

## **THE BIG ISLAND OF HAWAII - KAHUNA MEDICINE AND MORE TOUR**

### **12 AUGUST 2018:**

Aloha - On arrival in Hilo you will be met by Sharon Breslin, your Lifestyle Journeys tour guide and transferred to your accommodation. In the afternoon you will gather with the rest of the group for an informal introduction and debriefing of the week ahead.

#### **5.00 pm: Official Welcome Ceremony**

This evening we will meet with the beautiful Kalei, our Kahuna and Indigenous Spiritual Elder who will be sharing sacred ancient wisdom and her very special healing skills with us over the next seven days. She will welcome us to the Island, to her ancestors land and initiate us into the family with a traditional lei presentation made from the sacred kukui nut. In the tradition of the Ancients, the newcomers are welcomed with Aloha. In modern times she honours this tradition with a ceremony that honours you. You will hear a chant that celebrates you as one family of the Earth Mother and Sky Father.

After the welcome ceremony we will share a meal together.

### **13 AUGUST 2018:**

#### **10.00 AM - 12.00 PM: Workshop**

##### **Spiritual Healing and how to step into your full potential as a healer -**

Sharon has practised as an intuitive healer for the past 25 years and loves sharing her knowledge garnered over this time. She says "I have learnt more about life and the human psyche through my healing work than anything else. It is such a privilege and honour to work on a deep and personal level with my clients."

#### **Lunch Break**

#### **1.30 PM:**

##### **Story Telling and connecting with the Ancestral Spirits**

We will be transferred from the hotel to Kahuna Kalel'ilahi's private sacred grounds where we will spend the afternoon sharing in the mana of the land and sitting under her "Miracle Tree". We will talk story with Kahuna Kalel'ilahi and her "Aumakua (ancestral spirits)". She will convey messages from them and those who desire it, healing as well. You will also have time to view Kalei's artwork

**4.30 PM - 5.00 PM:** approximate finish time. We will be transferred back to the hotel. Evening Free.

## **14 AUGUST 2018:**

### **9.30 AM: Volcano Visit**

We will depart from the hotel and explore a little more of the island before we meet up with Kalei to have an early lunch at 11.30 am at a restaurant close to the Volcano site. The ceremony ahead of us is very special, so much so Kalei calls it the "Mystery Ceremony" The reason for this, is it is so special that the ancestors want us to wait until we are there before she shares the energy of the sacred site and its knowledge. Kahuna Kalei'ilahi says it sparks the wonder and unlimited skies of the inner child and sets the tone for miracles. She says the ancestors will weep for joy at your presence and what you have done to get yourselves there.

You will have free time to sit and meditate/connect with nature and enjoy the quiet moments that are so precious at the sacred site.

We will return back to the hotel at approximately 5.00 pm. Evening Free.

## **15 AUGUST 2018:**

This morning and early afternoon is free to EXPLORE, to PAMPER and IMMERSE yourself in the beautiful town of Hilo and its surroundings. You might like to choose from one or more of the following:

\* A visit to the local weekly Farmers Market. This is on every Wednesday. Discover many of the local delicacies as you wander the stalls and mix with the locals : <http://hilofarmersmarket.com/index.html>

\* Have a Lomi Lomi Massage or a service offered by a local day spa

\* Have a reading with Kahuna Kalei'ilahi and or a healing session with Sharon

**Kahuna Kalei is a Spiritual Healer** -This means that she intuitively recognises problems as challenges to overcome and she looks at their spiritual and emotional core. Solving them from this perspective yields more lasting results. Kahuna Kalei's speciality is clearing the blocks and her success in doing this comes largely from the "Team" that she sees standing behind the person. They know all about you and love you dearly. They are in service to you all the days of your life.

**Intuitive Healing session with Sharon** - Sharon connects through meditation prior to the session and hands on healing during the session. She connects with your soul and what it is that it wishes to bring up from the sub-conscious mind to the conscious mind for healing. It could be past, present or future. Each session is unique and through her caring and intuitive nature she is able to guide, empower and navigate a way forward for and with her clients.

**3.00 pm - 5.00 pm: Hula Workshop** held under the miracle tree on Kahuna Kalei'ilahi property. This afternoon we will join Ehulani Stephany, a Kumu Hula Ali'i Kahuna Hui, which means, Hula Teacher and High Priestess. She specialises in Hula Kahiko, the ancient art of hula and chants and will be teaching us about the volcano goddess Pelehonuamea. Learning a hula of Pele, will be a wonderful way to respect and honour her. She says "You will learn and understand, the traditional way in which we express and tell our stories, through the movements of feet, hands and facial expressions, along with the deep connection of our culture and Pelehonuamea. "

Evening Free.

### **16 AUGUST 2018:**

Today we will take a 2 hour drive from Hilo to Mauna Loa where we will have the opportunity to feel the grandness of this sacred mountain (the largest volcano site in the world by mass) through a powerful ceremony performed by Kahuna Kalei'ilahi. We will bring our own snacks for lunch and have a picnic on the mountain where we can connect with nature and enjoy the peacefulness and stark beauty of the volcano site itself.

Evening Free

### **17 AUGUST 2018:**

10.00 am - 12.00 pm **Workshop**

#### **Learn How to Feng Shui your space to maximise your personal goals and overall Wellbeing.**

Sharon is a Master Teacher with the Interior Alignment School of Feng Shui. She loves to teach her clients and students how "energy is everything" and if you learn to read and work with the energy within a space you can create magic. She will share some very powerful tips on how to design a template for your space that will support your goals and overall wellbeing.

#### **Lunch Break**

**1.30 pm : Water Ceremony**

The ancient Hawaiians have a time-honoured tradition of purifying in the ocean in a ceremony called "Au Au Kai". "Au Au" is to purify and "Kai" is the sea. The spirit of the sea is Kanaloa who then honours your intention to be pure, by removing all things that do not serve you. It is a spiritual cleansing of the sweetest kind and all you need to do is stand in the sacred waters of Kanaloa, with your pure intent to receive this beautiful gift. Kahuna Kalei will guide us in this ancient ritual, brought to modern times with the same powerful results, as it had for all of her ancestors long past.

Evening Free

**18 AUGUST 2018:**

Today is a free day to rest and relax and/or to have a reading or healing session with Kahuna Kalei or Sharon.

This evening we will gather together for a farewell dinner honouring the many new friendships we have made, the transformational moments we have experienced and the incredible knowledge we have garnered.

**19 AUGUST 2018:**

Our tour will finish after breakfast.

**Group Meditations and Sharing of Knowledge:**

Will be offered on selected mornings and or evenings. We like to leave a certain amount of free time for you to do your own exploring of the local surroundings and also have the opportunity to share in the many wellness modalities we know that you all possess.