



# Soul Retreat

2019

**20 May – 27 May Crete**  
**21 Sept – 28 Sept Crete**



## The Foundational Philosophy

The Soul Retreat is a 7 days journey into the dimension of one's soul. The soul is the great director behind the scenes of our lives; as fate happens to us and often contradicts our plans we remain in ignorance regarding the big "why?" Why did I get fired? Why did I get this illness. Why did I lose my money? Why did I not get this job? Why am I not finding the right partner? Why was I assaulted? Why, why, why....?

Assume the soul does exist and has its own plan for your life. Assume that your soul is much more powerful than your best efforts. And assume that the power of the soul is based on its ability to navigate destiny. From this perspective, every plan you make that is not in alignment with your soul's plan will be "corrected"; and that is what we call fate, good or bad luck, providence, etc.

Imagine you could discover and become fully aware of your soul's plan, the BIG picture of your life's journey, wouldn't it give you the power to align your individual desires and ambitions with the greater picture of your soul and therefore giving you the power to cooperate with your fate rather than being painfully corrected time and again?

The purpose of the Soul Retreat is exactly that: to open your awareness for the dimension of your soul so that you can travel into this realm and meet the mighty director of your destiny, read the script and receive the answers to all your "why"s.

*"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: €1375

includes:

- » 7 days Soul Retreat
- » Free WIFI internet
  - » Workbook

## Contact Us

Registration and booking info

**retreats@  
creativeconsciousness.com**

[www.creativeconsciousness.com](http://www.creativeconsciousness.com)  
[www.marcsteinberg.com](http://www.marcsteinberg.com)

## Program

*(details see next pages)*

- » Lectures & Awareness exploration sessions
- » The 12 Primal Energies
- » Individually designed rituals
- » 12 guided inner journeys
- » Meeting your greatest fear, pain and resistances
- » 4 deep transformational breath sessions
- » Realizing the big picture of your life
- » Designing your Soul-Life plan
- » Creating your 'Bucket List'
- » Graduation Celebration Evening

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

**Ien Kooiker, The Netherlands**



*“I finally got to see myself clearly; in all my terrible beauty. I am so deeply indebted to the Whole, this creation by Marc, and the opportunity to have absolute clarity and purpose (and how the Matrix has been my hiding face). I’m finally outta my own way! Woohoo!!”*

**Rienzo Colpo, Director,  
Johannesburg, South Africa**

## Awareness Work

- » Awareness creation sessions
- » The 3 laws of Existence in depth
  - » The 12 Primal Energies
- » Parental karma and its integration
  - » The Big Picture of your life

## The 12 Energies Journeys

Twice daily you will travel deeply into 2 Primal Energies and experience their essence, symbolism and messages directly on the level of your unconscious.

You will be able to travel and discover substantial content at the centre of your Being. This content will give you your own unique insights and answers to life’s most fundamental questions:

**What is my life’s mission? Why am I here?**

**What is my essence? Who am I?**

**How to live my life in alignment with my essence, my soul?**

**What to pursue and what to discard?**

## The Soul Theme Journeys

Through a special breathing technique it is possible to travel deep into the world of our unconscious and bring awareness to the mysteries that govern the course of our lives, our destinies.

- ◇ Resolving hidden traumas
- ◇ Out-of-body experiences
- ◇ Experiencing 'the other side'
- ◇ Meeting hidden deep shadows
- ◇ Transformational experiences of Oneness

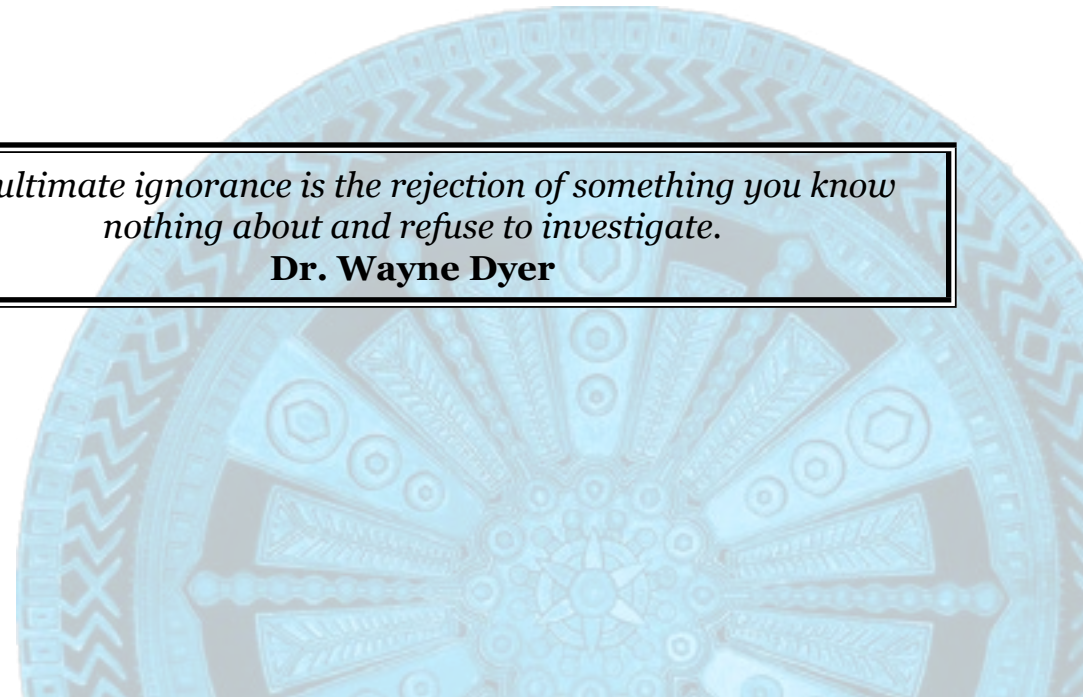
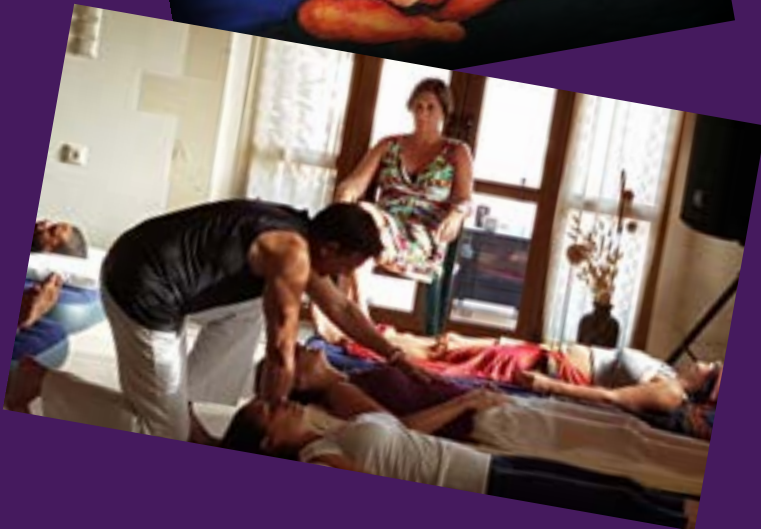
You will have opportunities to travel into your greatest fear, your deepest pain, your strongest resistances and inner barriers, your symptoms and blind spots, and your unknown treasures.

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

**Dr. Wayne Dyer**

*"When I became WE, and WE become ONE,  
I knew I had come back home."*

**Mireya Pita, Belgium**





## The 12 Primal Energies

Below the 3 Laws of Existence rule the 12 Primal Energies; all together are making our reality tick the way it does. To uncover your life mission, big picture and a practical map is possible with understanding and being able to relate the 12 Primal Energies to your life.

The 12 Primal Energies are:

- Aggression**
- Stability**
- Reduction**
- Expansion**
- Relation**
- Order**
- Centricity**
- Renewal**
- Space**
- Chaos**
- Harmony**
- Transcendence**



## The Relevance To Daily Life

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

### **Clarity about your destiny**

You know into which direction to invest and develop.

### **Power**

To drop all non-essential excess baggage (mentally, emotionally and physically) leaves you lighter, swifter and by far more energized.

You are not wasting your energies any longer.

### **Better health**

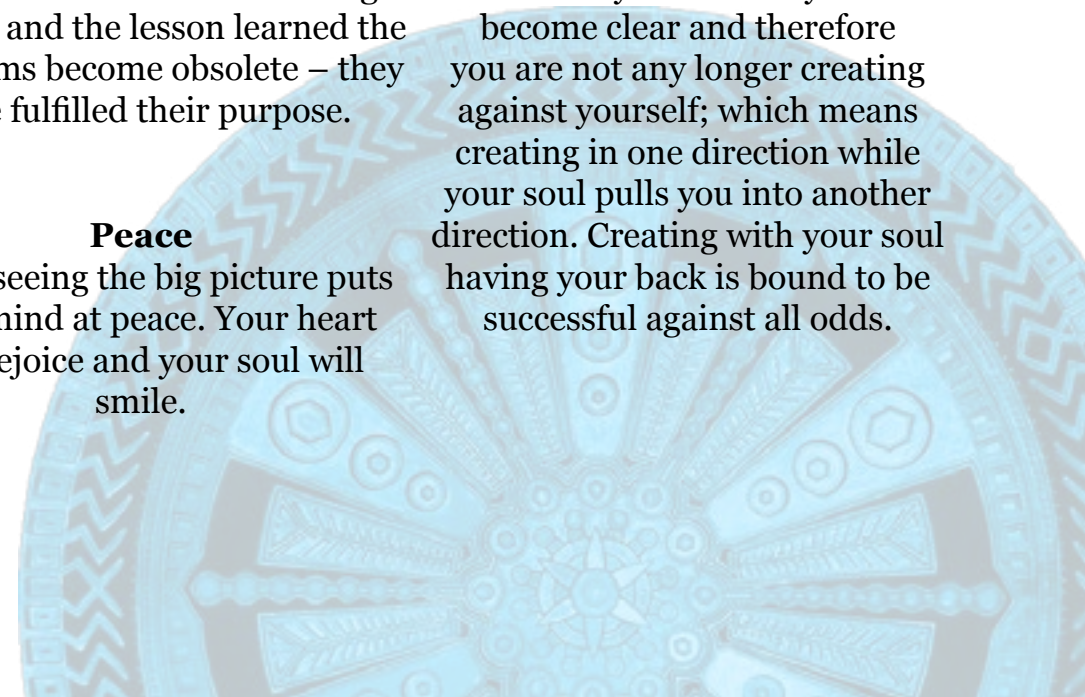
Your physical symptoms and illnesses now make sense, and therefore you can deal with them more successfully on the level of consciousness. Once the message is heard and the lesson learned the symptoms become obsolete – they have fulfilled their purpose.

### **Success**

What really matters to you has become clear and therefore you are not any longer creating against yourself; which means creating in one direction while your soul pulls you into another direction. Creating with your soul having your back is bound to be successful against all odds.

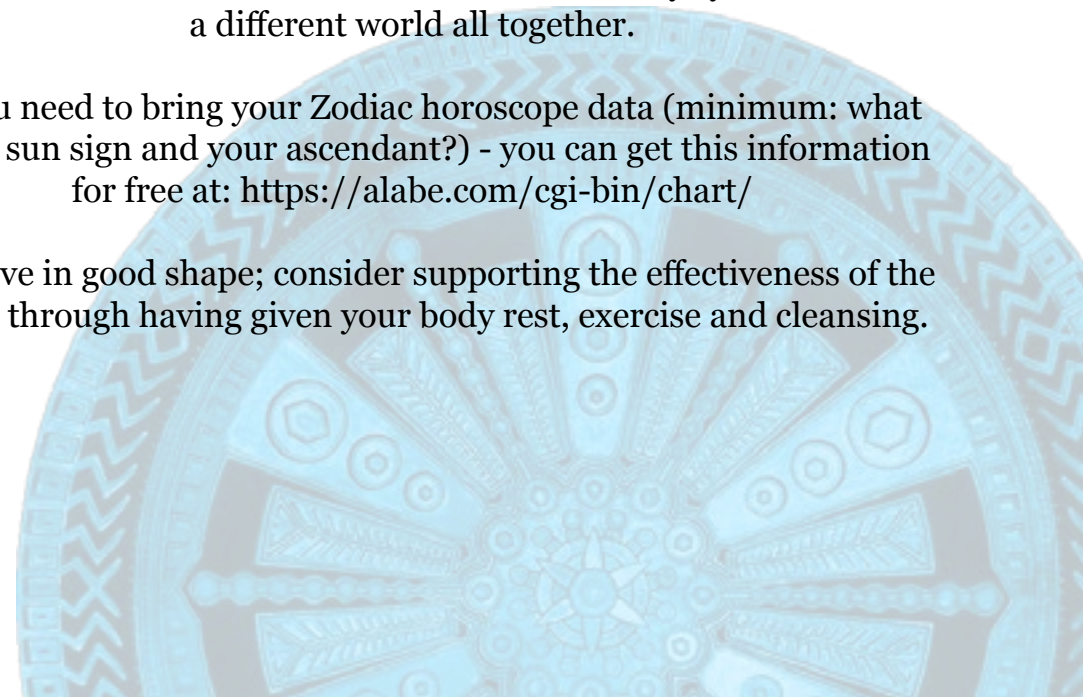
### **Peace**

finally seeing the big picture puts your mind at peace. Your heart will rejoice and your soul will smile.



## Things to consider...

- » The design of the Soul 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.
  - » You need to bring your Zodiac horoscope data (minimum: what is your sun sign and your ascendant?) - you can get this information for free at: <https://alabe.com/cgi-bin/chart/>
- » Arrive in good shape; consider supporting the effectiveness of the retreat through having given your body rest, exercise and cleansing.







## Crete, Greece (EU)

**20 May – 27 May Crete**

**21 Sept – 28 Sept Crete**

### **Venue: Villas Arodamos**

is an independent luxury traditional stone built private double villa on 5000 m<sup>2</sup> grounds on the magnificent island of Crete (Greece) located close to the gorgeous town of Rethymno.

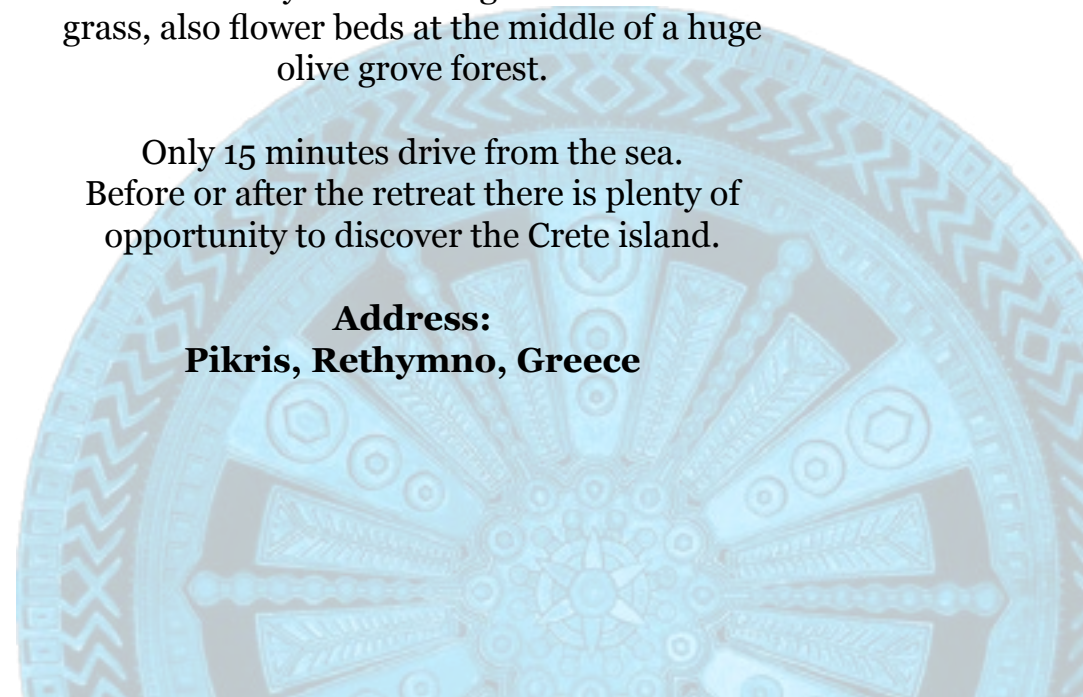
WIFI, air-conditioning, BBQ, umbrellas, large swimming pool

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. Depending on the venue, not all rooms may have single beds.

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: € 1375\*.

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

### **Cancellation**

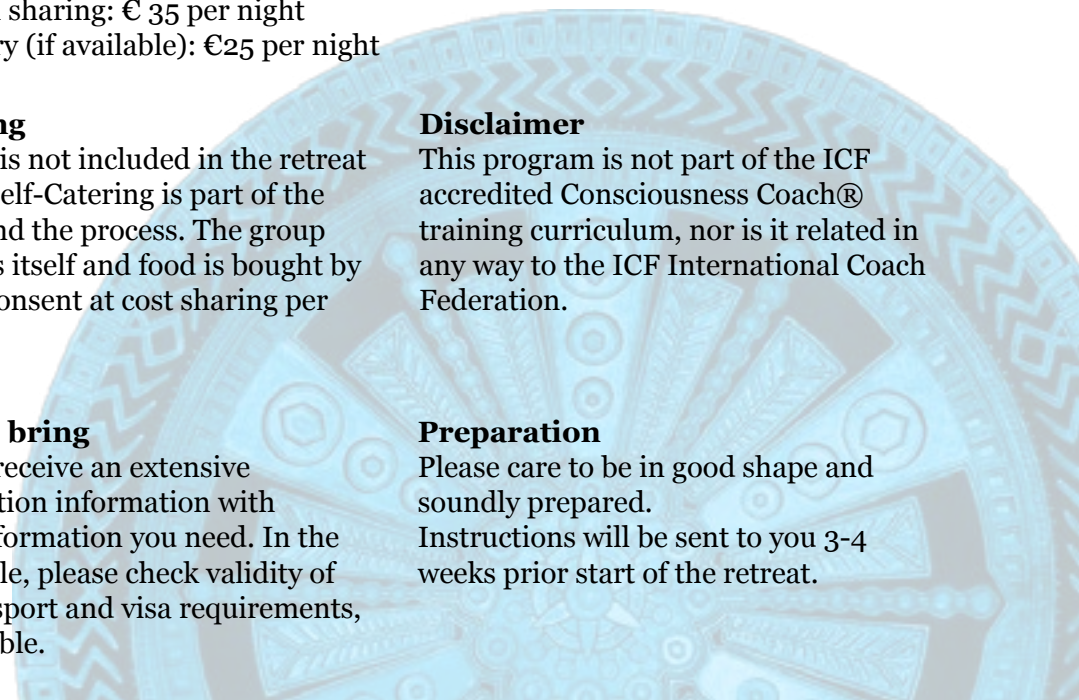
Cancellations with reimbursement of the retreat tuition are only possible if the participant provides a replacement.

### **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](mailto:retreats@creativeconsciousness.com)

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