



# Shadow & Light Retreat

“free yourself and shine”

with Marc Steinberg  
& Team

# 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
- » 4 days dark Shadow work
- » 2 days light Shadow work
- » 1 collective Shadow session
- » Meditation & Yoga sessions
- » 5 Sound work sessions
- » 4 Dance Meditations
- » Expression Dances
- » Gurdjieff-Ceremony
- » Light Dance sessions
- » 1 Kundalini-Meditation
- » Graduation Celebration



*“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**



*“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**

## 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**

**HOLY CRAP  
I'M BATMAN!**



*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 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**

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**

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.



*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.*

## 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.

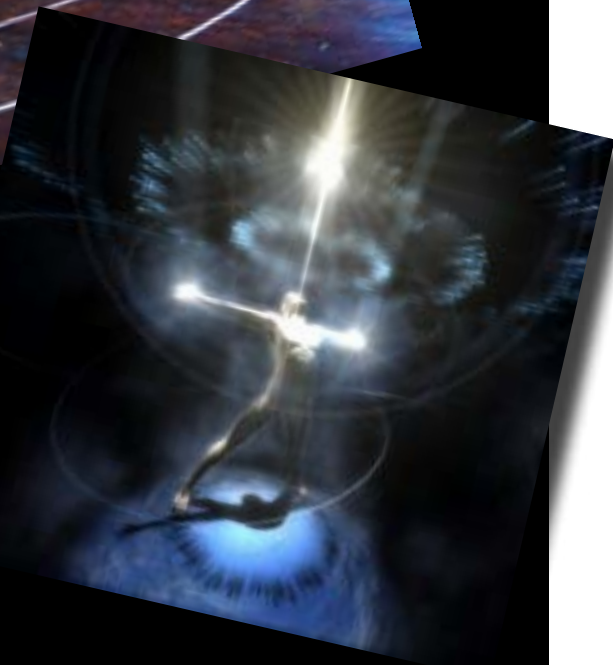
Through the 'Kundalini Process' transformation becomes organic and permanent.

### **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



*“Shut up and FEEL. The only way to heal!”*  
**Wim van Grinsven, the Netherlands**

## Step into your LIGHT

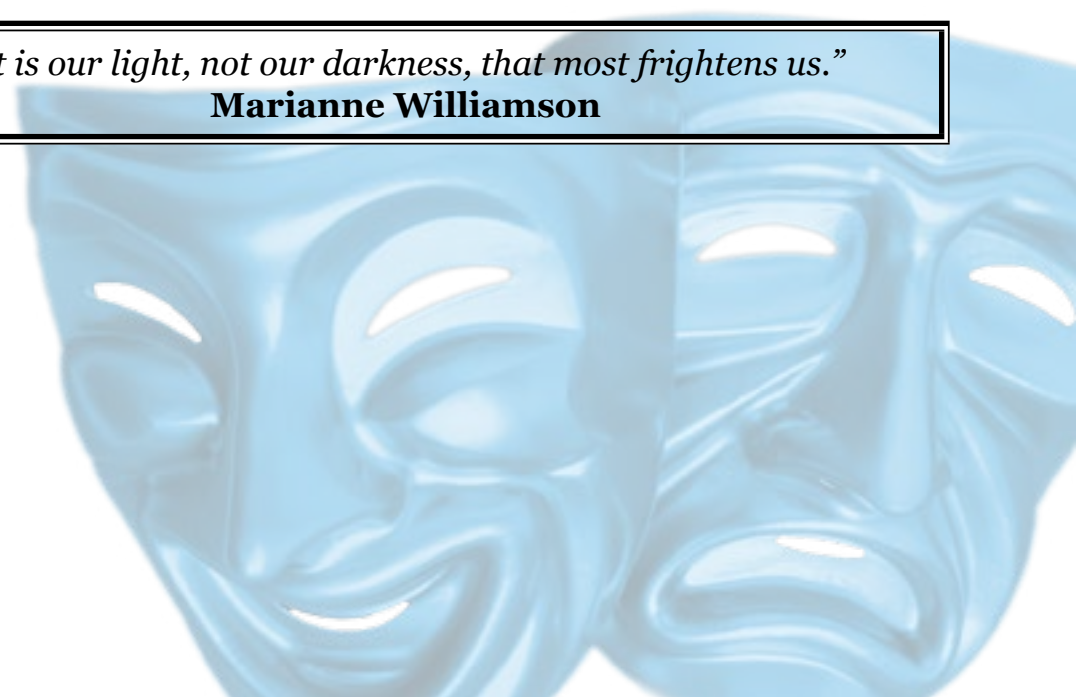
The Light Work of the retreat is an absolutely unique and powerful process developed by Marc Steinberg to enable and empower the participant to step into their light, and to have an authentic first-hand experience of one's light.

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 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**





*“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**

## A few things to consider...

- » The design and flow of the retreat days is typical Marc Steinberg: holistic, spontaneous and easy-going, yet deep reaching and awakening process.
- » 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.
- » 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 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.
- » The Retreat facilitators are not liable for any illness or injury you may suffer, not during and not after the retreat.
  - » The processes and other elements of the retreat can be quite challenging; it is advisable to have two or three days after the retreat for rest and integration.



**Marc Steinberg**



**Kirti Carr**



**Tatiana Solenova**

## The Team

### **Marc Steinberg, Master Teacher, MCC and creator of the Shadow & Light Retreat**

Marc has been empowering and inspiring people on their way to personal growth, success and spiritual fulfilment for more than two decades. He is a retreat Master Teacher, author and founder of CCI Creative Consciousness International.

Marc has been offering the retreats since 1995.

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

### **Kirti Carr**

#### **Co-Facilitator South Africa**

Kirti is very passionate about people, and nothing makes her feel more privileged than to be in a role that supports and develops people to recognize and live their light and greatness. Kirti is part of the spear head of the Creative Consciousness Academy and owns a Creative Consciousness Corporate license for South Africa.

### **Tatiana Solenova Co-Facilitator Crete**

Tatiana has dedicated her life to transformation, beauty and love. Her heart is compassionate and her essence is grace. She loves the retreats and empowering the people to step into their light.

### **Assistants**

Graduates of the Heart Retreats are frequently assisting and accompanying the participants' journeys.



## Crete, Greece (EU)



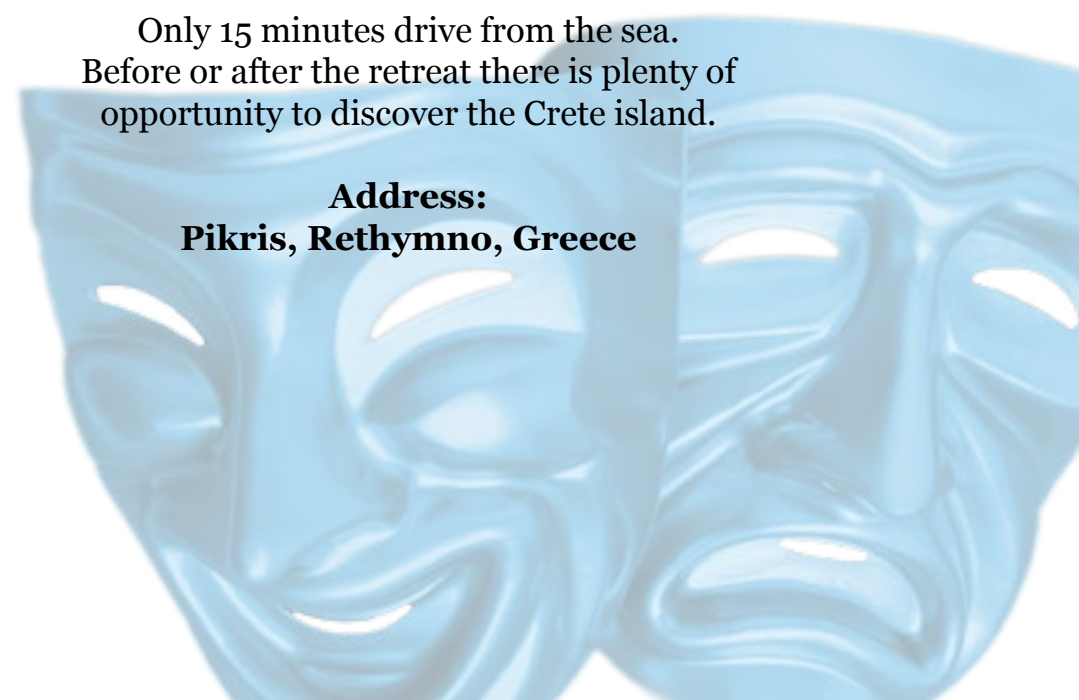
**Venue: Villas Arodamos** is an independent luxury traditional stone built private double villa on 5000 m<sup>2</sup> grounds on the magnificent island of Crete (Greece) located close to the gorgeous town of Rethymno.

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**



## Magaliesburg - South Africa

**Climate:** Dec-Feb summer, Mar-May autumn,  
Jun-Aug winter, Sep-Nov spring

**Venue: SIMA KADE Bush Retreat**

A unique get-away and wonderful free- flowing venue in the Magaliesburg hills; secluded, safe and inmidst nature.

Natural pool.

Many platforms and tree houses.

Surrounded by the magical South African bush.

45 minutes drive from Sandton, Johannesburg.  
Before or after the retreat you can visit Krugers Park  
and many other South African attractions.

Closest airport: Oliver Tambo International  
(Johannesburg)

**Address:**  
**Magaliesburg, South Africa**  
**Telephone: 082 902 4060**  
**[www.sima-kade.co.za](http://www.sima-kade.co.za)**



## Participation Information

*“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**

### **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 11:30am.

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.

### **Accommodation**

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, not all rooms may have single beds.

2-Bedroom sharing: € 35 p.p.per night  
Dormitory (if available): €25 p.p.per night

### **Travel documentation**

Check validity of your passport and visa requirements as applicable.

### **Booking**

Limited number of participants - first come, first served. Tuition: € 1597

includes:

- » 8 days retreat tuition
- » full board vegetarian cuisine
- » free WIFI internet
- » comprehensive Workbook

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

*ZAR and RUB tuitions receive 25% discount - only valid for SA or RU residents*

### **Cancellation**

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

### **Website**

[www.creativeconsciousnessretreats.com](http://www.creativeconsciousnessretreats.com)

### **Preparation**

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

# 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:

1. A conscious decision to meet the shadow
2. Going into the encounter with 100% commitment
3. Allowing all feelings to rise and be felt
4. Turning the tables from victim to victor
5. Full self-expression of standing up for oneself
6. Allowing compassion to emerge
7. 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 Eeroekems,  
Hasselt, Belgium**

*Information & Bookings:*  
[booking@creativeconsciousnessretreats.com](mailto:booking@creativeconsciousnessretreats.com)

*Dates, locations, videos:*  
[www.creativeconsciousnessretreats.com](http://www.creativeconsciousnessretreats.com)

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