



Lesson 1



In Harmony With Nature

SOLO RETREAT PLANNER

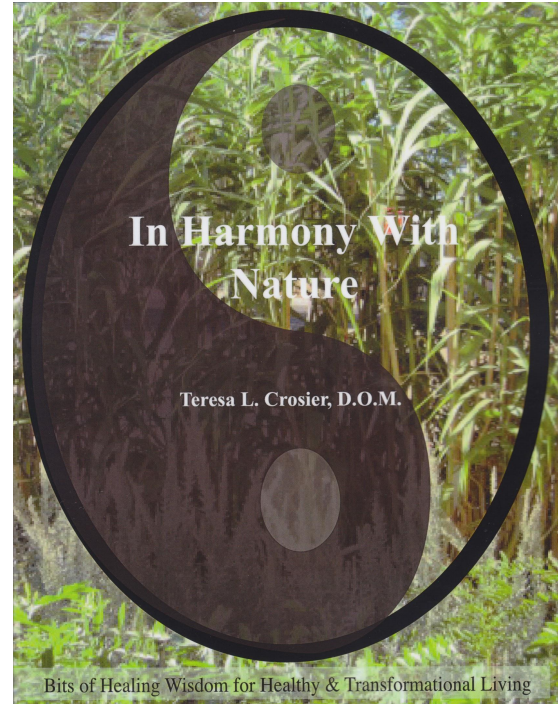
Academy of Inner Knowledge
Teresa L. Crosier, D.O.M.

WELCOME

It is a privilege to be able to share with you with ancient wisdom of people who were much more aware of the environment and how their bodies reacted to their surroundings.

They lived by the principle of being in harmony with nature and emphasized balance in every aspect of life

Who Am I?



Teresa L. Crosier, Doctor of Oriental Medicine

As a D.O.M. and Herbalist, my background includes over 25 years of teaching in schools, community workshops, and bodywork settings.

I have been taking seasonal retreats for over 20 years.

This course is a companion to my book,

In Harmony With Nature

Why Take a Seasonal Retreat?

To bring awareness to your own inner intelligence

To hear your inner voice and listen to its guidance

To tap into the infinite wisdom that is available to all of
us

“Throughout the retreat there is usually a theme that emerges from my awareness and my thoughts. I may choose an inspirational reading, and then something I have been thinking of will show up in there. I may randomly select a guided meditation and it will end up reflecting something I just observed. I may begin drumming or playing my flute and in that sweet spot the answer to a question I have asked, is answered. It’s not that these things don’t happen all the time, because I know the magic is with me everyday, but during my retreats it doesn’t slip by me, because I am present.”

From In Harmony With Nature

Your Solo Retreat

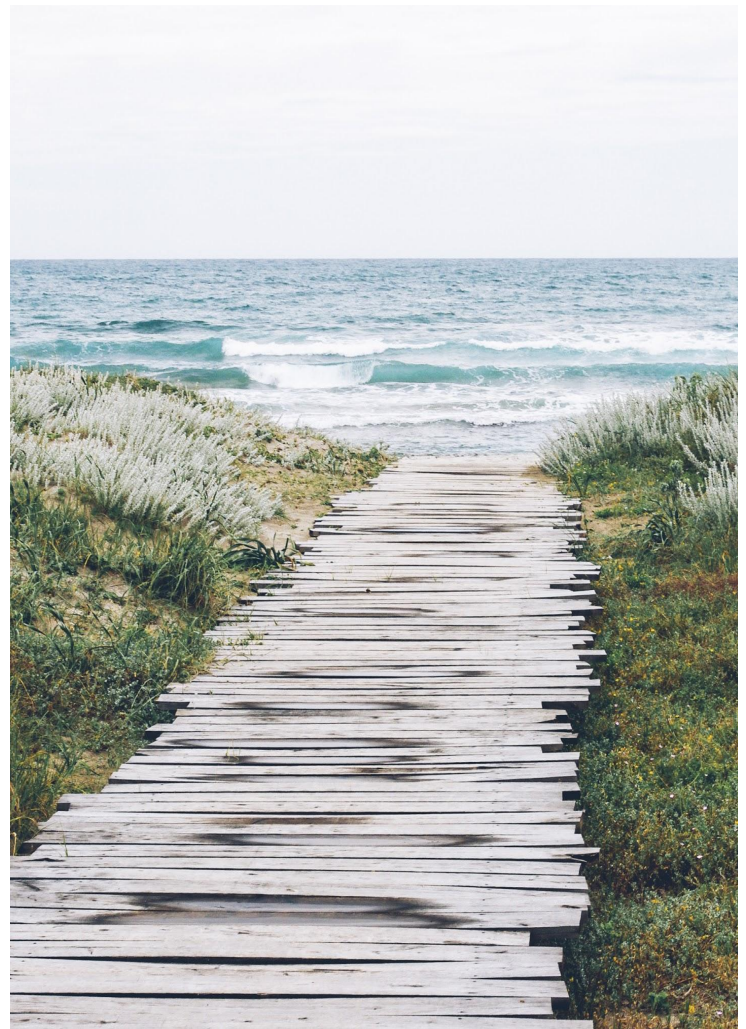


is all about slowing down and tuning into the peace of present moment awareness, without judgment or avoidance.

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- Step 1 – Before The Retreat Begins
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Step-By-Step

Seasonal Retreat Instructions



STEP ONE

**Before Your Retreat
Begins**

The retreat actually begins as soon as the intention is set to go into retreat.

There is an anchoring that happens once the decision is made that this will be your next step.

Begin making this time and space completely yours with making arrangements for the kids and the dog(s), or cat(s).

Shop for your meals (see suggested meals in Step 3)

Do one thing differently during your normal day-to-day routine for three days before your retreat begins . . . such as:

- Get out of bed on the opposite side
- Change your morning routine
- Take a different route to work
- Be creative, you decide

Then, at night before bed, notice how the day went and make notes on any insights.

It doesn't matter how many days you decide to go into retreat, the instructions are the same.

If you have never gone into retreat before, start with one day.

Give yourself a gift of self love.

Set your intention that for this one day (even if you plan to do more – focus on one day at a time), you will unplug from your computer and phone.

You will not watch any TV, movies, or run any errands.

You will not engage in any conversations or pay attention to what is happening in the media.

You will do only what you feel inspired to do, when you feel inspired to do it.

Even the thought of unplugging can be difficult for most people in this age of rapidly advancing technology. So you will need to make a commitment to yourself that you are going to do things differently just for the fun of it, and see what happens.

It will amaze you how long a day can last, and how much nothing you can accomplish, when you are unplugged.

The night before you begin your retreat, change your voicemail message to say you will be unavailable until a certain date.

Put your emails on vacation mode.



STEP TWO

No Judgement

Be Easy

Begin where you are

Start Small

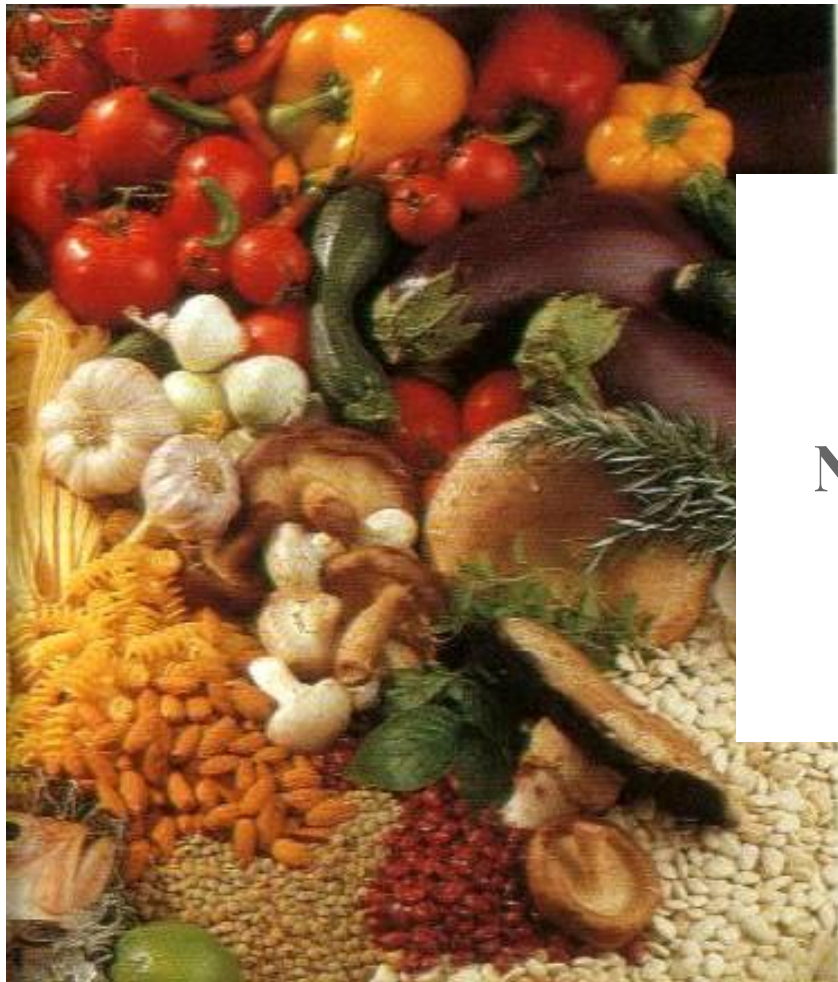
If you find it difficult to do any of the practices, don't do them. Be gentle with yourself and know that it is okay.

Just take the time to be with yourself and that is enough.

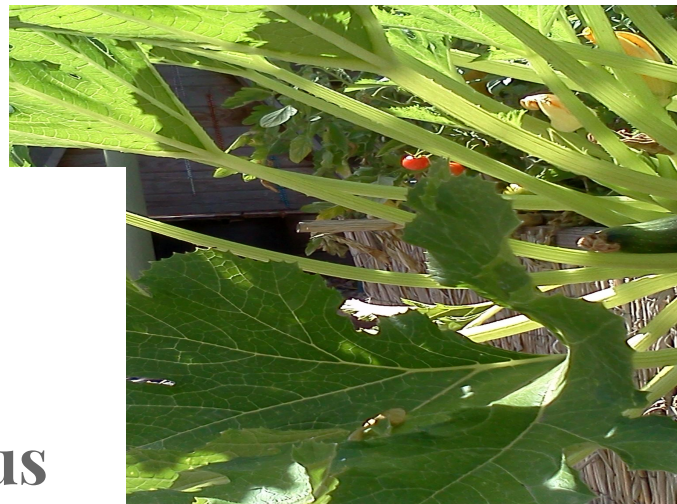


STEP THREE

Your Meals



**Enjoy
Nutritious
Meals**



Keep your meals simple and nutritious for your retreat.

Choose fruits and nuts that you enjoy eating to snack on during the day. You may have one piece of chocolate each day when your body asks for it.

**See “In Harmony With Nature Seasonal Recipes”
which accompanies this course**



STEP FOUR
Cleansing

Do a thorough house “cleansing”

Not *cleaning*, as in dusting furniture and mopping floors.

Smudging the entire house (use cedar, sage, incense or a room spray made with essential oils), or at least the space you will use for meditation and contemplation, can cleanse the energy of any upsets, arguments, misunderstandings, disappointments or irritations that may be lingering in your living environment.

End of Lesson One

Questions?



Send me an email at drcrosier@yahoo.com