

# **The Manna Initiation**

**March 29<sup>th</sup> – April 1<sup>st</sup> 2012**  
**Victor Harbor (Adelaide), SA, Australia**



**The Manna Initiation is a powerful journey of discovery, creation and expansion. Manna is a gift of life, an opportunity to anchor your Light and create your nourishment, your health and your life from a place of alignment with the Divine.**

***“.....most higher evolutionary races live off of light, which they synthesize for their energy supply, which is pulsated into them from a regenerating light environment.”***

***J.J. Hurtak***

***The Book of Knowledge: The Keys of Enoch Key 309 Verse 32.***

## **What is Manna?**

Manna is an energetic substance, with nutritional qualities, generated in the cells of the body. Generated from the Light of the Self - the Self being a unique aspect of the Divine Whole, it is produced by you, for you. Manna can supplement the diet or replace food intake entirely. Manna is unique and therefore provides nourishment specifically for you. It has a tangible, distinct energy that is recognizable and unmistakable – not to be confused with prana or chi.

The gifts we are able to receive from Manna evolve with us. One of the sacred qualities of Manna is that of Communion. It contains the sacred energies of Union with the Divine as it aligns within our transforming Earth and human body.

## **Benefits of Manna**

- **Manna** is a nutritional light source. Manna can sustain us with no other food supply for days, months and years. As we receive and integrate Manna into our lives, we also receive an opportunity to deal with and heal issues of addiction, trauma and disease. After an adjustment period (which varies for each individual), those who have gone on 'manna only' have reported a complete absence of hunger, a sense of peace, a heightened sense of awareness, vitality and clarity. Many also continue to eat food while ingesting Manna but the unavailability of food is no longer life threatening.
- **Manna** brings healing to the body, emotions, mind and spirit. In the process of initiation and with the Manna itself we experience higher levels of Frequencies as well as a multi-dimensional quality of fluidity, which supports healing on many levels.
- **Manna** assists in reclaiming the '*sovereignty of self*' - a self-sufficiency and autonomy, which unlocks creativity, ignites personal power and enhances the ability to manifest in all areas of life.
- **Manna** opens the door to nurturing and self-love - Choosing to generate and to give the body nourishment with the potent light of Manna is a profound act of self-love. Deep healing occurs, especially for the inner child, which in turn enhances the ability to receive love and abundance while communing with the Light of the Self.
- **Manna** creates a conscious experience of Union with the sacred gift of Communion.
- **Manna** is a support for energy workers and healers - Manna assists the body in high frequency energy work in ways that regular food alone cannot.

## **The Manna Initiation Retreat**

We are all born with the ability to produce Manna for ourselves. However, over time as humans our relationship with food becomes strongly connected to the ego and we become addicted. Family dynamics and social conditioning often compound this relationship with food.

The four-day residential **Manna Initiation Retreat** efficiently allows you to reconnect and reactivate this natural ability to produce Manna in a beautiful and profound way. Over these four days, many processes open you to the gift of the Light of your Self and the reconnection of the stomach with the heart.

During the Manna activation process and as Manna is absorbed within your body, deep emotional clearing takes place purging the cells of old memories. The work raises your vibration (or frequency) which then supports multi-dimensional healing on many levels.

## **Manna Teachers - Who are We?**

We are a group of Frequencies of Brilliance\* (FOB) practitioners from around the world. Our ability to generate and ingest Manna for ourselves was activated in the Stage 3 Frequencies of Brilliance Training. In this training, we were initiated into our own Manna production so it could assist us in carrying and transmitting the higher frequency of the advanced energetic healing work. In order to initiate members of the public into their own Manna production, we have undergone a further series of initiations over three weeks as part of the Manna teacher training. This has given us the tools to facilitate the activation of Manna for others.

## **\*What is Frequencies of Brilliance?**

FOB is a multidimensional energy work, where the practitioner uses a light touch on or off the body to activate doorways which hold the purest frequencies of the remembrance of truth. Each session results in an influx of the Light of the true Self, which can activate physical healing, remembrance, insight and a letting go of density (consisting of old wounds, traumas and dysfunctional patterns of behavior). The FOB work includes the use of sacred geometry, high vibration crystals and advanced techniques to support the healing of many conditions, including techniques to support the healing of damaged areas and the activation of new areas in the brain.

Visit these websites for more info:

[www.mannaconnection.com](http://www.mannaconnection.com) - good general information; audio clip; practitioners.

[www.frequenciesofbrilliance.com](http://www.frequenciesofbrilliance.com) – information about the Frequencies of Brilliance (FOB) work; courses; Christine Day, founder of FOB; her book ‘Pleiadian Initiations of Light’; energy transmissions and Pleiadian Self-Healing Prophecy events.

### **Your guide:**



**Caitlin Kelley** is a Certified Manna Teacher and Practitioner of the Frequencies of Brilliance™ Energetic Healing Modality, and has initiated into all Stages of the Frequencies of Brilliance™ work since its inception in 1999.

**Caitlin** began her journey with Amanae and Frequencies of Brilliance™ in 1997. In 1999 she was initiated into the Frequencies of Brilliance™ Healing Modality. In 2001 she received the Manna initiation and in 2008 she became a Manna teacher. Since that time she has been teaching Manna Initiation workshops sharing this powerful process with those ready to activate the Manna production within their own bodies.

“Since 2001 I have been on a deep inner journey with the Manna. The profound healing that has occurred for me physically, emotionally, mentally, and spiritually has been on a deep cellular level. Producing and ingesting Manna enhances my ability to receive in all areas of my life. I am so grateful for this ability to generate an energetic substance that carries such a high frequency of light supporting me on my path.”

Program Cost: \$1,135.00 (Australian) including lodging.

Location: Victor Harbor (Adelaide), SA, Australia

For additional information and to register please contact:

Larissa Sokolov: (+61) 402 122 240 [myultimatewellness@hotmail.com](mailto:myultimatewellness@hotmail.com)

Caitlin Kelley 858-344-2404 Cell [caitlinkelley@me.com](mailto:caitlinkelley@me.com) Caitlin Kelley (Skype)

**Below is some useful information for those who called to participate in this program,**

**What to bring:**

- **a candle** (unscented and non-toxic) that will burn for four days. **This must be in a glass container such as a votive candle.** A soy candle or bees-wax candle is best.
- **a stone/crystal** that you will be working with in the palm of your hand. This stone **cannot** be any type of quartz (clear, rose, amethyst, smoky, citrine, etc.) Good examples of Manna stones are: **labradorite, malachite, amazonite, jasper, tourmaline, agate,** etc. Chose a stone that calls you. It should be the size (not necessarily shape) of a medium sized egg. A sphere is not ideal as you need to be able to place the stone on your body.
- **A water bottle** (at least 750 ml.) (refill water will be available)
- **Items for the altar** (a sacred place is kept for special objects, photos, etc. that you hold dear and wish to bless with the beautiful energy that will be present during the program).
- **A journal**
- **A button down shirt** for draping during table work sessions.
- **A meditation cushion or pillow** to sit on for the meditation work.
- **A blanket for meditations**
- **Food for your meals.** We will be in a lovely home on the beach at Victor Harbor. Bring food for breakfast and lunch that is easy to prepare. Pre-made soups and salads are ideal. We do not want to spend a lot of time cooking, as your lunch break is also a rest break. We can plan to go out for dinner in the evenings, or you can plan on having food at the house. It will all depend on you. Do not restrict your diet in any way during this workshop. You may feel to eat and you may not. There is no right or wrong. It is very important that you are gentle with yourself around food.

The workshop will start at 8 am on Thursday, March 29th and complete by late afternoon on Sunday April 1<sup>st</sup>, 2012

Please plan on arriving at the workshop location on Wednesday evening between 6- 8 pm. Instructions to the house will be forwarded to you prior to the workshop.

It is a joy and privilege to share this very special program with you! I'm really looking forward to coming to Australia

**Grace and gratitude,  
Caitlin**

**Registration Form:**  
**“The Manna Initiation”**  
**March 29<sup>th</sup> – April 1<sup>st</sup>, 2012**  
**Victor Harbor (Adelaide), SA, Australia**  
**Cost: \$1,135.00 (Australian, including lodging)**

A minimum \$500 **non-refundable** deposit is due at registration (or you can pay the entire workshop amount at one time). The lodging fee of \$135 is payable to Larissa at time of registration. The balance of \$500 is due to Larissa on March 1<sup>st</sup>, 2012. No refunds will be given if the participant cancels within 2 weeks before the start of the workshop. If cancelled before 2 weeks, all will be refunded except the \$500 deposit.

Larissa Sokolov will be collecting the money so it can be wired internationally. This will save on individual wire transfer fees. PayPal is also available for your convenience. (An additional 3.5 % fee applies). Please let me know if you would like to use this option and I can send you a PayPal invoice with payment instructions.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

I have read and understand the description of “Manna Initiation” Workshop and requirements for payment

\_\_\_\_\_  
Signature Date

If you have questions or need assistance with this form please contact me at:  
[caitlinkelley@me.com](mailto:caitlinkelley@me.com)  
858-344-2404 (cell in US)  
Caitlin Kelley (Skype)

Or

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myultimatewellness@hotmail.com