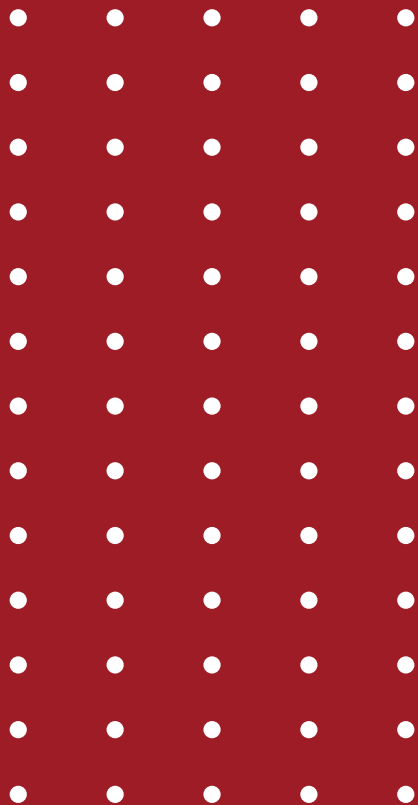



SHADOW AND LIGHT RETREAT



Creative
Consciousness®
Retreats



"Learning to embrace, not judge, is a key to bliss. The retreat taught me that in a very practical way. I am forever blessed"

Etienne Kruger

Cape Town, South Africa



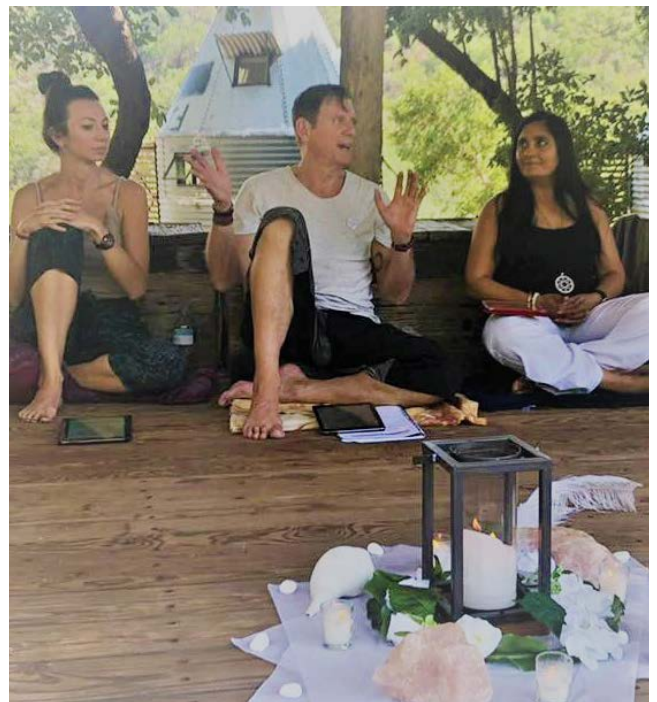
WELCOME

The **Shadow & Light Retreat** is an exclusive 8-days safe space, created for in-depth exploration and experimentation with suppressed, repressed and denied parts of ourselves: our dark shadows and our light shadows.

It is a psychological fact that only by full integration of our shadow parts the individual becomes whole, healed, powerful, free.

PROGRAM

- Awareness lecture sessions
- 5 Day Dark Shadow work
- 2 Day Light Shadow work
- 1 Collective Shadow session
- Meditation & Yoga sessions
- 5 Sound Work sessions
- 4 Dance Meditations
- Expression Dances
- Gurdjieff-Ceremony
- 5 Light Dance sessions
- 1 Kundalini-Meditation
- Graduation Celebration



FOUNDATIONAL

Philosophy

Everyone has shadows.

Shadow building starts at a very early stage in our childhood. Every incident that happened to us and we were not able to fully meet this challenge became a shadow.

When tough things happen to us human beings (neglect, loss, punishment, threat, blackmail, etc.) likelihood is high that our brain switches into survival mode, which means our capacity to be present and aware shuts down and the brain's r-system takes over.

This shut down of the neocortex and limbic system is a protection mechanism, but it also creates what is called "trauma". A trauma is anything that we encountered and could not fully meet with our neocortex and limbic system being switched on, meaning: **we could not meet the challenge consciously and emotionally.**

Therefore the leftovers are suppressed into the unconscious and dramatically define and control who we are.

"Your life will be transformed when you make peace with your shadow. The caterpillar will become a breathtakingly beautiful butterfly. You will no longer have to pretend to be someone you're not. You will no longer have to prove you're good enough. When you embrace your shadow you will no longer have to live in fear. Find the gifts of your shadow and you will finally revel in all the glory of your true self. Then you will have the freedom to create the life you have always desired."

Debbie Ford

"People will do anything, no matter how absurd, in order to avoid facing their own soul. One does not become enlightened by imagining figures of light, but by making the darkness conscious."

Dr. Carl Gustav Jung

The gold in the shadow can be understood by seeing that just as we protect our sense of self by denying that we possess 'bad' qualities, we also do not fully acknowledge that we have 'good' qualities.

Your sense of self, your self-image contains certain traits and anything that does not fit into this picture you have of yourself, or anything you wish was not in the picture is called your shadow.

AWARENESS EXPLORATION

Sessions

Daily inquiries into the heart of the matter of Shadows & Light.

- Dialogues, feedback, instructions
- Awareness creation sessions
- Powerful exercises
- Self-Expansion challenges

In the shadow-theatre sessions you are meeting your shadow parts and integrate them by acting them out in a safe environment in co-creation with the group and the teachers.

DAY 1-5 DARK SHADOW WORK

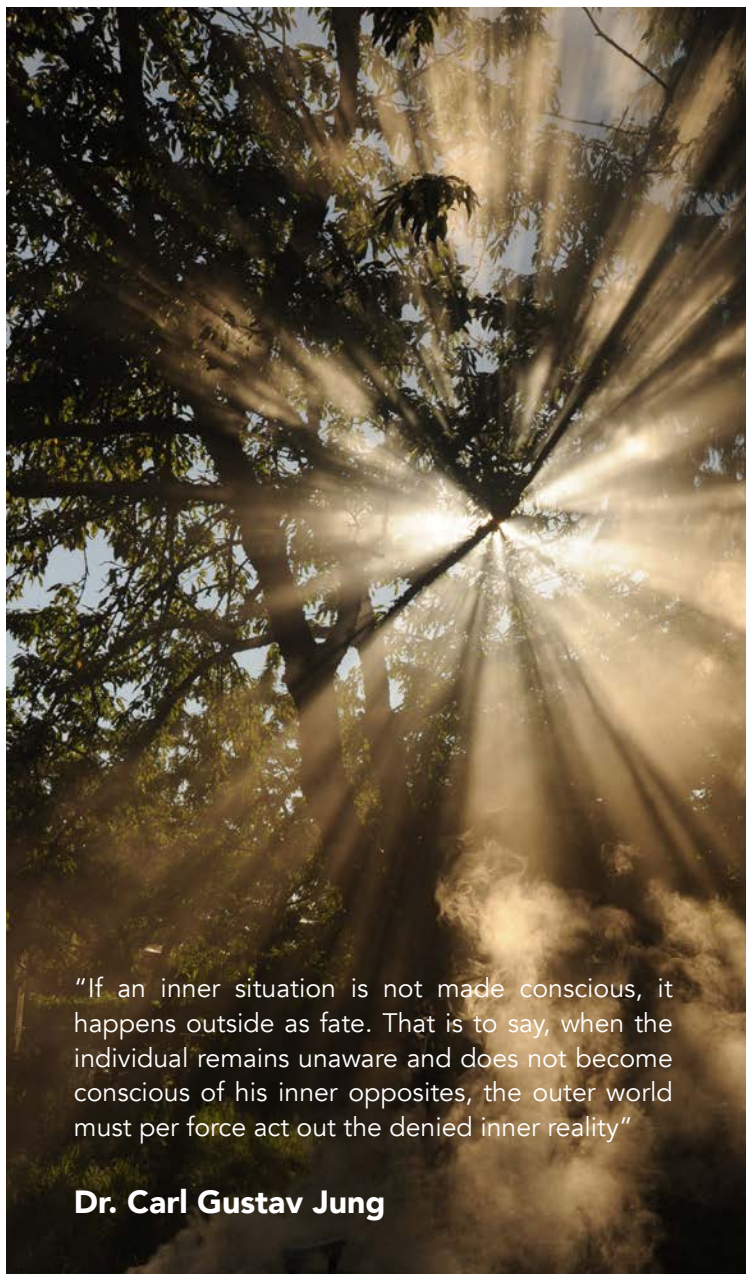
There is no freedom and no authentic living without the courageous and loving integration of one's darkest parts.

DAY 6-7 LIGHT SHADOW WORK

In this amazing light process the participants experience their real and unrestricted Light – it is a life-changing reference, an unforgettable bliss of being true without any mask, any shadow.

DAY 8 COLLECTIVE SHADOW WORK

The "collective shadow" is the collective unconscious shadow of human kind. Because we are all connected one needs to develop awareness over this collective shadow and explore one's calling and responsibility.



"If an inner situation is not made conscious, it happens outside as fate. That is to say, when the individual remains unaware and does not become conscious of his inner opposites, the outer world must per force act out the denied inner reality"

Dr. Carl Gustav Jung



AWARENESS

Creations

Any shift in awareness alters our experience, for the better or the worse. It is not reality that creates our experiences but the way we relate to it. Realizing this in total depth allows you to shift from reaction into creation. It is in creation only that man is free. In reaction you are the effect; in creation you are the cause; you are the author, you are one with the source.

Celebration has been replaced by reasonableness in modern societies. The Shadow & Light Retreats are celebration events and we celebrate each one and everything. This way you will reconnect with your natural joy, and get in tune again with the heartbeat of existence.



MEDITATIONS

AWARENESS MEDITATION

Meditation switches the brain into 'slow motion' and allows presence, peace and freedom from your thoughts and emotions.

SOUND WORK

Chanting (singing/voicing) of ancient sacred sounds while in an awakened state aligns your energy body with higher frequencies which gives you the experience of 'flying' and expansion.

KUNDALINI MEDITATION

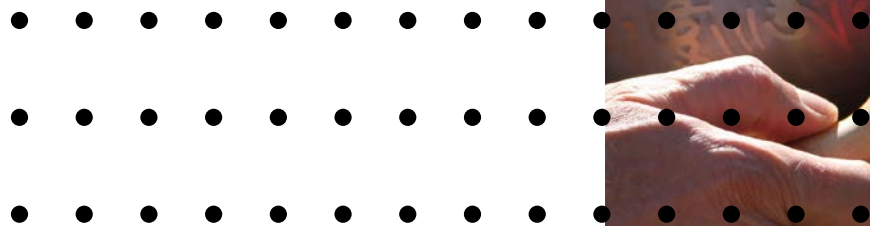
'Kundalini' is the Sanskrit-name for the activation of a hidden aspect of your Life energy. This aspect in its awakened condition changes the bio-chemical quality of the brain- and nerve cells.

Through our 'Kundalini Process' your transformation can become organic, cellular and permanent.

DANCE MEDITATIONS

The various exciting, magical and challenging dance meditations in the Shadow & Light Retreat have become legendary. Expect thrilling and balancing energy flow; discover spontaneous, light and joyful ways of moving the body to amazing music.

- Light Dances
- Core Energy Drum Dances
- Sync Dances
- Party Dance Floor




STEP INTO YOUR

Light

The Light Work of the retreat is an absolutely unique and powerful process developed by Marc Steinberg to enable and empower the participant to step into their light, and to have an authentic first-hand experience of one's light.

The process leads the participant beyond all the psychological conscious and unconscious barriers that separates us from our light. Without any pretense, any effort, any prayer, beliefs or any hocus focus the participants enter their own light and gain a reference experience for the rest of their lives.

It is nothing less than a life-changing authentic blessing.



"Shut up and **FEEL**.
The only way to heal!"

**Wim van Grinsven,
Netherlands**

"My fears, my shadows – dark and light were hidden so deep, that I was not aware of them in my daily life. I didn't accept and did not acknowledge their presence. I raised my shadows up, faced them, embraced them and acknowledged. It occurred that light shadows are as powerful as the dark ones. I have got the new level of personal freedom and feel my integrity. As if I was born again."

**Olga Shestova,
Accountant, Moscow**

A FEW THINGS TO *Consider*

- The design and flow of the retreat days is typical Marc Steinberg: holistic, spontaneous, authentic and easy-going, yet deep reaching and awakening.
- Although the content of the Shadow & Light Retreat is essentially spiritual, there is no religious attachment or indoctrination of any kind. All religions are welcome, accepted and respected.
- Every participant is fully responsible for their own wellbeing and happiness, and conduct their own journey throughout the retreat days.
- Clear your schedule for the days of the retreat - you won't be in the mood to do business; for the retreat days, you're in a different world all together.
- The shadow theatre and other elements of the retreat can be highly challenging and prospects are advised to consider, that life consists of light and darkness; there is never an obligation or force to do anything in particular or to participate in every or particular session.
- It is advisable to have two or three days after the retreat for integration.

"What have I been waiting for, for so many years now?
I am alive. I am enough. I AM. To be here on the retreat
was the best decision of my lifetime"

Ilona Angelis,
Marketing Consultant, Germany



PARTICIPATION

Information

ARRIVAL AND DEPARTURE TIMES

Please arrive at the venue on the commencement day between 2-3pm, not earlier or later. Program starts at 4pm sharp!

The retreat ends on the last day in the morning at 10:30 am and vacating time is 11:30am.

Airport pick ups are not offered; however you may connect with other participants and share a taxi.

CATERING

Catering is included: full board vegetarian; Water, coffee & tea is available around the clock.

ACCOMODATION

Accommodation is not included in the retreat tuition. 2-bed room sharing. We do our best to assign rooms and beds such that everyone will be happy.

Depending on the venue, various options on-site are always available, single rooms, double, dormitory.

TRAVEL DOCUMENTATION

Check validity of your passport, health certificates and visa requirements as applicable.

BOOKING

Limited number of participants - first come, first served.

- 8 days retreat tuition including early morning programs and all ceremonies
- Full board vegetarian cuisine
- Free WIFI internet
- Comprehensive Workbook

Please mind our terms & conditions (published on our website)

You can book your space via our website or by sending an email to:
booking@creativeconsciousnessretreats.com

"Wow! I have met my Dark and Light Shadows and I am Light holding both! This experience has been truly amazing; what a gift – thank you. I look forward to living my life in Isness, accepting everything that the universe with all its wonderful polarity has to provide. YAY!"

Phillippa Wild, Johannesburg

"Integrating my light and dark shadows allows me to step into my light and creative power anywhere anytime. What a life changing experience! Grateful to have had the opportunity to meet my true self."

**Carel J. Temple,
Johannesburg, South Africa**

"I lost my ego and connected to my True Self at the retreat in South-Africa. I truly got my lightness and darkness."

**Greet Roosen,
Belgium**

"I came to heal myself:
I leave to heal the Whole."

**Geert Acke,
Antwerp, Belgium**

"As I 'stepped into' my dark shadow being, I saw perfectly that fear is an illusion. There is no such thing. There is only me. How liberating!"

**Ilana Bernstein,
Port Elizabeth, South Africa**

TESTIMONIALS



YOUR SHADOWS ARE

Driving your life

How can I know if I have shadows or not?

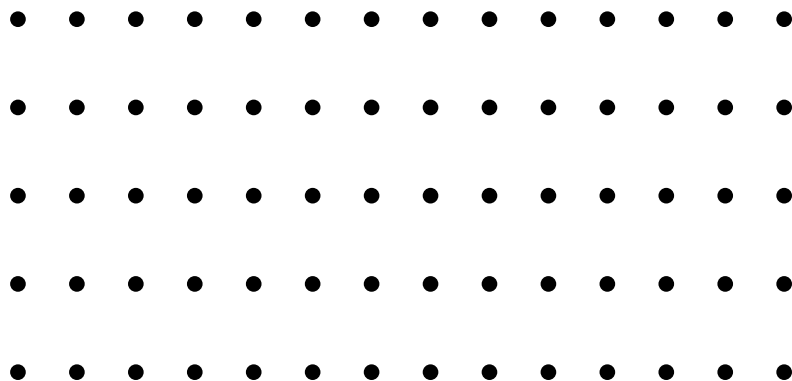
You cannot – if you know that you have a shadow, then this would not be a shadow anymore. Assume that you do have shadows. The effects of shadows are often visible in our 3-dimensional reality.

Shadows have effects on our body (psychosomatic) and the way life happens to us. If you experience attracting a negative reality (persons, losses, disasters, bad luck, etc.) you most likely encounter the effects of your own (inner) shadows.

Why do shadows have an impact on how life happens?

Today even science confirms that everything in the universe is connected ("Butterfly effect"); numerous philosophical, religious, spiritual and neurological sources confirm that our inner world is connected with our outer world. Our inner reality mirrors itself in our outer reality. The law of attraction is also based on that principle.

Although we are not aware of our inner shadows they are a part of who we are internally. "As within so without" says Hermes Trismegistos, and if we have learned to translate what is happening to us into shadow terms, we have a powerful tool to meet our shadows, liberate them and therefore change our outer reality.



WHAT IS SHADOW WORK?



Shadow work can be done in many ways, some less and some more efficient. All ways have one objective: to bring the light of awareness and presence to the shadow. The moment the shadow becomes conscious and is met with full presence (so no flight, fight or freeze) the shadow ends to be a shadow and gets integrated as energy and expansion. The most effective way (according to my research and experience) to provide for this to happen is by facilitating a 'shadow theatre'.

There is a stage, an audience (either the therapist or in a group all group members too), clear rules, ethical consent and a very safe space. The participant who performs a shadow scene takes stage and alone or with peers who perform certain characters (e.g. father, mother, teacher, ex, uncle, sibling, etc.) goes into the scene that caused the original trauma.

The objective for the performing participant is to recreate the original trauma event as real as possible, so full presence can be experienced. The supporting characters in the scene help as to their best capacities. The session leader (therapist) holds the space and – if deemed necessary – skillfully intervenes for the purpose to create more presence of the action unfolding.

By the nature of the scenes the performing participant can expect to encounter intense feelings that come to the surface provoked by the presencing of the recreated traumatic events. To give these feelings their space to be (instead of meeting them with flight, fight or freeze) in the sacred space of the shadow theatre is one of the key elements for the shadow integration and healing to happen.

The other key element is ignited by the session leader at the right time: to ask the performing participant to step into a powerful conscious position and express actively what never was expressed (in relation to the trauma events). This is the crucial shift from victim to victor for the performing participant.

E.g.: Robert was controlled and dominated by his father and became a pleaser with the shadow: rebel. The scene unfolds and his peer acting out his father pushes Robert into the presence of what was once a reality in the early years of Robert. After allowing the tears, the pain, the sadness and anger to emerge and to be there, the session leader invites Robert to now stand up for himself and have his own back (defending himself against his father's domination). Robert is asked to actively step into this role and now act out, what was impossible back then. If Robert is doing it right he raises (energetically) above his father's domination and powerfully stand for himself, not allowing any longer to be walk over, bullied around or being manipulated in any way.

From this position of freedom and power Robert will experience an unexpected phenomenon: a genuine compassion for his father arising from his heart. This is the moment Robert taps into the love a child has for their parents. It is the real love not the fake love powered by fear, obligation or


wishful thinking. Having arrived there, the healing has taken place and the shadow theatre for Robert is complete.

This is just one example of countless other possibilities how a shadow theater scene can develop.

The 7 mile stones from trauma to freedom however are always the same:

- A conscious decision to meet the shadow
- Going into the encounter with 100% commitment
- Allowing all feelings to rise and be felt
- Turning the tables from victim to victor
- Full self-expression of standing up for oneself
- Allowing compassion to emerge
- Surrendering to love





*"It is one thing to know your dark shadows. But it is quite another thing to face them.
And after I did I was suddenly able to stand in my light and feel unconditional love.
It was so wonderful!"*

Gunther Eerdekens,
Hasselt, Belgium



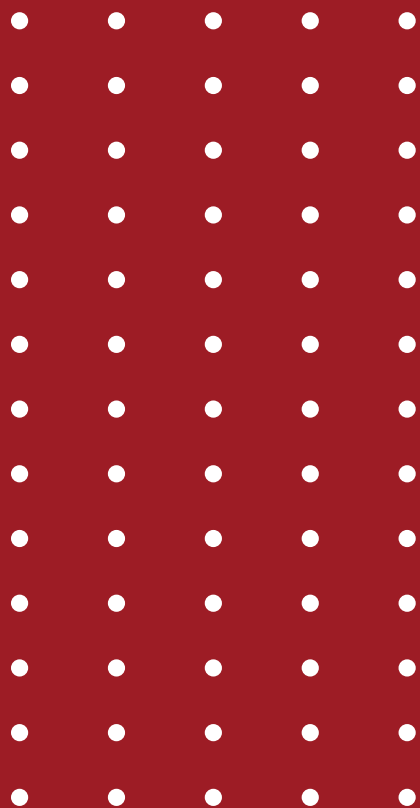
For more information or enquiries:

booking@creativeconsciousnessretreats.com

Are you ready to invest in yourself? Book Now:

www.creativeconsciousness.com/retreats





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