

The Manna Journey for me was the most amazing, wonderful emotional breakthrough of my life. I have come to a new beingness that is very profound for me.

It difficult to express my thoughts, as my experience goes far beyond words. I can describe it as a Symphony, moving from calm, sweet, melodic, seemingly idyllic place of rest and being to a cataclysmic explosion of vibrating, pulsating, rhythmic flashes of thunderbolts and lightening and then to wonderful waves of bliss floating on fluffy clouds and bathing in the light of existence and creation.



A Beauty beyond words, a love beyond ever dreamed could be possible!! This has been my experience thus far, and since the Manna Journey Program we so recently traveled.

I want more of this wonderment. I want to just keep this Ascension going, continuing, processing and learning how to fly.

Sometimes the way seemed bordered and not easily accessible, then in reaching out and convincing myself to just take a few more steps, I found that the borders and blocked doorways were

created and put there by my own ignorance, fear, guilt, insecurities.

I say YES to all that is here for me to unravel. I hold space for you both in my heart. I am smiling, at peace, sending great Love, Arlene



A while after the program Arlene wrote: I find that my manifestations are getting stronger and stronger. I find myself feeling so grateful, grateful that my life is so easy, breezy and fun, full of joy, such happiness & peace. I feel huge surges of Love.

Sometimes it is so huge, I have to just lie down and allow the energy to integrate. This is how it has been for me since getting back from the Manna Journey. I am just in this spiral that keeps expanding, and I am in a multidimensional universe almost all of the time consciously. It's like multidimensional I am learning to spread and guide my wings, and the experience I am having in the 3rd dimensional universe has just been an effortless flow of positive wonderment.