

## *The story of The Manna Journey Program*

The guidance to do A Manna Journey program came to me first while I was teaching Stage 3, in November of 2008. In May 2005, at the end of the first Manna Teachers program, I have completed my initiation to teach the Manna Program for the public and Stage 3 of FoB to practitioners who have completed Stage 2 of the work. Since there were other practitioners who taught the Manna for the public program, I chose to teach Stage 3 to enable practitioners to go on with the stages of the work. The guidance to teach the Manna program to the public, with the very unique and specific guidance it came with, was a big surprise to me.

In February 2008, about 9 months before that November, Pat Burdy and I were in The Enchanted Rock Garden, a crystal shop in Minneapolis which we like a lot. During that visit to the store Pat came across somewhat strange looking stones that attracted her attention. These were the Guangdong Tektites. She was guided to buy 4 quite large pieces and give 3 of them away, one to Christine Day, the founder of Frequencies of Brilliance, one to me and one to another friend....

By the time we got back home, guidance was coming very quickly and clearly. Since then a whole body of work has been developed and keeps unfolding. Pat has incorporated the gift of the stones in her private Amanae sessions, creating formations with them specifically for the person.

More formations of Tektites were created in workshops Pat led with Holly Schuck, a Stone Shaman and frequencies practitioner. During the 9 months from February until November, I was a witness. The tektites soon were named "Emissaries of Peace Stones". Herkimer diamonds, Ruby and some others special crystals joined the Tektites in the formations.

Then in November 2008 I was teaching the 2 days follow up, Stage 2 & 3 in our Amanae/FoB center in Minneapolis. Until then I was not considering the possibility to teach the 'Manna for the public' Program. During Stage 3, while activating further the creativity of everyone present including myself, the guidance for 'A Manna Journey' program came in.

I actually saw the room with the tables and stones formations, felt the energy and knew I had to say "Yes" to spirit on that one. I knew enough

about how we were to do it, yet knew I also had to trust that more guidance will come in during the workshop itself. In my heart I was calling for people who were supposed to be there, to hear the call. I knew the program was not for everyone.

In March 2009 we had our first Manna Journey program that lasted 6 days. For 5 days out of the 6, each of the 4 participants created her own formations. Each day the theme of the formation to be created was given by Spirit. The energy was building up from day to day and the sense we all shared was, that whatever the energy was in the room, it was transmitted to the world outside creating changes beyond our mind's imagination. Each evening we gave thanks and the hearts were filled with gratitude for the gift Spirits and the Spirits in the stones gave each of us and all of us.

I'm committed to lead at least 5 more Manna Journey programs knowing that each of them will build up on the energy of the previous one. Each participant who comes to one of these programs will receive the energy of them all. Each participant will activate their ability to produce Manna for oneself. Each participant will activate further their creative force and above all of it, each participant will take a part in transmitting light & creative peace energy to our whole planet. If this sounds big, it is because it is big. I am humbled by the honor to co-facilitate this work with Pat Burdy. Both of us are humbled servants in the hand of Spirit.