

Art and Soul & The Magical Spinner Dolphins of Hawaii cordially invite you to:

## **Awakening the “Heartist” Within** **Embodying Luminous Joy & Manifesting your Vision!**



**A Dolphin Swim & Humpback Whales ~ Mandala Retreat**  
**with Julia Weaver, LMFT**  
**Feb 3-10, 2012**  
**On the Big Island Kona Coast**

*"We are a circle within a Circle with no beginning and never ending"*

Join us for this rare opportunity to experience the powerful teachings of humpback whales and dolphins, while intimately learning how to access new dimensions of creativity, healing and communication abilities. On land, Sound and energetic meditation practices from Qi gong, Sufi, Hindu, Buddhist and Kabbalah traditions will also support our deepening.

This week we will increase our ability to live in a state of joy, which is key to manifesting our deepest dreams and highest visions. Manifesting mandalas is an ecstatic, embodied experience not an "art class". Be willing to amaze yourself with your own creative potential!

***Enter the circle of Expression*** as you awaken the "Heartist" within...open to your innate creative potential and embody your natural state of delight. Release self-limiting patterns and beliefs, including negative messages about your creative abilities. Access new levels of intuitive guidance and Self-awareness through all of your sensory channels.

Mandala means "sacred circle" in Sanskrit and is a vehicle for Self-remembrance and healing across cultures. Even if you have never drawn before, you will discover a wealth of images within you and the means to give them form with simple, yet powerful techniques.



***Enter the circle of Support...***enliven your body and spirit through breath, gentle and energizing movement, qi gong, ancient and modern sacred sound practices, Irest, meditation and ritual. These practices support the art-making process and prepare you to receive the energetic transmissions and teachings of the dolphins and whales.

In the intimacy of a small group, you will receive and allow your own unique luminous vision to manifest on black paper with white and colored pencils. Through the psycho-spiritual mandala process, you will experience the Divine expression of your Self as color, light, form, and words. Absolutely no prior art or writing experience is necessary.

The mandalas you create will serve to translate the energy, healing and teachings from the dolphins and whales and other marine life including the water itself. Your mandalas will be a vehicle for integration when you return home and will continue to reveal new information to you, assisting in dissolving barriers to embody the Living mandala that you Are.

*The nature of God is a circle of  
which the center is everywhere  
and the circumference is nowhere.*

**--Empedocles**

***Enter the circle of the Bay...*** relax and rejuvenate in the healing tropical waters of paradise. Dream to the sound of the gentle waves on the lava rocks. Find inspiration in the rainbow of exotic species dressed in feather, fin and flower, experienced only in Hawaii.

Awaken your clairvoyant and telepathic abilities as you communicate with magical spinner dolphins and the wise gentle sea turtles. Access your ancient memories and healing information as you float and sing near Humpback whales.

Home base for our retreat will be an exquisite bay, a wilderness sanctuary for dolphins, sea turtles, and whales, situated on the Kona Coast of Hawaii's big island. It is a place renowned for it's healing effects upon body, mind and soul and sacred to the indigenous people who know it as "Gateway to the Gods" and. We will lodge at a secluded oceanfront retreat with beach access, views of the bay from every room, and a soothing hot tub at water's edge. A local chef will lovingly prepare beautiful and delicious organic meals with many fruits and vegetables grown in her garden.

This retreat is valuable for anyone interested in exploring the connection between art-making and healing, communion with the dolphins and whales, and finding one's true home in the circle of life, through direct experience. It may be of special interest to therapists, nurses, bodyworkers, healers, artists, teachers and telepathic animal communicators. **Previous experience in art is not required.** **All spiritual traditions honored here.**

30 CEUS available for MFTS, LCSW and Nurses (pending)



Our adventures in the bay are suitable for newcomers as well as snorkeling enthusiasts. In addition to swimming and snorkeling, you may enjoy the bay by sea kayak or gently floating on the surface with a boogie board. We will have daily swims in local bays, and a boat trip to swim with dolphins along the Kona coast. We will end the week with a whale watching boat trip and may spontaneously encounter or hear whales singing. All levels of swimming ability are welcome. We will discuss the needs of those who are not strong swimmers or have fear of swimming on ocean bays and provide you with whatever hands on support you need.

### Testimonials:

"My retreat with Julia Weaver opened a whole new world to me - the world of *flow*. Flow with dolphins in the morning and flow with mandalas in the afternoon. My dreams were to the backdrop of the sea slapping the rocks outside the bedroom. I am drawn back year after year to that magical place."

~ Nancy Herrick, Author of *Animal Mind, Human Voices*

"As an energy worker, I have run lots of energy through my body but never have I felt the energy of pure love and deep healing that I felt that day swimming with the dolphins. Julia encouraged me and gave me just the right space to stretch myself in ways I had never thought possible. For that I am truly grateful."

~ Serena Poisson, Reiki Master Teaching Staff at Nine Gates Mystery School

"The retreat allowed me to take the sword of the "warrior" and bend it into the "heart" of compassion and giving of love. The water then cleansed my inner being and with the extra ordinary love that flowed from all participants my heart was opened beyond belief This workshop is 'An experience all should have.'"

~ Phil Poisson, retired US Naval officer after 30 years. Taoist Master ordained Taoshih.

My experience within the retreat was vast and deeply penetrating, still to this day. I found that not only can I allow myself to draw things of beauty, but share this beauty with all around me, all beings of this world. I want to thank Julia from the deepest part of me for allowing me to share.

*Jody Morone, Certified Feldenkrais Practitioner, 4-H Youth Leader*

"I am most struck still by the amount of harmony that existed during our week together. Julia did an amazing job at holding the energy of the group together to allow this to happen."

~ Lisa Kamala Nativi, *Massage Therapist*

"It seems to me that the challenge of our new century is bringing a potent feminine/intuitive presence into our troubled world. As a facilitator, Julia enjoys witnessing people go beyond their own beliefs about who they are and what they can do. 'Then,' she says, 'that's translated into the outer world.' The process supports the role of relatedness in creating a balanced, peaceful life amidst a hectic and often despairing world. We discover that we are a living Mandala: the sacred circle is not just the circle on the page, but all the circles of beings around us."

~ Swaha Devi, excerpted from *Body & Soul Magazine*, Spring 2001



**Julia Weaver, MFT is the founder of Art and Soul**, a resource center for sacred and healing arts. She offers mandala workshops for adults and children in her studio in Northern California, also New York, London (and anywhere you invite her!) along with dolphin swim retreats in Hawaii.

While swimming off the Kona coast in 1996, Julia had a mystical experience where she spontaneously received the mandala images, which took her artwork into deeper dimensions of healing and spiritual practice. After receiving the mandalas, she was blessed to swim with a small pod of wild spinner dolphins with only her family and two other women for several hours. Since that time she has been making annual pilgrimages to Hawaii and also has swam with wild bottlenose dolphins in Florida and Humpback whales in the Dominican Republic. Many of her mandalas have been birthed at Kealahou Bay. She has experienced deep physical healing and spiritual

awakening through her contact with these highly evolved beings. It is her deepest joy to share this experience with others through retreats, classes, and publishing her Mandala creations.

Julia is a licensed psychotherapist in private practice, with 30 years experience incorporating and embodying the arts and spiritual practice as a healing modality. She is also an exhibiting and widely collected visionary artist.

**More information about her work can be found at [www.mandalaweaver.com](http://www.mandalaweaver.com).**

**Many workshop photos can be seen on [Julia MandalaWeaver](#) on [Facebook](#), and by calling [Art & Soul](#) at 415-455-5989**

**More Testimonials:**

"Julia's workshops allowed me to discover my natural abilities to use art and color as a creative tool, both on paper and in the intentional creation of my life, even though I had no previous art experience. More importantly, she and the other provided a safe and supportive place for me to reveal myself as the true spirit being that I am, giving me confidence for greater self-expression."

Debra Redalia, author ([Home Safe Home](#))



**“You don’t want to miss this amazing opportunity!”**

**Deborah Jones [www.NineGates.org](http://www.NineGates.org)**