

*Overview of the Soul Lightening Annual Conference 2018*  
*4/6/18- 4/8/18 at the Still Meadow Conference & Retreat Center near Portland, OR*

## Friday, April 6th

### Pre-Conference Acupressure Research Seminar 3:00 pm to 5:00 pm

Topics include:

- Report on 2017 Soul Lightening research project
- Report from our nurses in Corvallis, OR
- Round-table Discussion

### Conference Check-in and Orientation 4:00 pm to 6:00 pm

### Founder's Reception 7:00 pm to 8:30 pm

- **Dessert Reception - All are welcome--please invite guests!**  
FREE!! This no fee reception is open to the public.
- **Pyramid Meditation & Reflections** led by **Dr. Aminah Raheem**, the Founder of Soul Lightening International
- **Welcoming Circle** led by Laurie Cahoon, conference chairperson

## Saturday, April 7<sup>th</sup> Conference Workshops: Day One

9:00 am **Ingathering** An opportunity to step into the flow of our Soul Lightening evolution.

9:30 am -10:30 am **What is Soul Lightening?** A group dialogue and exploration of the many interpretations and meanings of Soul Lightening.

#### **Break**

11:00 am -12:00 pm **Recognizing and Empowering Your Own Light**

One of the basic principles of our work is that every person carries their own healing and wisdom within. The purpose of Soul Lightening Acupressure is to empower that inherent wisdom.

#### **Lunch**

2:00 pm - 4pm **Belonging as it Relates to Community and the Family Soul**--with Leah Matalon  
*"The need for belonging is a basic human need...crucial to our survival."--Bessel Van Der Kolk* In this workshop we will explore various themes through lecture, meditation, interactive exercises and soul guidance.

## Soul Lightening Celebration Banquet

An evening with food and drink, honoring and recognizing one another.

6:00 Appetizers & Drinks

6:30 Banquet Dinner

7:00 Recognitions and Service Awards

7:15 Silent Auction & Raffle

8:00 Circle Singing

8:30 Quiet Music & Time for Community

## **Sunday, April 8<sup>th</sup>** Conference Workshops: Day Two

9:00 am **Opening Gathering** An Extraordinary Vessels meditation with Angelique Priscilla

9:30 am - 10:30am **The Multi-Dimensional Reality of Soul Consciousness in the Body**  
A multi-sensory, multi-dimensional exploration of how we embody soul consciousness.

### ***Break***

11:00 am -12 pm. **Soul Consciousness and Addiction**

Aminah Raheem has said *"The crucial factor in healing addiction is to empower the individual Soul."*

This is what Soul Lightening Acupressure does.

### ***Lunch***

1:30 pm **Graduation Celebration** Honoring certification graduates & their achievements.

2:00 pm **Empowering Group Consciousness** Engaging the 3-layers of consciousness

3:00 pm - 3:30 **Closing Ceremony**

Note: Bodywork sessions are available at various times during the three-days.