN Morning coffee/tea on the lanai, qi gong and breakfast will begin each day at Kokolulu. We will have a morning session to set intentions for the week. Lunch and then afternoon free time to explore and a welcome dinner.
- FEB 24
MON We will start the day with a little gardening and helping with lunch/dinner prep and a lesson in food as medicine with our natural chef, Aleece. Then on to some Hawaiian culture and an afternoon/evening at the beach.
- FEB 25
TUES Morning free time and lunch followed by an afternoon vision quest and visit to Waimea up on the hill where we will have a late afternoon session after shopping at the farmer's market and exploring the gorgeous views.
- FEB 26
WED Some morning free time will be followed by lunch and an afternoon with a little shopping in Kapa'au and a King Kamehameha photo op. Later we will have a private tour of a very special garden followed by a short hike and picnic dinner in a very special place.
- FEB 27
THUR After breakfast we'll have a hula lesson and some free time before lunch. The entire afternoon will be spent at the beach where we will have an afternoon session followed by a closing dinner at Kokolulu.
- FEB 28
FRI Today we go exploring around the other parts of the island beginning with a waterfall hike and some shave ice in Hilo and then a visit to Volcanoes National Park (we will do our best to see some lava), dinner and bed.
- FEB 29
SAT We will visit the southernmost tip of the U.S., and have a chance for some snorkeling and/or a coffee plantation tour - world famous Kona coffee to take home if you like. Food/shopping in Kona (on your own) before airport drop-offs in the afternoon (flights no earlier than 5 p.m.).

[Read what others are saying about their time at Kokolulu.](#)