



Rebirth Retreat

2019

**31 May – 4 June
29 Sep – 3 Oct**



The Foundational Philosophy

In this extraordinary Retreat one of the big, if not the biggest mystery of our existence is the prime focus: death.

Death is on the other side of spectrum of our life that started once with: birth. Life is; and the polarities of our existence are birth and death. And as inhale and exhale rhythmically interchange each other so do birth and death.

The Rebirth Retreat provides the absolutely unique opportunity to meet death in a personal and ritualistic way and then resurface on this side of existence again: rebirth.

You can expect to meet your fears and disarm them, rebirth yourself into a greater You, expanded, brighter, bolder with a new passion for living. An old saying says: “If you don’t die before you die, you die when you die.” and invites us to the greatest adventure of our life.

After the rebirth you get offered processes to create a fresh and powerful blueprint of authentic self-expression for your life.

“This has been the most transformative and positive experience of my life; it has changed and focussed my life on that what matters.”

**Emma van der Merwe, Johannesburg,
South Africa**



Retreat Tuition: €975

includes:

- » 5 days Rebirth Retreat
- » Free WIFI internet
- » Workbook

Contact Us

Registration and booking info

**retreats@
creativeconsciousness.com**

www.creativeconsciousness.com

www.marcsteinberg.com

Program

(details see next pages)

- » Lectures & Awareness exploration sessions
- » Inventory of your life
- » Creating your 'Bucket List'
- » Farewell process
- » Individually designed rituals
- » Nothing to lose, nothing to fear
- » Resurfacing in an authentic and passionate way
- » Designing your Life Plan
- » Graduation Celebration Evening

*"The Retreat changed my fears completely;
facing death was pure awesomeness!"*

Ien Kooiker, The Netherlands



*“When I became WE, and WE become ONE,
I knew I had come back home.”*
Mireya Pita, Belgium

The Farewell Process

We live like this is never going to happen: the big farewell. We believe it is the sadest moment of our life. This belief has been adopted from the collective conditioning of mankind.

When you put the inevitable into a different perspective you will see that the farewell is a state of non-attachment, a state of flow that opens our hearts TODAY, not some day, when it's too late.

- ◇ Accepting the inevitable and giving it a new context TODAY
 - ◇ Stepping into a deep and profound state of love
 - ◇ Creating freedom for oneself and for others
- ◇ Losing the fear of loss and being free from its crippling and neurotic consequences
 - ◇ Hitting a whole new dimension of gratitude

The Death Ritual

“Not knowing death, you don't know life.”

Jiddu Krishnamurti

Every day in life the principle of death meets us, but we are ignorant and afraid and run away into addictions, obsessions and unconscious life styles.

You are invited to create your own 'death ritual' - to come as close as possible to experience what one day will be met.

Through this experience you gain the power to lose or lessen the fear of death, the fear of the unknown.



Bucket List

The 'bucket list' is a list with everything one has not done but always wanted to do; things we got to do before we 'kick the bucket'.

No one knows when their life-ship arrives at its final destination. One of the biggest illusions man maintains is: "I got time".

To die with a long bucket list is a very sad thing. Therefore we take time to create this list from the bottom of our hearts while there is still time to get into ecstatic action!

What will be written on your tomb stone?

What will be written on your tomb stone (it's a symbolic question)?
Will it be true? What would be the truth? "Lived carefully"?
"Saved it"? or "Something was ungiven and we never will know what it was"?

Wouldn't you want to be written on there something like:
"Passionately used up!",
"S/he was a burning flame of unconditional love" or
"S/he mastered fear and expressed her essence authentically"?





The Relevance To Daily Life

The ultimate ignorance is the rejection of something you know nothing about and refuse to investigate.

Dr. Wayne Dyer

The relevance of the experiences, insights and discoveries of your journey through the Rebirth Retreat are:

Regaining your original Passion for Living

As children we were passionate just like that, passionate about life itself. With the ritualistic dying and an authentic rebirth this passion can be restored.

Freedom of Authenticity

There is hardly anything more liberating than knowing yourself to be beyond the polarity of birth and death. This knowing results in a natural ongoing celebration of your existence.

Better Health

Your physical symptoms and illnesses are often related to deep fears and energy blockages. At the root of all fears lies the fear of death. If that fear is healed, the impact is beneficial to the whole physical, emotional and mental system; symptoms become obsolete.

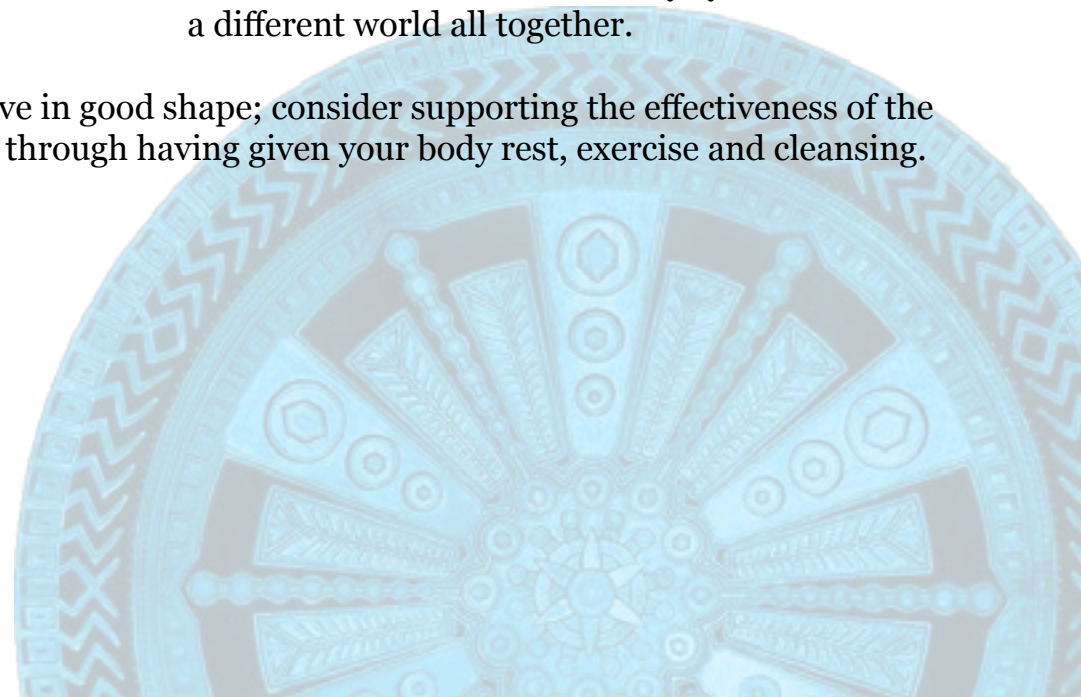
Power

With death, all non-essential excess baggage (mentally, emotionally and physically) dies too. After the rebirth you are free to choose only what is essential. You will be lighter, swifter and by far more energized.



Things to consider...

- » The design of the Rebirth Retreat flow is similar to the other retreats offered by Marc Steinberg: holistic, challenging, transformational, authentic yet easy-going.
- » 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.
 - » 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.
- » Arrive in good shape; consider supporting the effectiveness of the retreat through having given your body rest, exercise and cleansing.



Crete, Greece (EU)

31 May – 4 June

29 Sep – 3 Oct

Venue: Villas Arodamos

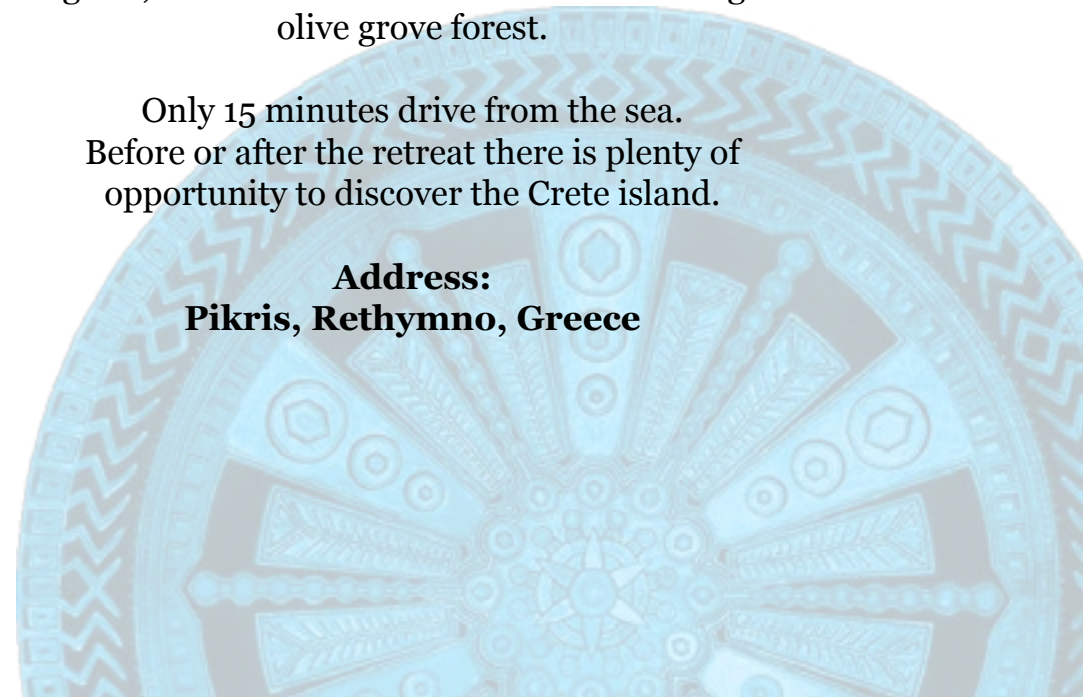
is an independent luxury traditional stone built private double villa on 5000 m² grounds on the magnificent island of Crete (Greece) located close to the gorgeous town of Rethymno.

WIFI, air-conditioning, BBQ, umbrellas, large swimming pool

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

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

Address:
Pikris, Rethymno, Greece



Participation 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 10:00 am and vacating time is 11:00 am.

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

***Accommodation**

Accommodation is not included in the retreat tuition. 2 bedroom sharing. We do our best to assign rooms and beds such that everyone will be happy. Bedroom sharing: € 35 per night
Dormitory (if available): €25 per night

***Catering**

Catering is not included in the retreat tuition. 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.

Booking

Limited number of participants - first come, first served. Tuition: € 975*.

You can book your space by sending an email to: retreats@creativeconsciousness.com. Your space is confirmed with registration of your payment.

Cancellation

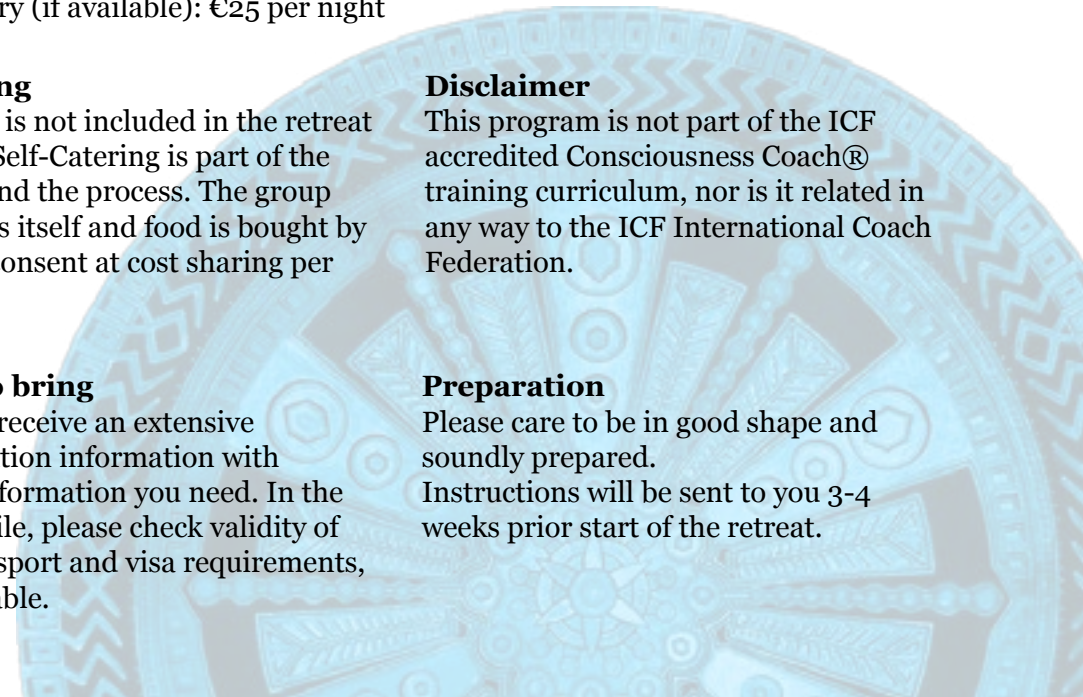
Cancellations with reimbursement of the retreat tuition are only possible if the participant provides a replacement.

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.



Information & Bookings:
retreats@creativeconsciousness.com

www.creativeconsciousness.com
www.marcsteinberg.com

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