

## **Preparations for 3 days retreat Rebirth of the Soul - Zaandam**

This retreat is without medicine plants.

### **The Rebirth of the Soul**

A once in a lifetime adventure of self discovery and healing.

This is part of The Sacred Voyage's most advanced healing program. All our knowledge and experience is focused in this program, that is built around Rumi's famous quote: "The Wound is the Place where the Light enters".

In this retreat you'll find out about your woundings, where to locate them in your body and even more important: how to liberate the stuck blockages and frozen emotions. With the goal to be more open, loving and expressive to live life to the fullest, as the most complete full version of YOU.

The process starts weeks in advance to your retreat with your biography, with special designed questions that help to reveal hidden information about your past. In this 3 day retreat we use most of the techniques we demonstrate in the documentary The Rebirth of the Soul, like Heartdancing, Timeline, Breathwork and Soulretrieval. With your fellow participants you'll create a strong healing tribe, and the experienced Sacred Voyage guides guide your process save, loving and careful.

### **Program 3 day retreat Rebirth of the Soul**

Day 1: Introduction/sharing, Heartdancing, Timeline, Breathwork session (1 hour)  
Day 2: 2nd Breathwork session (1 hour), Soulretrieval  
Day 3: Sharing, Heartdancing & closing

Day 1: 09:30 – 10:30 Arrival (or evening in advance optional)  
10:30 – 12.00 Introduction/sharing  
12:00 – 13.30 Lunch break  
13:30 – 15.30 Heartdancing  
16.00 – 17.30 Timeline  
17:30 – 19:00 Dinner break  
19.00 – 20:30 Breathwork (1 hour)

Day 2: 10.00 – 11.30 Breathwork (1 hour)  
11:30 – 13.30 Lunch break  
13.30 – 17:00 Soulretrieval  
17:00 – 19:00 Dinner break  
19:00 – 20:00 Sharinggroups

Day 3: 10:00 – 11.00 Healingcircle  
11:30 - 12.30 Heartdancing  
12.30 – 13.00 Closing

### **Intake form**

Please return the intake form within 3 days after registration.

### **Preparation**

We ask you to read Lars his book, The Sacred Voyage which you can download for free from the website [www.thesacredvoyage.com](http://www.thesacredvoyage.com)

To dive into this journey, Lars & Tanja ask you also to fulfill tasks these coming weeks prior to the retreat. These tasks will help you to discover or identify the 'Core Wound' and set the Inner Child free during the retreat.

Autobiography: see below the template. Write about your background. The way you were born and raised, the way your parents were there for you, or not. Was there someone to support you. Write about the way you were as a baby, toddler, child, adolescent - it doesn't have to become a booklet. There is a format you can use by answering the questions. Please take really the weeks to fill them in, you'll need it. Probably also to ask around about your childhood.

Timeline: make a timeline of your life from the conception up until your 20st birthday.

Take a piece of paper and draw a vertical line on it. This will be the timeline with all the sad, negative and ugly moments or experiences on the left hand side. On the right hand side there will be the most happy, loving and best moments and experiences in your young life. Take your time for this. Normally not all the memories come back at once.

Memories like:

*when I was 2 years old, my grandmother became very ill;*

*I got a baby sister when I was 3*

*when I was 5 years old, my father hit me and said I shouldn't be crying over this;*

*I loved the attention I got on vacation with my mom and dad when I was 10 years old;*

*I loved playing with my father when I was 6;*

*my mother died when I was 16...*

Please bring the Autobiography and Timeline with you, printed or written down on paper. They will be used by you in the specific workshop.

By memorizing the moments that have been of importance to your life and working with them during the sessions it will help you to uncover deeper levels, opening doors that have been shut for so long, revealing forbidden area's, rediscovering longings in your life etc.

Don't forget to notice the dreams you are having. They are the memories of what has been forgotten. Feel free to ask questions or express your concerns to us.

### **Payment and cancellation**

Price: € 325 (inclusive 2x lunch, excluding dinner / overnight stay & breakfast)

Overnight stay incl breakfast optional € 15 per night (sleep in dorm/workshoproom)

Dinner breaks: you can find a few options in the neighbourhood (Thai, Chinese, snackbar, cafe's) or supermarkets. We can also arrange Thai food being delivered (€ 15 p/p optional)

All payments may be refunded up to seven days after purchase. Refund in the case of the payment takes place within ten days.

The administration costs of € 50,- are non-refundable and are included in the total amount of € 325,-.

Full payment of the registration amount for this retreat must be paid at the latest 4 weeks before the start of the retreat. Or immediately after registration within 4 weeks before the start of the retreat. If the total amount has not been paid on time, your reservation will be canceled. Your administration costs will not be refunded.

### **Non-refundable after cancellation**

More than 4 weeks before the start of the retreat: the administration costs are non-refundable:

Between 4 weeks and the start of the retreat: full registration amount is non-refundable.

In the event of cancellation, the participant may, after coordination with The Sacred Voyage, have someone else replace him if he or she meets the admission requirements for participation.

In this case, only administration costs are non-refundable. The new participant must pay the administration costs immediately. After receiving it from the new participant, the participant who has canceled will be refunded his remaining payment.

### **Location**

Sacred Temple  
Oostzijde 355  
1508 EP Zaandam

15 minutes by train from Amsterdam Schiphol airport to trainstation Zaandam Kogerveld. Then 5-7 minutes walk to venue (use google maps).

The costs for staying overnight are € 15,- per night. You can pay for the accommodation costs in cash at the beginning of the retreat. Take into account that the venue is cosy but simple, only one shower but it works fine even with a large group. Maximum participants in this retreat: 30.

We ask you to bring a towel, a sleeping bag and a cover sheet for a pillow or your own pillow. We have cover sheets for mattresses.

**Autobiography, see below.**

# Autobiography Rebirth of the Soul

## The Sacred Voyage

### General:

**If you're unable to answer a question, check with your parents, family, friends or caregivers at the time. If this doesn't generate an answer, you can also ask your body using kinesiology (see video in the closed Facebook "The Sacred Voyage" group).**

Describe the front door of your parental home. (What was its colour, structure? Where was the doorbell?)

What kind of family did you grow up in?

Where on your body do you have scars? Please write something about the scars that developed in your youth.

When were you comforted in your youth? Can you remember at which times you were comforted and at which times you weren't?

How did you deal with fights and conflict? Were you heard/listened to? Did you feel relieved afterwards?

Collect as many photos from when you were an infant, a toddler, pre-schooler, child and adolescent.

Collect your stuffed toy(s) from that period or buy yourself a new one.

### **Infancy (0–2 years old):**

- What do you know about your birth? Were you born too soon/late?
- How long did your birth take?
- Were you born normally or was the use of auxiliary tools necessary?
- Were your parents happy with you?
- Were there stressful circumstances for your parents before and surrounding your birth?
- Were you planned for/wanted?
- Were your parents happy that you were a boy/girl?
- Were you breastfed?
- Were you comforted when you cried?
- Was your household peaceful and structured?
- Were you touched enough? Were you shown affection?
- Were you raised by your parents or were you (partially) raised by others?
- Were there traumatic events that occurred during your infancy?
- Did other, meaningful events occur during your infancy?

Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) during your infancy (one or more)?
- B) What was/were the most intense positive experience(s) during your infancy (one or more)?

### **Toddlerhood (2–4 years old):**

- Were you at home or did you have to go to a day-care centre?
- Were you played with a lot?
- Were you able to explore, and was there (always) someone to whom you could return?
- Were you able to say no, and was saying no appreciated/valued by your caregivers?
- Did you have older/younger brothers or sisters. If so, how did this affect you?
- At what age were you taught to use the potty? Were you guided or forced?
- Were you touched enough? Were people affectionate with you?
- Were there specific events that influenced you during this period?
- Did you have your own space (place at the table, your own room)?
- Did your parents/caregivers create safe boundaries for you?
- Were you allowed to have your own opinions or were you expected to go along with your household's dominant beliefs?
- Were you allowed to express emotions such as fear, anger and grief?
- Were you comforted when you were afraid or crying?
- Was there ample attention for you and were you understood?
- Were there any other notable events you would like to mention?

### Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) during your toddlerhood (one or more)?
- B) What was/were the most intense positive experience(s) during your toddlerhood (one or more)?

### **Pre-school age (4–6 years old):**

- What was it like for you going to primary school?
- In what way did you experience going to school?
- Did you have friends?
- What was your role in the classroom (withdrawn, rebellious, the smart one, teacher's pet, clown, etc.)?
- Did you talk a lot about your experiences at school?
- Did your parents pick you up after school?
- Were you able to play a lot?
- Did your parents/caregivers create safe boundaries for you?
- Were you allowed to have your own opinions or were you expected to go along with your household's dominant beliefs?
- Were you allowed to express emotions such as fear, anger and grief?
- Were you comforted when you were afraid or crying?
- Was there ample attention for you and were you understood?
- Did you have older/younger brothers or sisters. If so, how did this affect you?
- Were you touched enough? Were people affectionate with you?
- Were there specific events that influenced you in this period?
- Were you understood and valued for who you were?
- Were you praised for what you were able to do, or punished for what you couldn't do or were doing wrong?
- Were there any other notable events you would like to mention?

### Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) as a pre-schooler (one or more)?
- B) What was/were the most intense positive experience(s) during as a pre-schooler (one or more)?

### **Childhood (6–11 years old):**

- How was your relationship with your father? What kind of role did you play in relation to him (e.g. daddy's favourite, the parent, attention seeker, angry one, loner, pleaser, hero, rebel, well-adjusted child, black sheep)?
- How was your relationship with your mother? What kind of role did you play in relation to her?
- How was the relationship between your father and your mother?
- Are you afraid of one of your parents?
- How did your parents treat you when you were angry, frustrated, afraid, happy, busy, or sad?
- How did your parents deal with conflict/fights?
- Did your parents touch you in a way that was pleasant to you?
- Were your opinions and boundaries respected?
- Were your parents strict, unreasonable, unjust, or inconsistent?
- If you had brothers or sisters, what was your relationship with them like?
- Did you have a safe room/space to which you could withdraw?
- What did your room look like? (Where was the bed? Did you have cuddly toys? Was it a pleasant space?)
- Who used to take you to bed?
- Were you read to? Were you comforted?
- Were you afraid in bed? Did you have nightmares? If so, who was there for you?
- Did important people to you die when you were a child?
- Who were the most important people in your childhood whom you could trust would support you?
- Do you remember what primary school was like for you? Which teachers did you have? What was it like to have to learn and to show up at school on time? What were your report cards like?
- Were you encouraged to do well at school at home? Were you assisted with your schoolwork?
- Who was at home during the afternoon to welcome you back from school?
- Do you remember what the results of your pre-secondary-school assessment[1] were and to what kind of secondary school you went?
- Were you guided and listened to when choosing a secondary school?
- Who were your friends at school? Were you bullied and/or left out by your peers?
- Did you have to deal with trauma during this period (e.g. sexual abuse, physical abuse, violence, neglect, an accident, an operation, or the loss of a loved one)?
- Can you remember what your birthdays were like?
- Were you given gifts that you were happy with?
- Did you prefer playing alone or with friends?
- Did you have pets?
- Were there any other notable events you would like to mention?

### Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) during your childhood (one or more)?

B) What was/were the most intense positive experience(s) during your childhood (one or more)?

### Puberty (12–17 years old):

- How well did you transition into secondary school?
- Were you a good student (i.e. able to learn well)?
- Did you know what you wanted to be when you grew up? Were you guided in this?
- What were the relationships with your father and mother like when you were in puberty?
- If you had brothers or sisters, what was your relationship with them like?
- Did you have the feeling you could genuinely be and become yourself?
- Did the relationship with your father and the role he played in your life change?
- Did the relationship with your mother and the role she played in your life change?
- How was the relationship between your father and mother?
- Did you have a lot of friends at school or were you left out and bullied?
- When did you fall in love for the first time? When did you have your first boyfriend or girlfriend? How did that go?
- In general terms, what was your development in terms of love like?
- How did your sexuality develop? What were you ashamed of?
- How were you guided in the development of your sexuality at home?
- If your parents were together, what was the relationship between your parents like when you were in puberty? Was there enough love between them, had their relationship cooled, or did they even get divorced?
- How did you express your identity towards the outside world? What kind of clothes did you wear and/or what haircut did you have to distinguish yourself from others? What kind of music did you listen to? Which sport(s) did you practice (if any)? What role did you have in the classroom?
- Were you depressed? Did you ever consider suicide?
- Were you able to independently deal with your schoolwork?
- Did you adapt/adjust, or did you rebel?
- Did you have to deal with emotional, sexual, or physical violence/abuse?
- Did you have the feeling that your opinion and your way of being mattered?
- Were you sensitive to alcohol and/or drug abuse?
- What kind of group did you belong to in school?
- Did you often feel lonely and misunderstood?
- Did important people to you die while you were in puberty?
- Were there any other notable events you would like to mention?
- How were you dealt with when you were angry, frustrated, afraid, happy, hyperactive, or sad?
- How were you treated when there was conflict ongoing?
- Were you touched in a way that was pleasant to you?
- Were emotions such as fear, anger, and sadness acceptable?
- Were you comforted when you were afraid or crying?
- How did your first love(s) go? Were you heartbroken? Were you abandoned? Did you leave your girlfriend/boyfriend?
- How did your sexuality develop?
- Were there any other notable events you would like to mention?

Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) during puberty (one or more)?
- B) What was/were the most intense positive experience(s) during puberty (one or more)?

**Early adolescence (18–20 years old):**

- What choice did you make in this period? Did you decide to study or work?
- Did you continue to live at home or leave home?
- Were you guided in your choices?
- Were you able to genuinely be yourself as a young adult or were you kept small or forced/guided into a pre-determined direction?
- Was it easy for you to make new friends in your new school or work situation?
- What was your love life like?
- Were there any other notable events you would like to mention?

Collection for timeline exercise:

- A) What was/were your most intense negative experience(s) in your early adolescence (one or more)?
- B) What was/were the most intense positive experience(s) in your early adolescence (one or more)?

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[1]This refers to the broad competency and intelligence testing used to determine the appropriate level of secondary education for a child. (Not necessarily applicable to your country of origin.)