

# REDISCOVERING YOU

## Your Way Within

With Hydee Tehana and Lisa Denning



October 12-17, 2025  
Kona, Hawaii

Are you feeling that something is going on in this Earthly realm? You are “right on” as there is so much happening on this world stage as the world of duality is shifting to a world of unity...as each of us choose where we want to continue “playing,” of course. Where is your soul guiding you? Do you remember who you “really” are? Are you seeking to move into a higher level of consciousness and noticing that there are limitations that have somehow been programmed in?

Powerful light is blazing onto this Earth right now in waves and it is waking up those that are ready to be awakened. The beauty of this Earth is inside you waiting to be rediscovered at the perfect time. Perhaps that time is now? The love that our Mother Earth has for us...her children...is bursting at the seams, as it is waiting for us to claim it.



Who are you in separation as an individual in this 3D world of duality? What an experience to see yourself separate from everything as a limiting perspective through our 5 senses. All of these limitations that we have accepted so that we could have a limiting 3D experience. So, who are you in unity and in connection to the whole? Who are you beyond this human being without limitations?

Being immersed in Mother Nature allows us to “still” our limited perspective of mind and “see” with our cosmic heart which is connected to all. We tend to manifest our reality through our subconscious beliefs and programming which is typically run by fear and lower vibrational levels of shame, blame, guilt, etc...that we received when we were children. Remember, this reality is dissolved by neutrality, for it is when we “react,” that we keep this duality world going.

This retreat allows you to dive as deep as you choose in the rediscovering of who you truly are...again and again. The dolphins and whales have many messages for us as they fill our hearts with joy along with the manta rays and all the animals on the land.



On the Big Island of Hawaii exists a multitude of frequencies that many people find easy to tap into as Hawaii is surrounded by Mother Ocean which provides liquid light to all our ocean beings. The salt water cleanses our aura and assists us in seeing different ways of being. You are here to master your frequencies in this multi-frequential, hall of mirrors. By remembering and going within, you find all the answers to everything you ever wanted to know and more.

We have many ocean beings who are reminding us who we are and what we are doing here. Hawaii has many species of dolphins and whales who utilize their sound vibrations to assist us in remembering if we choose. Pilot whales are here year round and have helped humanity for many years in assisting boats to find their way to shore.



Balance, peace, and harmony is what is being offered here on the Big Island of Hawaii as the island will help you in letting go, relaxing, and rejuvenating. Your heart and soul will love bathing in the beauty of nature. We will come together with discussions, sharings, and

meditations that will assist us on our deeper dive within. This is an exceptional time to come to Hawaii to relax and rejuvenate while being with the cetaceans and the sacred land as they have many messages for us while filling our hearts with love.

You can let go of any worries or anxieties and ask the land and ocean to assist you in releasing, as well as bringing in your next steps. Ancient manta rays fly through our waters and are just majestic as they move gracefully in the ocean. They feed on plankton and are some of the most docile beings. We will be swimming with them and connecting with their energy.

All is rejoicing as we come back into unity. Humanity has been separate for quite a while now and many of us are ready to remember. We are opening our home and land for you to enjoy the high vibrational energy here as well as enjoy food grown directly from our farm. There are many opportunities for you to connect to the land, trees, elementals, fairies, birds, chickens, ducks, turkeys, bees, cats, dogs, etc...and soon to be cows/mini-cows.





Mother Nature is guiding us humans back into her realm as many of us have become separated from her. Between being in the ocean and connecting to the energy of our land, you will become more centered and grounded if you choose. There are many opportunities of transformation during this retreat where your inner guide is leading you to let go of anything holding you back. As the author, Richard Bach, says, “Argue for your limitations and sure enough, they’re yours.”

This is a time for you and a gift to yourself in diving deeper into who you truly are. Your true essence is waiting for you under your self-imposed limitations and all you have to do is to be willing to let go. The veils are opening on many levels to those with eyes to see. The invitation is in your hands.

On this retreat, we will spend time on the water with the dolphins and whales as well as spending time on our 7 acres of sacred land, TeHana Ohana, with the ancestors, elementals, trees, gardens, bees, chickens, turkeys, birds, cats, ducks, dogs, flowers, nature spirits, and devas. This land is full of abundance and is the land “where people think different.”

Remembering how to connect and hear Mother Nature in her many forms will be discussed and experienced in this retreat as it is all within you. Connecting with a tree, manta ray, duck, elemental, fairy, whale, or even the lava rocks will remind us how everything is conscious and listening. Everything is aware and once we remember how to tune into their frequency, a whole new world opens for us. All of Mother Nature desires contact with us humans and asks us to take our place as co-creators of this reality system. We will be transformed by the love and joy of the land and sea beings, while merging with their essence.



We will be going out with a fantastic crew on a boat who assist us in the water. There are many pods of dolphins in our warm waters year round as well as pilot whales and many other types of cetaceans. A night dive with the majestic manta rays will connect us with the gentleness of these powerful beings. We will swim with the cetaceans during the days on the boat and then, in the afternoons, we will come together with discussions, sharings, and meditations that will deepen our



connections to the ocean, cetaceans, land, birds, plants, and animals, as well as, to our awareness and consciousness.

When we are at TeHana Ohana, we will be connecting with the land and all the inhabitants, allowing her to shift our frequencies as we choose. This is a special multidimensional place on sacred land where the people think different. Being here at Tehana Ohana will be



an incredible experience on those days as these higher energies “rewire” us into our new ways of seeing the world.

TeHana means “To Shine” in Maori and Ohana means “Family” and/or “To Gather” in Hawaiian. TeHana Ohana is from the land to the oceans to the stars. She offers over 150 producing avocado trees and other trees including: coffee, cacao, vanilla, banana, papaya, guava, cherries, mango, sapote, lychee, dragon fruit, orange, lemon, Kona lime, poha berry, black berries, tree

tomatoes, fig and more. Our gardens include: ube (purple sweet potato), cassava, lima beans, taro, yacon, asparagus, pineapples and more. We are working with the latest copper technology to enhance growth and feed our land with free energy.

This week long retreat allows us to experience heart-centered communication, access the expanded awareness of group consciousness, and practice personal mastery skills to live in a multiverse reality of unlimited potential. Some topics covered and experienced in this retreat will be: how Mother Nature communicates with us, how to access your own guidance, how to shift limiting beliefs, the nature of reality, the power of our imagination, and our multidimensional nature.

All of Nature is rejoicing as more and more of humanity is remembering our deeper connection to Mother Nature. With the Mother Nature as our guide, we will play in higher dimensional consciousness and experience our core essence without the confines of space and time. Come and remember a different way of being in this world...where you live and play in joy, fun, and laughter!

**Ask yourself from your heart... Are you being called to come?  
We would love to see you here!**

**COST: \$1999**



“As you start to walk on the way, the way appears.”  
~Rumi

## HOSTS AND GUIDES:

Your hosts and guides for the retreat will be Hydee Tehana and Lisa Denning.



**Hydee Tehana, M.S.** is your retreat host and guide for your journey. Hydee has a deep love of all of Mother Nature which has always been part of her life. Life opened up for her more deeply over 20 years ago when life stopped making sense and began questioning all she was ever taught. Hydee began remembering her past lives and lives in other realms. She met the wild dolphins in 2013 which changed her life and began to remember even more of her connections with them and all the cetaceans. Hydee loves to swim in the ocean and to be with all the oceanic beings, as well as be on the land, in the mountains, and

forests. By listening and allowing her guidance to take charge, she began following the intuition of her heart.

Hydee has deeply explored many topics including the cetaceans, nature of reality, sacred geometry, multidimensionality, power of our mind, light, time travel, our multidimensional heart, sound, language of energy, Mother Nature, living water, space travel, and more. She has a background as a firefighter/paramedic for over 20 years which allowed her to be with people as they crossed over and helping people at their toughest times. Spirit guided her to retire from the fire department to a new spiritual path of sharing, teaching, and writing. Hydee is an author, visionary, teacher, speaker, and guide. For more information, see [www.hydeetehana.com](http://www.hydeetehana.com)



**Lisa Denning** is your retreat host and guide for your journey. She is an adventurer, photographer, mermaid, writer, and seeker of fun. Lisa has always been an ocean being and this is where she feels most alive and connected to the truth of who she is. She grew up in New Orleans and moved to the Big Island of Hawaii in 1999 because her soul was calling her to the ocean to be with the dolphins and to heal. Lisa was ready to find out more about the connection she had been feeling with them all of her life. On her first swim in the Hawaii waters, Lisa was surrounded by a pod of wild dolphins and welcomed into their pod.

For the last 24 years, she continues swimming with them, diving deeper into parts of herself. Lisa has traveled around the world to meet many species of dolphins and whales while capturing these magical moments on film and with photographs. She has co-led retreats in many locations with dolphins and whales for the last 24 years. Lisa is also the co-founder of Light ON Foundation in Kona, which provides healing opportunities for survivors of sexual assault, domestic violence, and other forms of personal trauma. She is passionate about introducing others to our ocean family. The dolphins and whales are

choosing to make contact with humans more and more. We have so much to learn from these magnificent beings. For more information, see [www.lisadenning.com](http://www.lisadenning.com) You can also see her shop at <https://www.etsy.com/shop/LisaDenningImages>.



### **MORE INFORMATION:**

**LOCATION:** Kailua-Kona and Captain Cook, Hawaii

**DATES:** Opening time: 1 pm on October 12, 2025. Closing time: 6 pm on October 17, 2025

**INCLUDES:** 3 boat trips including 2 exclusive mornings with the cetaceans and our ocean friends, 1 evening boat trip/swim with the Manta Rays, 2 days on our land/farm (TeHana Ohana), beach day, sharings/discussions, and meditations. Meals will be provided on boat days as well as at TeHana Ohana.

**WHAT'S NOT INCLUDED:** Airfare, accommodations, transportation, and some meals (breakfast and dinners). Trip cancellation insurance is encouraged, if desired.

### **ADDITIONAL INFORMATION:**

**Airport:** Kona International Airport at Keahole (KOA)

**Lodging:** There are lots of hotels in the area. You can look at ones in Kailua-Kona (Kona), Captain Cook, or Kealahou which are close to all. We do have some friends who will rent rooms in their home if interested. We also rent our off-grid cabin on our farm. There is also the Outrigger in Keauhou Bay, and many Air BnB's if you go to [www.airbnb.com/kailua-kona-hi/stays](http://www.airbnb.com/kailua-kona-hi/stays)

**HOW TO REGISTER:** Contact Lisa Denning at [lisa@lisadenning.com](mailto:lisa@lisadenning.com)

Pay \$555 deposit to hold your space.

Additional payment of \$1,444 is due on or before August 1, 2025.

**ADDITIONAL QUESTIONS:** [lisa@lisadenning.com](mailto:lisa@lisadenning.com)

**RETREAT DEPOSIT INFORMATION:** All retreats require a deposit and signed liability waiver to reserve your space. More detailed information will be sent to you upon registering.

**CANCELLATION POLICY:** Trip insurance is encouraged as there are no refunds.

Thank you!

