

A scenic view of a tropical coastline at sunset. The sky is a mix of deep blues and oranges, with soft clouds. The ocean is visible in the distance. In the foreground, there is lush green vegetation, including palm trees and other tropical plants. A large, white, circular graphic with a hand-drawn, brushstroke-like border is centered over the image. Inside this circle, the text is written in a mix of sans-serif and cursive fonts.

Living In Om

Costa Rica
Starseed Sacred
Awakening Retreat

Embark on a Cosmic Journey

Costa Rica Starseed Sacred Awakening Retreat

Nestled in the celestial embrace of the Chirripo Mountains, a gateway to profound transformation beckons—the Living In Om Starseed Sacred Awakening Retreat.

This sacred pilgrimage is tailored for the Starseeds, the Lightworkers, and Missioned Souls ushering in the New Earth. Here, amidst the powerful energies of a Galactic Portal and an Aurora Ascension Hub, your path to healing, awakening, and transcendent transformation unfolds.



This is an Exclusive Retreat designed for those awakening to their Angelic Galactic Path

A Healing Odyssey Beyond the Veil

As we transition into the luminous Golden Age of Light, moving from the 3rd to the 5th Dimension and beyond, the call for profound healing and spiritual ascension grows ever more resonant. This retreat is your answer to that call. Engulfed in the mystical energies of the Chirripo Mountains' Galactic Portal, you will receive Sacred Cosmic Codes destined for your Soul's evolution. It's time to release the traumas, beliefs, and patterns that no longer serve your highest journey.

A Convergence of Kindred Spirits

Surrounded by the ancient wisdom and majestic presence of the Chirripo Mountains, you'll find yourself in a community of fellow Starseeds, Lightworkers, and New Earth Visionaries. This sacred gathering is a powerful conduit for sharing journeys, amplifying collective energies, and supporting each other's evolution in this unique vibrational space.

Transformative Experiences in Sacred Space



*Step into the Heart
of Awakening.*

Your Portal to a new reality of Light and Ascension is here, waiting in the sacred embrace of the Chirripo Mountains.



Sacred Plant Medicine Ceremonies



Step into the Heart of Spiritual Awakening with our sacred Plant Medicine Ceremonies. Guided by experienced facilitators and the nurturing power of the Earth, these ceremonies are gateways to deep healing, profound insights, and the unlocking of spiritual dimensions within you. Experience the transformative power of plant spirits, connecting you with the ancient wisdom and healing energies of the Earth.

Luxury Accommodations



Immerse yourself in the unparalleled energy of the Chirripo Mountains' galactic portal. Engage in transformative healing sessions that connect you to the vast, cosmic energies, catalyzing profound shifts and awakening your Soul to its fullest potential.

Aurora Ascension Hub



Encounter the unique vibrational energy of the Aurora Ascension Hub, a potent vortex that accelerates your path to enlightenment. This rare energy hub offers extraordinary insights and elevates consciousness, facilitating a deeper connection with the Cosmos.

Your Sanctuary of Transformation



The Chirripo Mountains are a living, breathing sanctuary for your Spiritual Journey. Their ancient energies, hidden wisdom, and the powerful vibrations of the Galactic Portal and Aurora Ascension Hub provide a profound backdrop for your transformation. Here, you're not just surrounded by nature—you're intertwined with its sacred essence, offering peace, reflection, and a deep connection to the Earth and the Cosmos.

Ready to unlock the mysteries of your Soul and embark on a journey of Cosmic Awakening?

Join us in the Sacred Chirripo Mountains and begin your transformation.

Adventure Awaits in the Tropics

During this 10 Day/9 Night Retreat located in the foothills of the Chirripo Mountains, we will be tucked away from civilization in the Heart Chakra of Costa Rica and will be nourished by the waters of the breathtaking Talari River.

This amazing retreat center offers all the modern amenities with comforts that surpass the location and the jungle setting. The grounds are beautifully appointed with local plants and flowers that create an immersive and meditative environment.

A walk through the resort is an experience and a discovery process in itself. The beauty of this location is matched by its energetic vibration, which has to be experienced. This space also holds a sacred Galactic Portal that assists with upleveling the frequencies of each participant.

The Eco Luxury accommodations are in uniquely and harmoniously built cabins so no two rooms are the same.

The plant based cuisine is both grown on the property as well as locally sourced and special attention is given to any allergies or dietary restrictions.

During your time here, we will delve into many healing modalities that are designed to allow for deep personal work, healing, release and inner alchemy.

We balance this transformative work with integration, relaxation, group activities and local sightseeing.

This beautiful retreat is designed to create a sacred container for your inner transformation and journey towards embodiment of your Sovereign Self!



Watch Retreat Videos

Feel the Codes:

<https://youtu.be/1yQQcstn0BQ?si=2nNcBg8m4-iu5RS8>

Retreat Mini Documentary

<https://www.youtube.com/watch?v=MxZ5slQ7-Q8>

Cacao Ceremony:

<https://youtu.be/BWw8yK5Knq0>

Healing Galactic Portal:

<https://www.youtube.com/watch?v=HkBelt7qALA>

Akashic Record Training & Certification

Judy Quiban and Valentina Mathias are collaborating to bring you a profoundly different experience, a one-of-a kind journey combining their level of expertise in two modalities - Sacred Amazonian Plant Medicine and Akashic Wisdom.

The Akashic Record process **Valentina Mathias** leads you through opens you up to your personal Galactic, Soul and Earth Wisdom and then the Amazonian Plant Medicine comes in to people's consciousness in Sacred Ceremony in the following days. For this retreat, Valentina will be assisted by **Katy Branum**, a senior apprentice to the Royal Akashic librarian lineage.



Valentina Mathias
Royal Akashic Earth Elder



Katy Branum
Senior Apprentice



Valentina's Akashic Earth training starts before we arrive in Costa Rica and goes beyond mere instruction; it serves as a catalyst for awakening dormant codes within Starseeds, facilitating a natural journey into the Akash. You will be trained in either Level One or Level Two Akashic Records Training.

As an inherent part of our blueprint, these techniques not only teach but also activate profound shifts within. Through the training, you may even sense a tangible transformation in your light body architecture, signaling the deep integration of this sacred knowledge.

This process is beautiful, it is a gift, a next level integration of the hugely important wisdom of the trilogy of the Galactic, Earth and Soul Akash and Amazonian Plant Medicine.

In the lead up to this retreat Valentina will also be giving you her Intuition Blueprint course so that your Third Eye clarity can be activated to release your hyper perception. This course plus Judy's dietary guidance leading up to the retreat will position you to heal and take yourself to another level of your ascension journey from a position of personal power, clarity and vision.

This takes you beyond 'trusting the process' to really being in the driver's seat with your physical body transmuting the medicine, your third eye seeing the learnings clearly and your Akashic wisdom laying it out for you easily.

Valentina has always navigated the Akash differently from others. This is due to her being a Soul of the Royal Akashic Line but also over her 25 years of professional Akashic practice she has been upgrading people's access to all three higher timeline Akashes - the Galactic, Earth & Soul Akashes.

She has been cleaning, clearing & re-negotiating contracts and records for individuals, families & communities in preparation for the New Earth where many of us are needing less to work on our recurring issues and more on accessing our light-coded galactic (star-seed) wisdom so we can activate our Starseed codes in our physical earth Akash bodies.

See Detailed Info Here: https://drive.google.com/file/d/1oO3LUeVs9z5sQ-NOFL8CZK0ZQjNc1KRM/view?usp=drive_link

What's Included in the Retreat

- **Pre Retreat Consultation**

Video conference to discuss dietary guidelines, food restrictions, spiritual preparation and medical contraindications.

- **Private Group Communication**

Interactive group to meet your Star Family. Communication hub for retreat info, preparation and integration, and sharing.

- **Retreat Preparation**

6 weeks of retreat preparation guidance to help your body, mind and spirit to receive the sacred medicines

- **Roundtrip Ground Transportation**

Professional shuttle service to the Retreat Center from San Jose Hotel, Radisson Park Inn. Guests arrive the day before the retreat & stay at designated hotel.

- **Shared Eco Lux Cabin Lodging**

Each of the Luxury Lodging Cabin options have been consciously designed to be comfortable, cozy and to lend peace of mind for the most rejuvenating experience.

- **Optional Private Eco Lux Cabin Lodging**

Private Eco Lux Cabin (2 available) Cabins with jungle views along the beautiful Talari River.

- **Farm to Table Organic Cuisine**

Healthy and delicious meals prepared with love by Chef Ian. Family -style meals showcase local & organic ingredients from our own gardens and the weekly San Isidro Farmer's Market.

- **Yoga**

Daily yoga sessions, enhancing your physical, mental, and spiritual well-being through mindful movement and meditation.



- **Outdoor Salt Water Pool**

Salt water pools act as a natural moisturizer and exfoliator, increasing our skin's ability to retain moisture. Salt water helps promote our body's natural relaxation process leaving us refreshed.

- **Therapeutic Hot Tub**

Hot tub therapy improves blood flow & relaxes muscles. Buoyancy helps to reduce inflammation and pressure on joints. Warm water, jet systems provide a total body therapeutic experience.

- **River and Jungle Trails**

Access to hiking along the Talari River and throughout the Chirripo Mountain.

- **Swimming Holes**

Multiple beautiful swimming holes to immerse yourself in the sacred waters of Mother Gaia.

- **Juice Bar**

Healthy and high vibe juices and smoothies for purchase. In the Juice Bar area, we invite you to use your tech items and embrace the wifi signal.

- **Free Wi-Fi**

Wi-Fi located in specific spaces throughout the retreat.

- **On Site Boutique**

In La Boutique you will find high-quality goods made with meticulous care and craftsmanship. Hand made soaps, dolls, tinctures, jewelry, organic clothing, raw chocolates, crafted hot sauces.

What's Included in the Retreat

- **Akashic Records Training & Certification**

Akashic Records Training Level One or Level Two with International Akashic Earth Elder, Valentina Mathias and Senior Apprentice, Katy Branum. Training begins online prior to the retreat and will include 2 training days in Costa Rica.

- **Amazonian Plant Medicine Ceremonies**

3 life changing Amazonian Plant Medicine and Song ceremonies for massive healing and Starseed expansion.

- **Sacred Cacao Ceremony**

Connecting with the Spirit of Cacao, we access the vastness of our hearts and open up to the connection with the divine. Experience deep chakra healing & light body activations for soul alignment.

- **Cabecar Tribe Ceremony**

Healing ceremony with local indigenous medicine man using herbal tonics, energy healing and Cabecar language.

- **Hape Ceremony**

Ceremony with sacred Shamanic Snuff Medicine that allows for insight, guidance, heart connection and healing.

- **Temezcal Ceremony**

Sweat lodge ritual designed to push out toxins, flush out impurities from the skin, release water from the body and increase oxygen levels while lowering blood pressure.

- **Freedom Breathwork Ceremony**

A unique practice designed to release emotional blockages, expand consciousness, and foster deep inner peace. This powerful modality will help you access higher states of awareness and reconnect with your authentic self.



- **Sound Journey**

Full body immersive vibrational sound experience using crystal bowls, chimes, voice & other instruments to provide therapeutic and restorative processes to deeper states of relaxation.

- **River Spa Session with Flower Bath**

Full body clay treatment formulated to exfoliate & moisturize the skin, leaving it silkier and smoother than it has ever been before.

- **Light Language**

Light Code Activations to help you upgrade your DNA, clear traumas, collapse lower density timelines, and activate your spiritual gifts.

- **Starseed Activation**

Emerald Covenant Activation to restore our Emerald Heart Crystal and ignite the Divine Love within.

- **Quantum Healing**

Transmitting codes from Star Councils, Angels, Ascended Masters, and more to shift energies in the physical, mental, emotional and spiritual bodies.

- **Group Integration**

Group integration with all retreat participants via Zoom video conference once a month for 3 months duration post retreat.

- **Multidimensional Healing & Lifestyle Support**

One-on-one session with Judy to assist in furthering your spiritual ascension journey post retreat. We will delve into healing on the quantum level and how to integrate what you have received in ceremony.



What is NOT Included

- **International Airfare**

Please contact Judy to arrange group travel. Please plan to arrive on November 7, 2024 preferably before 4:00pm.

- **Hotel in San Jose 11/7**

We will all meet at *Park Inn Hotel* in San Jose on November 7. Retreat shuttle will pick us up the morning of November 8.

- **Hotel in San Jose 11/13**

The shuttle will take everyone to *Park Inn Hotel* after the retreat. Please make reservations at Park Inn Radisson for November 13. You can plan your return flight home on November 14 or anytime after that date.

- **Travel Insurance**

Travel insurance is highly recommended. More info will be provided when retreat deposit is made.

- **Tips for Staff**

\$50 - \$100 recommended tip for entire staff. Individual tips for Bodyworkers recommended.

- **Optional Activities**

Additional healing modalities and activities will be offered such as horseback riding, IV treatment, acupuncture, thai massage, astrology readings, etc. There will also be an onsite boutique to purchase handcrafted items, clothing and more.

- **Donation to School**

A list of Waldorf items and other learning materials will be given. If you feel guided, you can bring any of these items as a donation to the school on the property.



CANCELLATION POLICY

100% refund for cancellation 60+ days before retreat date.
50% refund for cancellation 30-59 days before retreat date.
0% refund for cancellation 0-29 days before retreat date.

Retreat Pricing

Shared Cabin Accomodations Twin Bed

Shared Eco Luxury Cabins designed for 2 People with Bathroom. Luxury lodging options have been consciously designed to be comfortable, cozy and to lend a peace of mind for the most rejuvenating experience.

- *Twin Size Beds
- *10 Spaces Available

\$6000 each person

Please contact Valentina separately to pay for Akashic Record Training at:

valentina@balancebeginswithme.com

Level 1 Akashic Training \$1333 - Early Bird Pricing \$999
Level 2 Akashic Training \$1888 - Early Bird Pricing \$1444



Shared Cabin Accomodations Full/Queen Bed

Shared Eco Luxury Cabins designed for 2 People with Bathroom. Luxury lodging options have been consciously designed to be comfortable, cozy and to lend a peace of mind for the most rejuvenating experience.

- *Full or Queen Size Bed depending on the cabin
- *5 Spaces Available

\$6555 each person

Please contact Valentina separately to pay for Akashic Record Training at:

valentina@balancebeginswithme.com

Level 1 Akashic Training \$1333 - Early Bird Pricing \$999
Level 2 Akashic Training \$1888 - Early Bird Pricing \$1444



Retreat Pricing

Private Nature Cabin Accomodations

Private secluded nature cabin for one person located at the end of a peaceful river trail perched upon the hillside. One open wall featuring rollaway canvas panels that feature panoramic views of the jungle and sounds of the Talari River. Commune with Mother Gaia's energy in the most intimate way.

- *Full size bed
- *Only one available

\$6777

Please contact Valentina separately to pay for Akashic Record Training at:

valentina@balancebeginswithme.com

Level 1 Akashic Training \$1333 - Early Bird Pricing \$999
Level 2 Akashic Training \$1888 - Early Bird Pricing \$1444



Private Cabin Accomodations Near Yoga Shala

Located atop the hill of the farm, this charming private cabin sits among the flourishing gardens with gushes of sunlight and green jungle mountain views. Enjoy the sounds of the coyotes in the evenings from this spacious cabin with a king-size bed, writer's desk, and private bath.

- *King size
- *Only one available

\$6777

Please contact Valentina separately to pay for Akashic Record Training at:

valentina@balancebeginswithme.com

Level 1 Akashic Training \$1333 - Early Bird Pricing \$999
Level 2 Akashic Training \$1888 - Early Bird Pricing \$1444



Contact and Booking

Unlock Your Divine Potential at the Costa Rica Starseed Sacred Awakening Retreat

Limited Spots Available!

Don't miss this unique opportunity to elevate your Spiritual Path and unlock your Highest Potential.

Reserve your spot now and step into a life of greater CLARITY, PURPOSE AND ALIGNMENT.

Contact Judy now to schedule a Retreat Call and register for this life transformational journey.

Judy Quiban



Multidimensional Healer, Plant Medicine Ceremonialist, Starseed, Lemurian Priestess, Oracle, Soul Mentor, Light Code Architect, Breathwork Coach, Yoga Teacher, Holistic Health Coach, Sisterhood of the Rose, Gridwork Guide, BQH Practitioner



WhatsApp +1 916-544-0439



love@livinginom.com



@livinginom