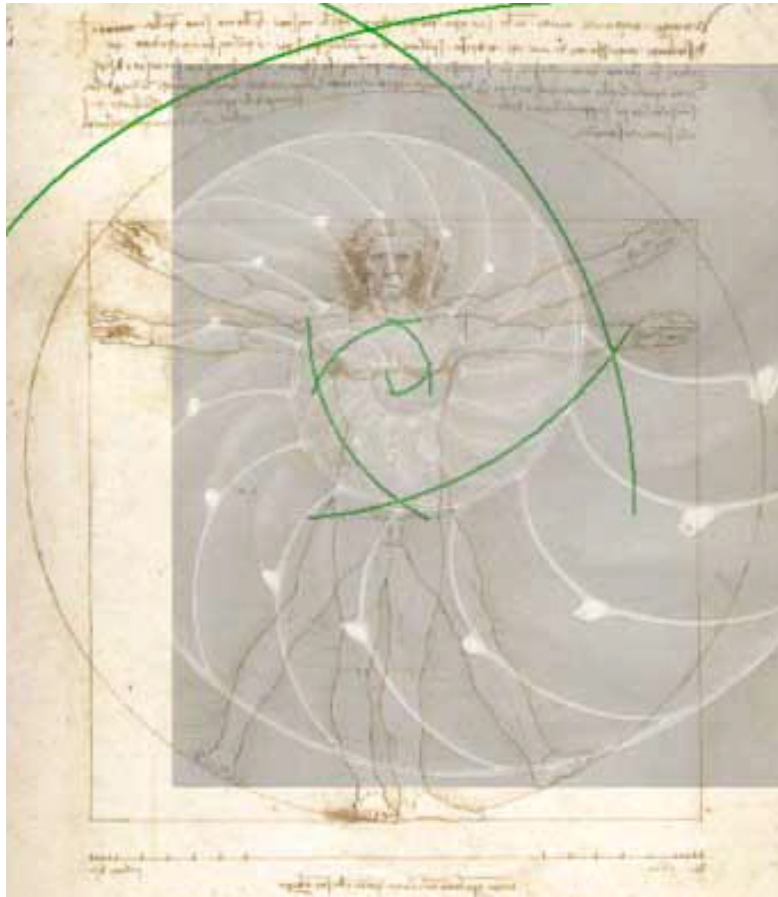


The Manna Initiation

June 28th – July 1st, 2012

Idyllwild, California



The Manna Initiation is an 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 behaviour). 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 - good general information; audio clip; practitioners.

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 activation and in 2008 she became a Manna teacher. 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 vibration of light supporting me on my path.”

Program Cost: \$1,150.00 (Includes lodging. Participants bring their own food)

Location: Idyllwild, California

For additional information and to register please contact:

Caitlin Kelley 858-344-2404 Cell caitlinkelley@me.com

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.

Food for Breakfast, Lunch & Dinner. Simple to prepare foods are ideal. There are many restaurants nearby for dinners out.

The workshop will start at 8 am on Thursday, June 28th and complete by late afternoon on Sunday July 1st, 2012

Please plan on arriving at the workshop location on Wednesday evening.

It is a joy and privilege to share this very special program with you!

**Grace and gratitude,
Caitlin**

**Registration Form:
“The Manna Initiation”
June 28th – July 1st, 2012
Idyllwild, California
Cost: \$1,150.00 (Includes lodging only)**

A \$450 **non-refundable** deposit is due at registration. The balance of \$700 is due 2 weeks before the start of the workshop (no later than June 14th, 2012). No refunds will be given if the participant cancels within 2 weeks before the start of the workshop.

Payment is via Check or Money Order. 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. International wire transfer is also available. Let me know if you need this option.

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

858-344-2404

Mail Payment to:

Caitlin Kelley
2865 North Park Way
San Diego, CA 92104