

Learn to release MESS (**M**emory, **E**motional Energy, and "**S**tuck **S**tory") from the brain and body to become fully FREE + SELF-RELIANT



RELEASING + REFRAMING 4-DAY RETREAT INTENSIVE

MODULE 1 (EQ) Emotional Intelligence Quotient
MODULE 2 (BQ) Body Intelligence Quotient

The Graceline Institute
+ PHI Foundation present

EMOTIONAL INTELLIGENCE & LIFE MAGNETICS AT

BROUGHTON SANCTUARY

North Yorkshire, England // July 30 - August 2, 2026

Biochemically uplevel your life by understanding the conscious and unconscious patterns that have created your personality-- and the belief patterns or stances that can make relationship dynamics feel like they are on "repeat".

This is a r/evolutionary Emotional Intelligence (EQ) and Body Intelligence (BQ) course to lay down the fundamentals that allow you to "bio-harmonize" the body in ways that immediately clear trauma, events, and catabolic (destructive) emotion or belief patterns stuck in the tissues of the body and the EMF field.

The Graceline Institute is a Spiritual Sciences and Interactive Art Institute Specializing in Emotional Intelligence, Consciousness, Self-Sovereignty and Service to Ecology.

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True
SOVEREIGNTY
Requires Full
RESPONSIBILITY

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-- Mickaela Grace

WE TRAIN EMOTIONAL ATHLETES.

**One of the only consistent guarantees in life is change.
Yet change is what most humans consistently resist or defend against.**

Just like we train the mind for a profession or we train the body for athletic endurance, true nervous system regulation and mood management requires the embodiment of ACTUAL COMPETENCIES:

Raising our Emotional Intelligence Quotient (EQ) + Body Intelligence Quotient (BQ) lets us easily transcend conflict while activating higher states of creativity, genius, and intuition.

The Graceline Institute offers a no B.S. set of actual tools and easy-to-use EQ+BQ systems for self-reliance and resilience -- teaching participants to unbind and unwind their own bodies and brains from old trauma, limiting beliefs, or life events. Using somatic practice (non-verbal body-based release) and cymatic technologies (sound and electromagnetic stabilizers for clearing unprocessed emotion), our retreats teach you to

UPDATE, UPGRADE, AND UPGRADE your way of thinking and being with yourself and others.

Our EQ+BQ events offer radical progress for anyone facing the following scenarios:

- Are you blaming other people, yourself, or past events as a way of making excuses for current habits?
- Are you exhausted by misunderstandings, looped narratives, defensiveness, missed opportunities or repetitive conflicts?
- Do you have memory or scar tissue stored in your body from old injuries, illnesses, traumas, breakups, losses, life pivots, or "I've never been the same since..." life events or conflicts?
- Do you have a homebase mood you wish you could shake? (feeling sad, mad, anxious, tired, defensive, afraid, bored, irritated, indecisive, etc. "all the time"?)
- Do you "brace for impact" with heightened flight/fight/freeze/appease responses? Does your nervous system often feel dysregulated or reactionary?
- Do you (or the people you attract) struggle with unresolved anxiety, depression, addiction, loss of direction/connection, mixed signals, regrets about "the unlive life" or fears about the state of the world?
- Are you longing to be of better service to the planet or apply your gifts in "next-level" ways? Do you deeply need a job, relationship, or "sense of purpose" change?
- Do you get feedback from friends or family about a go-to emotion, mood, or quality that drains them, you, or the room?— yet, when they challenge you about it, you have no idea what to do?



Original "Cymatics-into-Somatics" Fractal Films & Sound Technologies made at global temples by our Founder, Mickaela Grace to clear memory and MESS from the field NON-VERBALLY.

Our highly-targeted curriculum helps you rapidly recover from any setback using:

- Easy skills for downregulating the nervous system, transcending flight, fight, freeze, or appease habits, and being TRULY DONE with past trauma and current coping mechanisms, with no desire to speak of the past again.
- Take radical responsibility for every mirrored image (since whatever you see in them is a mathematical and magnetic image of a similar or same rhythm in you). Learn the science behind this & transcend it with non-judgment so that your battery-life doesn't get drained by conflict.
- Open the door to biochemical happiness by closing out your childhood for good (helping you attract higher-caliber relationships and abundance).
- Learn to understand your own projections and the magnetic FOLDS that cause patterns to repeat (**FOLDS** = **F**amily of **O**rigins **L**imbic **D**ynamics and **S**tances).
- Learn the science of the limbic brain, memory systems, and how we will "mimic and model the mentor" in terms of stress management - until we CHOOSE to update coping mechanisms.
- Apply cleaner approaches to communication, conflict resolution, and quantum healing using dimensional fractal film technologies, meditation, and breathwork to help you NON-VERBALLY release memory.
- Learn DIY muscle-testing techniques to track health and mental patterning, as well as no-nonsense decision making.
- Activate dormant intelligence— and discern the difference between logic, resistance, instinct, or intuition. Learn to make clear and powerful choices for yourself— letting you leap into the next chapter of your personal "zone of genius".



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We cannot
change systems by
destroying them.

We must endeavor,
instead, to make
NEW SYSTEMS
that make the old systems
obsolete.

// - Buckminster Fuller

MAGNETIZE GREATER HEALING MIRACLES

WITH THE PHIFIELD FOUNDATION

The pHiField Foundation is dedicated to advancing human coherence through the intelligence of pHi.

At the heart of our work is the pHiCube, a rotational magnetic technology that creates a unique field of healing potential known as the pHiField. Built on the mathematics of Phi and the science of magnetic resonance, the pHiCube device is designed to return the mind and body to a more coherent and balanced state, non-verbally preparing your electrical system for upgrades on all levels.

The pHiField Foundation is honored to partner with the Graceline Institute at their EQ+BQ retreats, fusing their impactful curriculum with our group field coherence. Together, we hold a shared vision of helping people clear their illnesses, obstacles or conflicts in rapid, but unified ways.

After participants learn self-reliant pattern-tracking skills at retreats, we then use the standing-wave technology of the pHiCube to amplify the profoundly immersive and powerful release work of Graceline's fractals and unique breathwork. This partnership radically amplifies the speed and stability of coherence, nervous-system regulation, and personal transformation, while ushering the brain and tissues of body back into divine order.

pHiCube®



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YOUR RETREAT FACULTY



Mickaela Grace // Founder, Healer, Artist

Mickaela is the founder of the Graceline Institute, an Emotional Intelligence (EQ) and spiritual sciences school devoted to human transformation and environmental Activism (Art Activism).

With 25+ years of experience in natural medicine, meditation, and consciousness coaching, Mickaela specializes in upleveling the world's thought leaders and high performers. Her original EQ-centric curriculum employs "Flower-of-Life" ancient wisdom fused into "Cymatics-into-Somatics" Fractal Films, Temple Technologies, and Sound Healing modalities that rid the body of negative patterning. Mickaela gnostically believes that we are meant to bow to no outward authority figure, healer, leader, parent, pill, nor politician, but should instead find mastery over self, making each individual an artful and healthier cell in the wider organism of humanity.



Dermot Duffy // Founder, Magnetist, mRES, BSc, BMP

Dermot is the founder of pHiCube and the pHiField Foundation, dedicated to advancing human coherence through the intelligence of pHi and divine resonance.

With a background in exercise mechanics, human performance, biomagnetism, and holistic healing, Dermot bridges science, therapeutic practice, healing technology, and consciousness. Deeply rooted in the metaphysics of pHi, his work explores the innate coherence of nature—from the human body as a whole system down to the atomic structures within it. His philosophy centers on deep atomic coherence through balanced spin, resonance, and symmetrical patterning. Dermot's mission is to create technologies, education, and immersive experiences that help people reconnect to coherence within themselves and the world around them through the principles of pHi-- AND GREATER SERVICE.

WHAT SOME OF OUR GRACELINE GRADUATES HAVE TO SAY



"In the most treasured relationship of my life, with my wife, I felt so isolated. I felt like she wasn't really seeing me and I wasn't really hearing her. Coming to this EQ retreat was like someone taking a blindfold off my eyes. And I felt like I was given the code keys to life." – **Tim R., Firefighter**

"This retreat gave me so many epiphanies about how my body was holding onto old memory and life events. And it let me access an entirely new level inner knowing, self-trust, and intuition—until I finally began to make sense to myself again. And every past hurdle felt complete, making current obstacles now feel solvable. It also taught me to have grace for every other human being. And to downregulate conflict with true skills." – **Rachel R., Entrepreneur + Regenerative Health Practitioner**

"The "spiritual sciences" part of this curriculum made me feel like I have superhero powers for understanding my brain, my body, and my bad habits. I learned to apply ancient wisdom I didn't even know I needed. And I now feel confident that I can figure out my role in whatever conflict I attract, plus how to magnetize what I really want instead." – **Sofia, Physical Therapist**



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RETREAT VENUE & REGISTRATION

Join us for this 4-day life-changing Emotional Intelligence & Life Magnetics retreat at Broughton Sanctuary, located in the foothills of the awe-inspiring Yorkshire Dales National Park and home to 3,000 acres of breathtaking natural landscapes and offers an unrivalled experience for those looking to connect with themselves, with each other, and with nature.

DATES	TIMES
30 July	12:00-20:00
31 July	08:00-20:00
1 August	08:00-20:00
2 August	08:00-12:00

COST & PACKAGE

£1,888 GBP/person

Your Registration Includes:

- Emotional Intelligence & Life Magnetics curriculum, breathwork + meditation
- 3 nights accommodation at the Broughton Sanctuary Cottages
- Catered breakfast, lunch, and dinner (organic + plant-based)

REGISTER

Full refunds available up to 30 days before event. Non-refundable after 30 days (but credits offered for medical emergencies).



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