



Adventure of a lifetime in Hawaii - Discover the anchor to your dreams - with Crystal Ra Laksmi-Ditton with the support by Michael Ditton

First day

17th of November

**Saturday - Kahaluu beach, Mountain Thunder Coffee farm, Aloha University,
Kona dinner**

As this will be the first full day on the island for most participants, it is put together so it would offer a little relaxation, water, sun, fun and grounding as our first adventure day. It is all magically weaved together in such a way that you will feel very welcomed, relaxed and let the aloha energy welcome you on every level.

This day has the main focus on the air and earth element along with the water element.

We will wake up early in order to eat a light breakfast at 7 am in Hawaii's oldest restaurant in **Manago** hotel and get acquainted with each other. I will share our experiences with this location since 2009. Manago is a Japanese family hotel since 1917 and has quite a history. It is simple, affordable and friendly. Read more <https://www.managohotel.com/>



Picture from the internet

After breakfast around 8 am we will drive down to **Kahaluu beach**. We will swim in the ocean with the snorkel, mask and fins. Hawaii is one of the first states in USA where you are not supposed to use coral damaging sunscreen any more and that is why surfshirt is

recommended instead. One way to avoid too much sun and damaging coral is to have a surf shirt on for protection.



Kahaluu beach

If you have not swam in the ocean before, I recommend to purchase Crystal Ra's **water class video** where she explains how to prepare yourself for this adventure in the pool, so you would feel more confident once in Hawaiian waters.

If you are still not very confident, it is suggested to arrive couple of days earlier (but you have to organize your own accommodation and transport till the group starts) so that you can do Wantra sessions and swim in the ocean at least once with Crystal Ra before the group arrives.

Kahaluu beach area has been populated for the last 500 years and in the 18th and 19th centuries was an important royal residence. The area is very sacred and has many power vortexes outside and inside the water. This beach is usually pretty calm (especially in the morning) and we can see some coral, many coral fishes and sometimes even a turtle or two.

Read more about it here: https://en.wikipedia.org/wiki/Kahaluu_Bay

After being in the water we will a little bit of time to soak in some Hawaiian sun under the palm trees or just on the gray sand. Next will be our visit to the nearby located beach park Pahoehoe. **Read more here:** <https://www.explore-the-big-island.com/pahoehoe-beach-park.html>

We will have a little **Aloha University** hour under the palm trees where I introduce the Hawaiian worldview about relationships, abundance and their spiritual worldview. We also will do some interactive exercises and movements to understand it all and experience how to implement it during our adventure.



The best classroom in the world!

We will also learn also how to read energies and people and how to make this work during the adventure. We will also put together our personal intention for the adventure and learn how to do it with complete consciousness. We will put down our 'dreams seeds'. In the very end we have a little grounding session where every person can relax and learn how to give and receive.



We will then go by **Island's Naturals shop**: where we can buy our delicious and healthy locally produced and made lunches. Thereafter we take these lunchboxes with us and drive up to the **Mountain Thunder Coffee Farm** where we will eat our lunch in a little bit cooler air and conditions. **Read more:** (<https://www.islandnaturals.com/>)

The Mountain Thunder Coffee Farm is situated 975 meters, 3200 feet above the sea level. We will get a personalized tour about the farm's everyday life and routines. We will hear stories about the Kona Coffee specialty and what is the process from the seed to cup. We will also hear why Kona coffee is world famous and one of the best gourmet coffees in the world. If possible Michael gives this tour personally, including the little downstairs rain forest walk on the property.

After the tour you can look around in the coffee shop and you can buy coffee for yourself or your friends and loved ones back home. It is a luxury gourmet coffee from Kona after all...



After that we are ready to go and chill in Kailua-Kona town. If there is time we will do a little shopping in the nearby shops and we will have our dinner in a fun and healthy place called **Lava Java**. Read more: <http://www.islandlavajava.com/>

The whole day gives us opportunities to meet with the other adventurers in the group like our 'ohana' (means family in Hawaiian). We can also do a little 'family sharing' during our dinner so that everyone can share what were the highlights of the day.

Second day 18th of November

Sunday – Mountain highway to Hilo, Botanical Garden visit, Hilo

As we are now more grounded and adjusted, we can already undertake a bit longer trip.

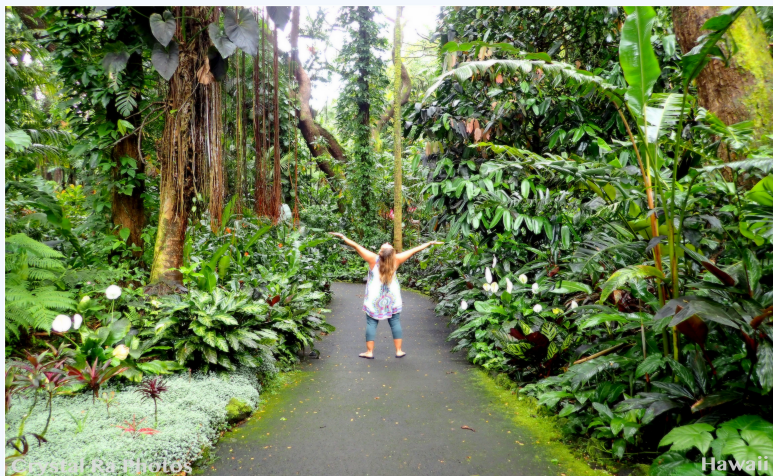
The main power element of the day will be the earth element. We leave to the island's east side. First time during our adventure tours history we will take the saddle road to Hilo, which goes between the tallest Mountain on the island – **Mauna Kea and Mauna Loa**. We only do a little bathroom break on top of the area, as it is not allowed to stop there for other purposes, because it is a military area. To visit the **Mauna Kea Observatorium** must be in the future programs. It would take a day to go up as you have to get used to the higher altitudes.

Mauna Kea is the world's highest mountain when measured from its oceanic base, Mauna Kea is over 10,000 m (33,000 ft) tall and is the tallest mountain on Earth. Energetically – **Mauna Kea** is the masculine representative and **Mauna Loa** is the feminine aspect of the island (the mountain reminds of a woman's breast and nipple shape).



Once we are in Hilo, we will head to the beautiful **Hawaii Botanical Garden** which is one of the most beautiful ones in the world. **See more:** <http://www.htbg.com/>

We spend at least 2-3 hours here. It is a real rainforest experience and we can learn about many plants and flowers during this visit as most flowers have name labels next to it. This garden has also some power places and vortexes. It also has a special orchid garden and while walking there you may feel like you are **Alice in the Wonderland**.



We walk a little bit together and afterwards everyone has their free time to experience the garden and get to know their personal earth element and have some time for self-reflection.

The park will also feature a little story of the Hawaiian Gods and you can see some of these in the Tiki forms in the park.

There are also couple of smaller waterfalls as well a nice ocean side area to sit and contemplate.



We will eat our lunch in a little place called **Whats Shakin**. This is a family owned business and is world known as a brand.

After lunch we will drive to Hilo town, where we can check out some local shops. We will eat dinner and go to our new overnight place all together.

Third day

19th of November

Monday – Lava, Liliuokalani garden, Museum, Rainbow falls

It will be a fire day. Depending of the lava activity we can choose between several options to explore it. Since the lava erupted very actively since the beginning of May of 2018, it caused quite a lot of damage in the **Hawai's Volcanoes National Park** and it has been officially closed since May 10th. The park has given some official statements recently that some parts of the park will probably be opened for public very soon, so by November 2018, we may be able to go for a little visit as part of this day's program. This will be confirmed just 1 week before the trip is happening. **Check out their recent status here:** <https://www.hawaiipacificparks.org/>

If there is an ocean entry of the lava it is optional to check it out by a boat or by a helicopter as some of the safest possibilities at the moment. (These additional tours are not included in the overall **retreat participation fee** and must be purchased separately).

Because the lava was very active since May this year, all surrounding area is not opened for public yet accessed by foot. We as visitors need to respect that and give it time to settle the ashes and let the area to heal and be restored.

a) **Lavaboat tour** starts at 225 dollars – 250 dollars per person + tax and ca 3 hours (for the boat to go out the signed up group needs to have at least 15 people) See more: <http://seelava.com/big-island-boat-tours/lava-boat-tour/>

b) **Helicopter tour** starts from 259 dollars – 50 minutes. See more: <https://www.bluehawaiian.com/bigisland/tours/>

Info about both of those options will be shared with participants at least 1 month to couple of weeks prior the trip. These tours are optional. Logistically it is advised for whoever wishes to participation to pick one option of the two to make things flow easier.

Depending on the time schedule we may have time to visit one museum as well.



The **Smithsonian-affiliated Lyman Museum** tells the story of Hawaii's islands and people through its exhibits on Hawaii's volcanic origins, flora and fauna found nowhere else in the world, Hawaiian culture, and other ethnic groups that have shaped the unique society of Hawaii today. **Read more info at:** <http://lymanmuseum.org/>

After this adventure we can visit the **Liliuokalani Gardens**. Blink of an eye and you may think you're in Japan as you stroll through peaceful Liliuokalani Gardens, named after Hawaii's last reigning monarch, Queen Liliuokalani. Located on Hilo's Banyan Drive, this authentic, 24.67 acre Japanese garden was dedicated in 1917 as a tribute to Hawaii's first Japanese immigrants who worked in the island of Hawaii's sugar cane fields. **Read more:** <https://www.gohawaii.com/islands/hawaii-big-island/regions/hilo/liliuokalani-gardens>

This beautifully landscaped park features arching bridges over fishponds, rock gardens, pagodas, Japanese stone lanterns and a teahouse. Views of Hilo Bay and Mokuola (Coconut Island) enhance this peaceful setting. With so much to see, this is a popular park for families to explore while they're visiting the **Hilo area**.



We can eat lunch in some fun local place. After lunch we can visit **Rainbow falls**, which has a very special and lush park around it where we can have a wonderful walk. Rainbow falls has got its name from the fact that at the certain time of the day you can see the rainbows around the fall. Dinner in Hilo.

Read more: <https://www.lovebigisland.com/hilo/rainbow-falls/>



Picture from the internet

Fourth day

20th of November

Tuesday – Pololuu valley hike, visiting Hawi and Waimea

Early morning we will drive to **Waimea**. The name Waimea means reddish water. Waimea is the center for ranching activities and the oldest Parker Ranch has many activities year around and is the largest privately owned cattle ranch in the United States.

We will then get ourselves ready to drive to the **Pololuu Valley** viewing platform. Depending on the weather and tides - we can walk down the path to the beach and we can possibly continue a little walk further up to the mountains. If there is time, we will spend some time in the artists town Hawi possibly we may head back to Waimea for our dinner, where we may even meet another Estonian living there for quite many years.

Waimea is a spot which is often times left out from adventure routes. It has its little charm and energy to it. It is usually very windy and also a bit chillier. It is part of the Big Island diversity. It has it all.



Picture from the internet – Pololuu Valley

Fifth day

21st of November

Wednesday – Hula, visiting a mermaid, Wantra, Mermaid Dreams talk

This day is focused on meeting your feminine energies and the water element. To move our inner water we will dance hula for couple of hours (both men and women are welcome). We will drive back to Kona pretty early to get to the local hula dance class with a local Hawaiian.



After the class we have lunch in Kona, possibly in **Islands Natural** food shop, which offers both warm and cold healthy food you can pick and choose what works for your personal needs. The shop has also loads of wholefood style healthy food and remedies you can buy.

After our arrival in the hotel we will get ready to meet the local mermaid. We will do a Wantra group session in her mermaid paradise pool. Some people will have a chance to do a short private **Wantra session** with me or Vyana (only 4 people for 30 minutes each). While this

is going on, others can spend free time in the lounge area on the lanai and wherever our mermaid host says it is okay. Later we will have a talk story meeting with our mermaid friend and we will hear her story about her dream life and talk about our dreams.

Read more about Vyana here: <http://www.mermaiddreamsbedandbreakfast.com/>



Vyana's personal photo

Dinner in the nearby local and delicious and famous eating place called **The Strawberry Patch Hawaii**. Check it out here: <https://thestrawberrypatchhawaii.com/>

Chef Amelia Antonucci-Fisher has been working in a kitchen since she could walk. She grew up cooking under her parents, who opened their first restaurant together in 1978, the year Amelia was born. It was called *The Strawberry Patch*, and it was a staple in Athens, Ohio. Amelia started collecting *Bon Appetit* magazines at age 16, and knew from a very young age that one day she wanted to open her own place.

After managing the family restaurant with her sister for a decade, she moved to the Big Island at age 27. Amelia expanded her skills by working with local ingredients and fresh fish in two different restaurants in South Kona, all the while scouting for a restaurant space to fulfill her dream. In 2011, she found the perfect space for *The Strawberry Patch Hawaii*, on Mamalahoa Highway just south of Kainaliu. She's been entertaining satisfied customers ever since.

In the fall of 2014, Amelia expanded the restaurant and now offers more seating for eager foodies and coffee-enthusiasts alike. Her father always told her to start business small, and let the size grow as the business grows. That's exactly what Amelia has done. The expansion is a chance for Amelia and her staff to embody all the ideas that have been accumulating over the years, such as a full-service espresso bar, outdoor seating, and hosting special events like rehearsal dinners and bridal showers.

Sixth day

22nd of November

Thursday – Ocean swim, Honaunau release the past, Ho'oponopono, Thanksgiving celebration

Early morning swim in the ocean in one of the bays. Crystal Ra will guide. We may get lucky to meet our wild spinner dolphin friends. After the swim we have some free time in the sun or the shade – depending on your needs in the same area.

Lunch will be in the local cafe, which will be announced later. We will have some free time and after that we will get ready for the sacred walk in the **Honaunau National park** where we will go to the forgiveness pools and we will go through the cleansing the past ritual weaved with Hawaiian Ho' oponopono ritual, which can all help us to create a different future. We pay respects to all of our ancestors and also ask forgiveness from them.



If possible we will join a **Thanksgiving dinner** with some local group or contacts or organize our own Thanksgiving potluck in one of the beach parks. We will give thanks to what we have in our lives. This is a good habit to take with you after this trip and implement it in your everyday life and routines.



Potluck dinner in one of the beach parks in Kailua-Kona

Seventh day
23rd of November
Friday

This day has a focus on the water element from the inside out. We will visit one of the oldest **Hawaiian canoe clubs Kai 'Opua** where Crystal Ra has been a member for the past year. Everyone has a possibility to join the ride in the double Hawaiian outrigger canoe. If you want to get the true feeling of Hawaii and what Hawaiians may have felt when they crossed oceans with canoes – this is your chance.



By that time we have one of my favorite captains back to guide us partly in Hawaiian. You will probably hear the conch shell horn blown before the trip and after the trip. If you do not feel comfortable with it, you can stay on the beach and soak in some sun while we are gone. Usually this adventure takes around 1 hour. This club is full of very fun people who are very friendly and carriers of aloha.

After this adventure we will have some sun and fun time on the same beach and some fun in Kailua-Kona. We will have also some free time and shopping possibilities.

After that we will drive to the **Turtle beach**. This beach has usually many turtles (depending on the season) and even if not, it is a cool adventure to a different beach. We can do a little family sharing circle while on the beach. Dinner in Kona.



Photo by Paul Mac Isaac

Turtles are called 'honu' in Hawaiian. Honu is a symbol of wisdom and carries a message of taking things slow. Whenever I meet a turtle in the ocean I always ask them for a message. The latest message one turtle gave me was that in order to see all the miracles around you – you have to have 'eyes behind your head' and be observant about everything going around you. They often times also warn me to slow down and be more in the present moment.

**Eight day
24th of November**

Saturday – Ocean swim, South Kona Fruit stand, Kua bay, Kona dinner

Morning ocean swim. If we are lucky we can swim with the wild spinner dolphins. We will spend some extra time on the beach, relax and sunbath.

Lunch will be in **South Kona Fruit stand** owned by the Smith family. Everyone can buy some of the local fruits, desserts for the lunch or just take some for snacks. We will drive to Kua bay, where there are some beautiful waves to play with.

Read more about the South Kona Fruit stand here: <http://www.southkonafruitstand.com/>



If there is a desire, I can arrange a special aerial yoga class in Kona or aerial silks class. Must be preregistered good time ahead (at least a month) and subject to availability of the teacher. Dinner in Kona. Summary of the day sharing during the dinner. Possible meeting of an interesting local Kona resident.

Nineth day

25th of November

Sunday – Ocean swim, Feedback circle, local market, graduation dinner in Kona

Morning swim in the ocean with the possibility to meet wild spinner dolphins. Beach relax and chill time. We will work on balancing our inner masculine and feminine polarities. We will start with the group feedback circle. This is partly also a highlight of the adventure as this is an opportunity to give positive feedback from your 'ohana' and give your feedback to them. We can enjoy the sun and fun and just relax just before we start.



Lunch at the famous **Coffee Shack** in South Kona. If there is time we pop by the local farmer's market in South Kona.

Preparing for the final group dinner in Kailua-Kona and handing out the adventure certifications and final gifts. Possible meeting with someone exciting.



View to Captain Cook area from the Coffee Shack

Tenth day

26th of November

Monday – Ocean swim, wrap up circle, Kailua-Kona good bye dinner

Early morning ocean swim and finalization of the group after the swim on the beach in the circle. Quick bite for lunch from the local grocery store. Packing and check out from the hotel by noon. Final shopping in Kona. Dinner in Kona and aloha hugs!



Aloha from the adventure group of 2016 in Hawaii

C.R. Lakshmi

Hawaii, BI

Additional conditions

- * Meals must be paid by each participant personally and the estimated cost is 20 – 40 dollars a meal.
- * Breakfasts are usually organized by participants individually. Every day there is a possibility to buy something for your breakfast in the evening or use a meal replacement shake, snack bar for the morning meal.
- * Many things in the program may change due to weather, conditions or unexpected circumstances as the adventure happens on a very dynamic island influenced by all the elements all year round. The organizer has a right to change the program accordingly to take best care of the safety of the participants.
- * Each participant needs to go through an interview in order to be accepted to the group
- * Each participant has to sign the waiver for the adventure as well show a valid travel insurance before starting the adventure.

Our adventures will prefer to support mostly local businesses and cooperation partners as well local produce. If you would like to visit some main commercial brands, you have to organize your own transport and time for this purpose.

See this link for more details about the adventure:

<http://crystalraksmi.com/events-around-the-world/eclectic-adventures-to-hawaii/>

Ask me for the password to open this page privately.

Web: www.crystalraksmi.com

Email: crystalraksmi@gmail.com

FB ://www.facebook.com/liquidheavenfacilitator/



Photo from Vyana's private photos