

Retreat Information

LOCATION: Jeanette Savage's Home located at 2830 Westchester Circle in (Houston) Pearland, Texas. Not far from Hobby Airport.

COST: \$550. This includes all meals, but not lodging. A discounted rate is available at the La Quinta Inn: Single = \$85, Double = \$90. Antoinette will send you an email with the direct link and contact information for booking. Hobby Airport is closest to the venue. Hotel to Jeanette's Residence transportation options will be provided. Vegetarian options are also available for all meals; please notify Jeanette of any dietary restrictions.

DATES: The retreat begins on Thursday, March 21st and ends Monday, March 25. *An optional extended day is offered for those wishing to discuss research and the published HMR research findings (afternoon of 3/25 thru lunch on 3/26. No fee; meals included.)*

TIMES: The retreat begins at 7:30pm on Thurs. and ends by 2pm on Monday (or Tuesday with the extended research day option). A light dinner is available Thurs. night from 6:30pm on.

RESERVATIONS: Contact Antoinette at (225) 247-8202 or email her: majk1111@cox.net. Please reserve early, as attendance is limited to 22 persons. Deposit of \$275 is refundable up to March 1, 2024. Make checks payable to Healing Dimensions. Pay by Zelle is also available: Brent Baum (520) 977-3884.

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A Spiritual Retreat



The Paths to Mystical Union



*One Mind, One Heart,
One Breath, One Family*



*With Brent Baum
Retreat Director*

*Jeanette Savage Residence
2830 Westchester Circle
Pearland, TX 77584
March 21-25, 2024*

The Paths to Mystical Union

Our spring 2024 retreat will take place in Houston, Texas in March. The theme of our 37th retreat is directed to the nurturing of our mystical natures as children of the Light. Our identities, relationships, and work upon the earth are intimately tied to our ability to connect to and abide in Source. Our daily practices and connection to each other enhance our inherent ability to connect with All That Is and embrace the wisdom, guidance, and serenity that come with such mystical union. Our healing flows from this.

During our retreats, we reconnect with our spiritual family. We nurture ourselves and each other while utilizing a vast array of resources for the post-trauma reset of our physical, emotional, and energetic systems to move forward and manifest our highest good. With such support and amazing resources we naturally increase our capacity for empathy which brings with it opportunities for personal and shared healing, supporting the mandate for increased self-care, boundary strengthening & maintenance. The magnitude and experience of personal and global trauma has increased in recent times, heightening our need for spiritual discipline, meditation, clearing, renewal, and retreat from sensory bombardment and overwhelm.

On Our Retreat You Will Have the Opportunity to Experience:

- **Guided Meditations for Connecting to Source and Sustaining 'Core' Strength**
- **Kundalini Yoga (optional)**
- **Exercises for Gaining Mastery of Your States of Consciousness**
- **Day of Crystal Healing and Vibrational Enhancement, with Instruction in Methods to Enhance Safety, Grounding, and Energy Flow to Your Biofield.**
- **Introduction to the Newest Applications of Holographic Memory Resolution® for Resolving Stress and Trauma**
- **An Evening of Drumming, Music, Meditation, and Healing**
- **Opportunities for Sharing with Kindred Spirits - A Unique Spiritual Family Who Can Assist and Support You on Your Journey.**

For Additional Information on Lectures, Conference Presentations, Workshops, and Trainings in HMR, Visit Our Web sites:
www.healingdimensions.com
www.hmrtraining.com
www.michaelsgift.org

Brent Baum, STB, SSL,

CADC, CCH, is an internationally recognized author and trauma resolution specialist who has worked with thousands of trauma survivors, including the officers and survivors of the Oklahoma city bombing and the terrorist attacks of 9/11. He is responsible for the development of Holographic Memory Resolution®, a body-centered, client-centered clean language therapy which empowers self-healing and helps to address the origins of physical and emotional pain. Having recently completed clinical trials, this therapy integrates somatic, color, and energy psychologies to help neutralize the emotional charge of stress and trauma memories. Such memories keep us trapped in the pathology of the past and reduce our capacity for mindful living in the present. Trained as an interdisciplinary specialist in the fields of spirituality, trauma, and addictions, this gifted healer and teacher uses his natural empathic sensitivity to enhance access to and the resolution of traumatic imprints.



Brent has served as a priest in the Catholic church, as the Clinical Director of Cottonwood Treatment Centers, and currently offers sessions at Miraval in northwest Tucson. He is the author of *The Healing Dimensions*, *Living As Light*, and *Surviving Trauma School Earth*. He is a Licensed Addictions Counselor for the State of Arizona and is a certified clinical hypnotherapist. Brent maintains a private practice in Tucson, AZ, and also travels internationally, lecturing, and teaching his healing approach. His work focuses on the empowerment of the healer we hold within.