Shadow & Light Retreat

20th – 27th Feb 2016
Fuerteventura - Canary Islands

7th – 14th June 2016
1st -8th Sept 2016
Crete - Greece
“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 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 through full integration of our shadow parts the individual becomes whole, healed, powerful and free.

“Transformation is not for sissies!” is a saying that applies perfectly for these retreats. Pre-requisite for your participation: Master 1 – A new state of Consciousness graduation. The process is co-creative and the lifestyle communal with modern comfort and great beauty.

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

Life’s too short to not integrate your dark and light shadows. Coming on the retreat gave me the power and the strength to see how to integrate all parts of myself which gives me a powerful energy and a deeper connection to my heart.

Ien Kooiker, Utrecht, The Netherlands
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
Awareness Exploration Sessions

Daily inquiries into the heart of the matter of Consciousness.
» Dialogues, Coaching, Instruction
» Awareness creation sessions
» Various selected exercises
» Self-Expansion challenges

Shadow Work

“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

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.

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 2-5 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
There is no freedom and no authentic living without the courageous and loving integration of one’s lightest parts.

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.
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 us to shift from reaction into creation. It is in creation only that man is free. In reaction we are the effect; in creation we are the cause; we are source.

Meditations

Awareness Meditation
Meditation switches awareness and the brain into ‘slow motion’ and allows presence, peace and inner freedom.

Sound Work
The chanting (singing/voicing) of the O, A and U sounds while in a still awakened state offers powerful experiences and opportunities for exploring the power and impact of sound.

Kundalini Meditation
‘Kundalini’ is the Sanskrit-name for the activation of a particular aspect of one’s life energy. This aspect in its awakened condition transforms the fluid and its chemistry of the brain- and nerve cells. Through the ‘Kundalini Process’ transformation becomes organic and permanent.

Dance Meditations
The various exciting, magical and challenging dance meditations in the Shadow & Light Retreat have become legendary. Expect stimulating and balancing energy flow, discovering spontaneous, light and joyful ways of moving the body to delightful music.

Additional dance meditations:
» Light Dances
» Core Energy Dances
» Creation Dances
» Existence Dances

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.
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 pocus the participants enter their own light and gain a reference experience for the rest of their lives. It is nothing more and nothing less than an authentic blessing.

“It is our light, not our darkness, that most frightens us.”
Marianne Williamson

Shut up and FEEL. The only way to heal.
Wim van Grinsven, the Netherlands
Things to consider...

» 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, respected and accepted.

» The participant needs to have graduated from CC's ‘Master 1 – A new state of Consciousness’.

» The design of the 8-days is holistic, spontaneous and easy-going, however deep reaching and awakening.

» Traditionally we are a self-catering group. We shop for groceries, cook, do the dishes etc – as a group and co-create our own rules on-the-fly. The team (retreat teachers and assistants) will live with the group in this self-catering environment, different from the formal CC training settings.

» Every participant is fully self-responsible and conducts their own journey throughout the retreat days.

» The shadow theatre and other elements of the retreat can be highly challenging and prospects are advised to be clear, that life consists of light and shadow; there is never an obligation or force to do anything in particular or to participate in every or particular session; every participant is free at any moment throughout the retreat to determine their amount and way of engagement.

It was a complete bliss to surrender to the group, the amazing venue, the sun and the living together. Becoming aware of my dark and my light side and integrating them completed me in a way I NEVER could imagine.

Sacha Steuns, Eindhoven, the Netherlands
Marc Steinberg, Creator & Master Teacher  
Shadow & Light Retreat
Marc Steinberg has been empowering and inspiring people on their way to personal growth, worldly success and spiritual fulfilment for more than two decades. He is a retreat Master Teacher, author and founder of CCI, Creative Consciousness International, the Consciousness Coaching® Academy and the Retreat Series of which the Shadow & Light Retreat (formerly known as Consciousness Retreat) is its foundation. Marc has been offering the retreats since 1995.

Natalia Kuzmicheva, Facilitator Europe & Russia
Natalia Kuzmicheva is a seeker of truth and authentic life. She is particularly passionate about relationships amongst people, especially when it comes to the intimate part of sexuality. Natalia is a CCI Master Trainer, Retreat Leader and Head of Operations at the Consciousness Coaching® Academy.

Ilana Joubert & Mark Fraser-Grant, Facilitators South Africa
Ilana Joubert truly believes that everyone has a unique beauty, talent and purpose within. What inspires her most is empowering others to tap into their own potential. Ilana is Director of The Conscious Way, which focusses on tailor-made conscious leadership development programs.

Mark Fraser-Grant is very passionate about people, and nothing makes him feel more privileged than to be in a role that supports and develops people to recognize and consolidate their own greatness. Mark Fraser-Grant is the Managing Director of Creative Consciousness South Africa.
Crete, Greece (EU)

Tuesday 7th – 14th June 2016
Thursday 1st – 8th Sept 2016

Villas Arodamos
is an independent luxury traditional stone build
private double villa on 5000 m² grounds on the
magnificent island of Crete (Greece) located
close to the gorgeous town of Rethymno.

WIFI, air-conditioning, Satellite TV & LCD TV
with USB input.

Surrounded by a beautiful garden covered in
grass, also flower beds at the middle of a huge
olive grove forest.

At the yard there is a large swimming pool, with
armchairs, chairs, tables, umbrellas, BBQ place.

Only 15 minutes drive from the sea.
Before or after the retreat there is plenty of
opportunity to visit the entire island.

Address:
Pikris, Rethymno, Greece
Saturday 20th – 27th Feb 2016

Villa Asulito
is a great location and venue for our retreats!
The climate in February is very pleasant.
The 400 m² house has a 5000 m² garden and heated pool (12 x 4 m).

Modern white house with incredible luminosity overlooking the volcanoes. Ideally located just 4 km from the best north shore beaches of the island. Very peaceful and tastefully decorated.

Address:
Fuerteventura, Canary Islands,
District: Lajares
30 kms from airport (FUE) near the capitol Puerto del Rosario
Additional Information

Arrival and departure times
Please arrive at the venue on the commencement day between 2-3 pm, not earlier or later. Program starts at sharp 4 pm!
The retreat ends on the last day in the morning at 10:30 am and vacating time is 11:30 am.
Airport pick ups are not offered; however you may connect with other participants and share a taxi.

Booking
Max number of participants: 18-22 (first come - first served). Tuition: €975 (includes accommodation, excludes self-catering*).
You can book your space by sending an email to: retreats@creativeconsciousness.com
Your space is confirmed with registration of your payment.

Accommodation
2 to 3 chalet sharing. We do our best to assign rooms and beds such that everyone will be happy. Depending on the venue, not all rooms may have single beds.

Cancellation
Cancellations with reimbursement of the retreat tuition are only possible if the participant provides a replacement.

Disclaimer
This program is not part of the ICF accredited Consciousness Coach® training curriculum, nor is it related in any way to the ICF International Coach Federation.

Preparation
Please care to be in good shape and soundly prepared.
Instructions will be sent to you 3-4 weeks prior start of the retreat.

“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

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

I came to heal myself: I leave to heal the Whole.
Geert Acke, Antwerp, Belgium

* Catering
Catering is not included in the facilitation. Self-Catering is part of the energy and the process. The group organises itself and food is bought by mutual consent at cost sharing per person.

What to bring
You will receive an extensive participation information with all the information you need. In the meanwhile, please check validity of your passport and visa requirements, if applicable.