

# Getting Ready to be Ready....

March 2023

Preparing for Bicheno Retreat on Zoom

Dear friends,

How wonderful you will be joining us online for The Bicheno Retreat. It is incredible to co-create with you all & thanks for taking the leap. This will be an adventure for us all.

Once again John's son, Sean will be doing his magic to make this possible. ...cameras, filming, recording, editing, uploading, and everything else he does...We could not do it without him!

Most of you know how this works & some are doing this for the first time. Welcome to you all and trust you will enjoy this experience.

Since you will be retreating at home you will need to prepare a few things to create the energy of retreat in your home. Here are some ideas that may assist you to "Get Ready to be Ready".

It is essential that you carve out the time for your Retreat. Block out the days, evenings etc. and create the time for you. Time moves quickly and it can be tricky to have large gaps of time between sessions. We realize some people will be working but do the best you can.

## **Highly Recommended:**

Meals – Plan your meals ahead of time. Best to keep things simple, nutritious, and delicious! Make sure you buy all your groceries ahead of time, so you do not have to go out during your Retreat. Perhaps make some favorite meals and freeze them. Don't forget snacks & teas etc.

Do Not Disturb – if you are not living alone you may want to put a few reminders around the house that you are on Retreat.

Also let friends & family know you will not be available by email, phone etc. Unless it is an emergency.

Normally on Retreat, we suggest staying away from your computers, phones etc. but as you are working online with us that isn't possible. To help stay focused with the program we suggest not to get caught with other emails etc. The week goes quickly. Stay in the present moment. Focus & practice mindfulness.

## **Other Ideas:**

Be Comfortable – Prepare essential clothes, meditation cushions, blankets/wrap beforehand.

Create a space that inspires & nurtures you– perhaps with candles, flowers, photos etc. It might be a room in your house or a corner in your room. Maybe even choose a place near a window, so you can look outside from time to time.

Prepare the room for calmness. Keep disorderliness out of your visual field. You might clear the space or cover with a sarong or blanket. Try to remove everything that is not relevant for your Retreat. (As Den used to say "the subconscious loves to do neighborhood watch").

During Screen time – some sessions you may choose to close your eyes, turn away from the screen or look out the window while you are listening. Make sure to relax your eyes from time to time.

Be prepared to take notes – A journal, pen & paper, highlighters, coloured markers etc.

## What else?

There is a Welcome Package & handouts. Print them out ahead of time to follow along with the program. Ensure you have enough paper/ ink to print things as there may be additional handouts which we will also provide as we go along.

Refresh & practice your symbols and Reiki 2's. Connect with someone if you need help or a bit rusty.

## Technical Requirements:

You will need stable Wi-Fi.

Set up Zoom on the **computer you will be using** if you are joining in live. Have camera, microphone & speaker (Note if you have been joining weekly Zoom meditations you are all ready to go)

## Are you a "ZOOMER" or a "LINKER"?

Please ensure you let us know if you plan to join in live Australian time (as a "ZOOMER") or in your own time (as a "LINKER") Or if you change your mind.

**"ZOOMERS"** Please login 15 minutes before the session begins. Set up and then you still have time to get yourself ready. This helps Sean.

If at some point you need to run & get something and you take your tablet or iPad with you so as to not miss hearing the session, PLEASE turn off the camera as the movement can be extremely disruptive... also if animals are walking across the screen, it becomes a distraction in the room.

For the North Americans who Zoom through their night, if you need to go to sleep... sleep! The links will be available in the morning for you to keep up.

**"LINKERS"** will awake to the links and work through our night here in Australia. Or perhaps begin a few days later in your own timing.

As this may be your first time "gathering" in this way, there may have some hiccups. Please have patience with yourself, and the process. Remember if the internet does dropout, you can log back in... otherwise you will get the recordings at the end of the day. So, you will not miss out.

Also, please have patience with us.... We are all embracing a new world.

We are Blessed to have Sean oversee the technical elements of this complex Retreat. He is gifting us all with his time & love and we have great gratitude for all his help.

For those who wish to 'really' take the journey... [watch this clip](#).

Have fun as you prepare to Retreat in your home, your own sacred space and enjoy....

It's so exciting that you are joining us on our 18<sup>th</sup> annual Retreat in Bicheno.

And now, you are ready to begin!

*Lots of love*

*Ellen and John*