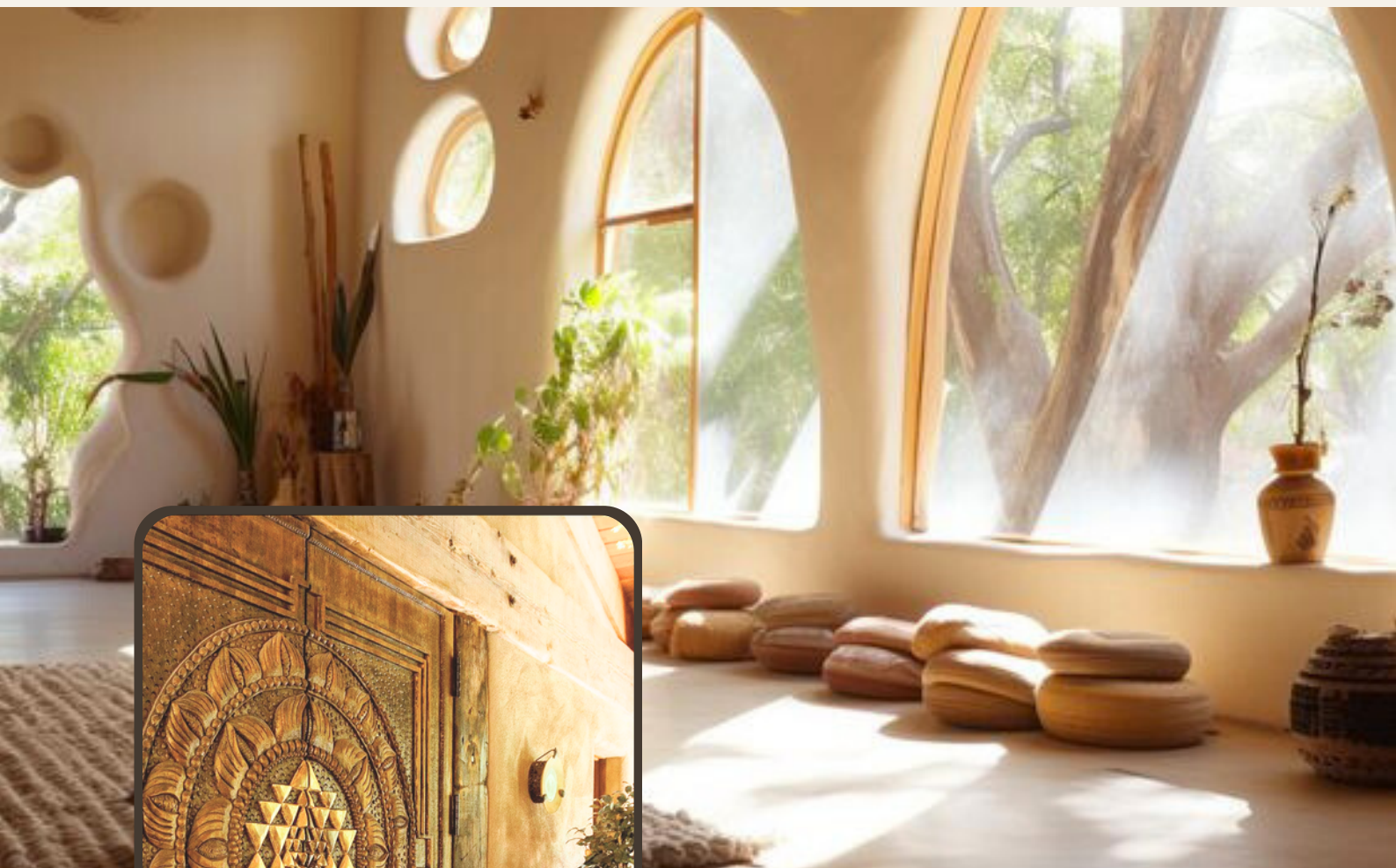


RECEPTIVE *Meditation* RETREAT



A Virtual Experience at the
Ascension Meditation Space
with the Academy of Light.

BY TARA ANTLER & KG



(-----)

1.

2.

3.

This is Our Meditation Framework....that we're going to share with you inside this Retreat Together!

So that you feel empowered and elevated in your personal and professional meditation practice!



DAY 1

ELEVATE YOUR
Meditation

WEDNESDAY, MARCH 6

**LIVE SESSION 12 PM EST
REVIEW / REPLAY 7 PM EST**

What's Your "Meditation Mecca"

To ELEVATE Your Meditation Practice, You first need to know....

What's the _____ your meditation:

If you want to amplify and accelerate what you're already doing....

What _____?

(for self or clients or team)

What _____ for you / your clients / your team?

What _____?

Many Path to Your “Meditation Mecca”

EMPOWERED APPROACH:

Who are you in this _____?

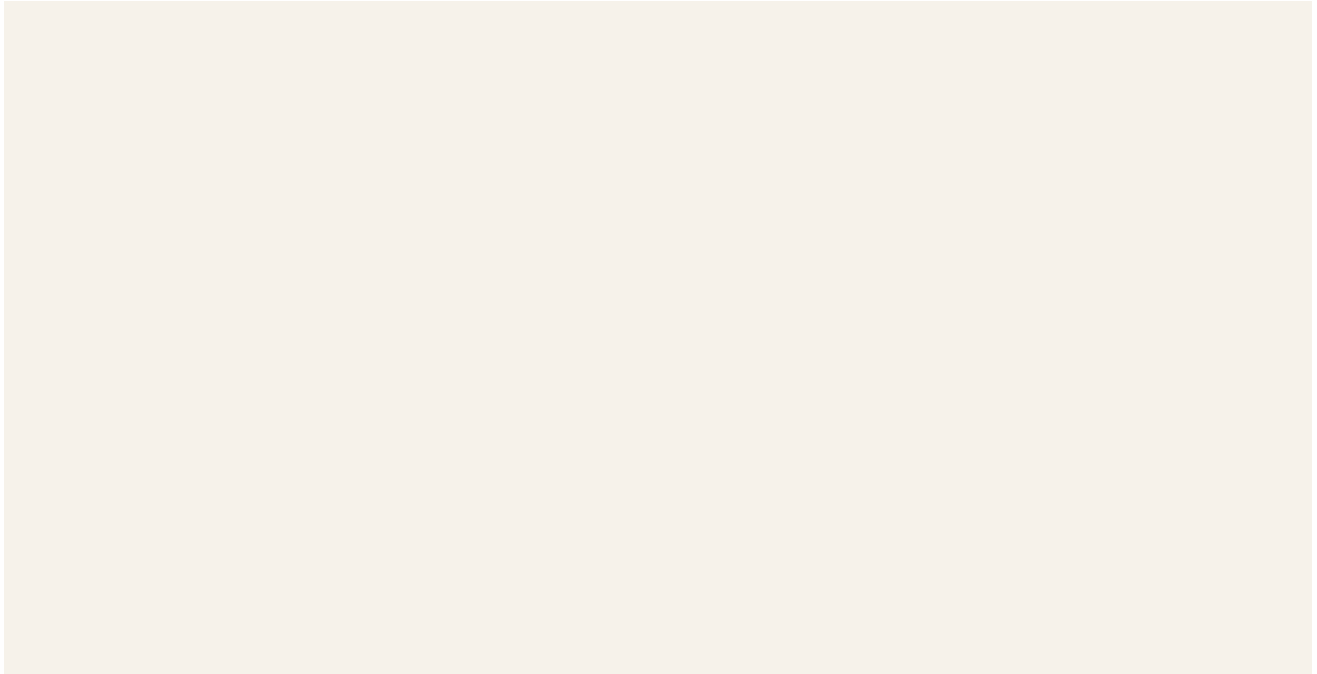


How do you want _____? (Or your clients?)



Many Path to Your “Meditation Mecca”

How can you help You / Your clients EMBODY the results more quickly?



Today's Soul-work

FOCUS NOW MEDITATION:



Extra Space to Write.....



I am so grateful

....to have invested in the Meditation Certification Program offered by the Ascension Academy of Light. Tara and Gabriel are loving, gifted mentors that share their abilities and knowledge with their students openly.

The program was interactive and full of genuine tools that brought us deeply into spaces not always easy to attain and provided processes that helped us/me get past the nervousness of leading others through the meditation process.

I was honestly initially a bit hesitant to join this program as I was unsure that I would use it, but knew that I would enjoy it regardless as I have taken different programs and always enjoyed the atmosphere and energy in the classes. As it turns out, I use the tools and knowledge all the time in sessions with clients, guiding them to different energetic spaces confidently, as well as providing guided meditations. And of course, it is always great to learn and expand with these beautiful people and the type of students that they attract.



-Gina Langis



DAY 2

YOUR MOST ALIGNED

Meditation

THURSDAY, MARCH 7

**LIVE SESSION 12 PM EST
REVIEW / REPLAY 7 PM EST**

Many Paths to Your “Meditation Mecca”

There are MANY styles and types of meditation.

Have heard.....

CHOOSE a “_____” and _____ for the meditation!

Think of meditation as the _____ that _____
the potential for the transformation!

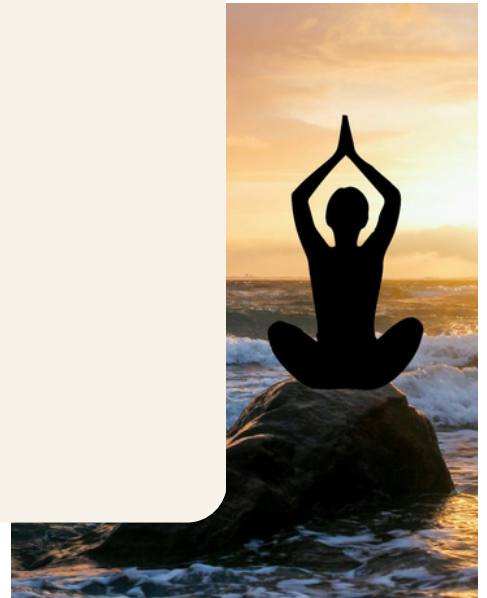
_____ (_____)

Step 1: _____

Many Paths to Your “Meditation Mecca”

_____ Meditation you can choose from: you can choose from:

Choose one that you LOVE and gets results:



Today's Soul-work

Go into the Ascension Meditation Space and....

Extra Space to Write.....

The past 5 years of my life



.....has been a journey of self-understanding and expansion. With the guidance and support from Tara and King Gabriel, I can without a doubt say that with every course I've invested in through the Academy of Light, I've become a more expanded version of self.

The Meditation Certification course allowed me to broaden and deepen my mediation experience. Having Tara and King Gabriel provide their own unique teaching, along with the many beautiful diverse participants of the course, each bringing their own exceptional gifts and abilities, made it a powerful experience.



The interactive discussion and sharing of experiences that occurred within the group made this course so valuable to me. You're not just taught from one perspective. You learn how to tune in and guide your mediation practices to shift, heal and expand your energy.

— Denise Gibb



DAY 3

MEDITATION

Mastery

FRIDAY, MARCH 8

**LIVE SESSION 12 PM EST
REVIEW / REPLAY 7 PM EST**

Old Way – New Way

Old ways of meditation. Average meditation:



Old Way – New Way

A potent piece we want to give you that will elevate your Meditation to a point of Mastery is:

“ _____ ”

1. Let it _____.
2. Connect _____.
3. It's okay to _____.
4. _____.

Today we'll share the next Framework piece of _____: (3 steps)

2. _____.

Today's Soul-work

Go into the Ascension Meditation Space....Into the....

Extra Space to Write.....

I am so grateful for my

.....Meditation Certification and training with Tara and Gabriel of the Academy of Light.

I started meditating personally a few years earlier and was singing the praises of meditation to anyone who would listen. I wanted to lead and offer guided meditations but wasn't certain where to start.



Although in my own meditations I feel very comfortable in the quiet and connected to my inner guidance, I was challenged with how to help others achieve that same goal. This training taught me all of this and more!

I am now a Sound Healing Practitioner and Meditation is incorporated in all of my sessions. I guide my clients on an amazing meditative journey all while being supported by sound and frequency.



Earning this certification was an integral step along my journey.

It not only gave me the confidence to step out of my comfort zone to guide others it continues to strengthen my connection to Spirit.

Virginia Maskell-Fantasia

Healing Frequencies



DAY 4

EXCEPTIONAL

Meditation

SATURDAY, MARCH 9

**LIVE SESSION 12 PM EST
REVIEW / REPLAY 7 PM EST**

Meditation Excellence



If you could....

Today's Soul-work

Meditation Self-Mastery: Find 2 Meditations....

.....And let's see, feel and uncover why....

Meditation Excellence

Answer these 3 questions:

How do you _____?

What _____ and stood out?

What would you _____?

Meditation Excellence



3rd Step of _____:

3. _____.

Usually the.....

Extra Space to Write.....

When I set out on my spiritual journey



...I came from a religious background. The way I had first learned to speak to Spirit and access my intuition and receive healing was prayer. I knew nothing of meditation and thought that was for weird people on communes. I didn't realize at first that meditation would give me a direct line and help expand my intuitive gifts more than I could understand. After I received intuitive guidance to become a healer I knew I would need to know how to meditate and lead others in meditation to facilitate healing modalities.

The way all of Tara and King Gabriel's programs work together and compliment one another made it easy to step into meditation and appreciate its full purpose and gain a clearer understanding.

I found the group classes so supportive and developed many friendships. It was a wonderful program and gave me lasting memories and a solid foundation for not only my healing practice but my spiritual practice as well.



- Kelly Duff

Rainy Days Intuitive Healing & Coaching





DAY 5

TOGETHER WE
Meditate

SUNDAY, MARCH 10

**LIVE SESSION 12 PM EST
REVIEW / REPLAY 7 PM EST**

Let's Meditate Together!

Bring it all together....

Extra Space to Write.....



My Path to Meditation at the Ascension Academy of Light

I had a hard time coming into this world and found it very challenging being in human form; in all honesty, I found this planet to be as incredibly beautiful as it is cruel.

My beginning on this earth placed me in an environment that gave me everything I needed to evolve in human and spirit form; it was not an easy path. I walked between worlds as I struggled and internalized much of what wasn't actually mine. I found solace in the arms of Mother Earth. The animals surrounded me and would gift me messages; the trees, and the spirit of the wind, became my beacons of light.

My escape would be to sit on the earth between two rows of cedar trees, and in that quiet space, I found peace.

One day I met a man who said, "your breath will save you." I began navigating meditation without formally knowing its ways and very quickly, it became my lifeline.

Atana Kramarchuk



Many years later, I felt a strong pull

.....I felt a strong pull to sign up for a meditation training program and found myself at the Ascension Academy of Light by Tara Antler and King Gabriel Quincy Collymore; what a gift that was! I stepped onto a path of remembrance - becoming aligned with myself, my Spirit, and Creator.

Tara and Gabriel's Meditation Teacher certification gave me the knowing and courage to manage unfamiliar energies, to grow in my wisdom, and to profoundly shift something deep within me. Stillness...found in the space between my breaths... held the powerful force of Life. I began learning how meditation could help me tap into this power to navigate various human experiences, and, how it could bring me into alignment with who I truly am. It awakened the magic in, and around me.

I hold traits of what they call, an empath. I pick up on the emotions and energies of others - people and animals - very easily. Sometimes it's hard to discern what's mine and what's not, but I'm getting better at it. It has empowered me to turn to the Spirit living within me for answers, guidance, direction, and protection. I have since embraced my power and live every day in beauty and with grace.

In essence, every day truly is a gift. What's very special is that I can now share the wisdom gained from their program with others who are seeking. Among other things, I host healing ceremonies on this sacred land that I steward in Ontario, Canada; I also create meditation videos with pure frequencies. It's very beautiful.

Alana Kramarchuk

I use the meditation tools gifted to me

...by Tara and Gabriel to speak to Creator, my Guides, and to my Higher Self ~ they come into my life daily and are intricately interwoven with my current state of consciousness and with everything I do on this organic farm and sacred land. These Grand Ones help me clarify the path in front of me and take me to the space of Eagle - to a higher level of wisdom and vision. I will continue sharing the skills I have acquired from the Ascension Academy of Light with humble servitude and compassion.

I am grateful to my treasured friends, Tara and Gabriel - meditation quickly transformed itself into a way of becoming whole - as life never stops happening - and the only way out, in divine wholeness, is through.

Through their powerful meditation certification program, I learned the skills to pull myself into alignment with my true Self and to walk through the storm.



This brought me into a beautiful state of equanimity; I can now stand as the grand Willow in the strong wind - remaining rooted and true to who I am despite the chaos around me. Yes it's a work in progress, and some days I fall over, but I'm gentle with myself as I navigate this beautiful journey we call life.

The techniques of meditation are skills that anyone can learn, under the guidance of gifted teachers who are open, receptive, knowledgeable and loving- Tara and Gabriel are that, and more!

• • • *Alana Kramarchuk*

Tara and Gabriel ~ together, you are my key; your classes - my catalyst; my Divine will has moved me through the doorway into my own infinite potential. I hold you both close to my heart for creating a welcoming, empowering space where all are welcomed, honoured, and supported. Your teachings and wisdom have awakened my own inner knowing.

If you also choose to do their Meditation Teacher certification program then there's a very great chance you will be led to making the impossible possible too! It has been a true gift in my life and can be in yours as well.

One moon lights the entire sky; one person can change the world of another... believe, and it shall be. With great love,



Atana Kramarchuk

The Great White Turtle Lodge
at Earth Valley Organics



DAY 6
H I G H E R
Meditation

MONDAY, MARCH 11

**LIVE SESSION 12 PM EST
REVIEW / REPLAY 7 PM EST**

Bonus Session #1: Let's go higher....

Extra Space to Write.....



In short,

....your Meditation Certification Program has been nothing short of life-changing for me. I am endlessly grateful for the wisdom, guidance, love, and support I've received along the way, and I cannot recommend it highly enough to anyone looking to deepen their practice and transform their lives.

Where do I even begin? Well, let me start by saying that my journey with your program has been nothing short of transformative. From the moment I enrolled, I was welcomed into a community of warmth, support, and genuine understanding.

What sets your program apart, in my opinion, is its holistic approach to meditation. Unlike other programs I've attended, yours doesn't just focus on the technical aspects of meditation but delves deep into the spiritual and emotional dimensions as well. This comprehensive approach has allowed me to not only deepen my practice but also gain a profound understanding of myself and my connection to the world around me.



One thing I particularly loved

....about the program is its emphasis on mindfulness in everyday life. It's not just about sitting on a cushion for a few minutes each day; it's about integrating mindfulness into every aspect of our lives, from our relationships to our work and everything in between.



This has had a profound impact

....on how I navigate the ups and downs of life, allowing me to approach challenges with a sense of calm and clarity that I never thought possible.

Since completing the program, I've incorporated meditation and mindfulness practices into my daily routine, and the results have been truly remarkable. I feel more present, more grounded, and more connected to myself and those around me.

Whether it's taking a few moments to breathe deeply during a hectic day or using mindfulness techniques to navigate difficult conversations, the tools I've learned in your program have become invaluable assets in my life.

It's truly an honor to be a part of your community.



- Jessica Chirino

Growing Empowered 🌱

*Tower Gardening Mom & Foodfluencer
on a Mission to Inspire Healthy Living.*



DAY 7

ACTION THROUGH

Meditation

TUESDAY, MARCH 12

**LIVE SESSION 12 PM EST
REVIEW / REPLAY 7 PM EST**

Bonus Session #2: Insights & Inspired Action

Extra Space to Write.....

Extra Space to Write.....