



# Awakened Leadership Journey

A journey within in five modules

## An awakening world

The world is on fire. Systems creak and squeak. Nothing seems to stay the same. Many of us are wondering how we can relate to this. What does this mean for me? Confusion and uncertainty are everywhere.

And yet, through all the turbulence, we see people who are effectively finding their way. To identify them we need to look closely, as the people we mean are surprisingly ordinary. You can literally bump into them anywhere. What do they have in common? Above all, they are themselves and have something sparkling and fresh about them. They follow their own compass while at the same time radiating a certain peace and firmness. When you meet them, there is often immediate, effortless contact. For us, these are signs of awakening. This is the result of an awareness process; of a fog that has lifted. The great thing is that a broader consciousness is within reach for everyone.

*'The meaning of life is to find your gift.  
The purpose of life is to give it away' ~ Pablo Picasso*

The **Awakened Leadership journey** is one of our contributions to an awakening world. It was specially created to support people in their awareness process. Participation in the program is an excellent opportunity to give your consciousness a lasting and profound boost. For eight months you will:

- Discover who you are and what your purpose is
- Experience the power of being completely yourself
- Develop the ability to stay balanced
- Learn to direct your life from within
- Unlock more of your potential

*'I have been working with Realize Us for a long time. I really appreciate the 24 hour immersions and the retreats, and develop myself so fast. I was looking for a way to further incorporate the profound peace and insights I gain in such sessions into my daily life. The Awakened Leadership Journey was a combination of immersion and space to make a growth spurt. I feel so much more connected to myself now. I stand firmer, use my intuition more easily and am less distracted by ego or patterns. I also feel much calmer.' – Stefanie*



## Our universal nature

The journey you are on is an inner exploration. You (re)discover deeper layers of consciousness that have always been there within you. Where it is calm, light and bright. Where you come into contact once again with the infinite field that you may remember from when you were young. Here you are aware of the harmony with everything around you. Agitation, control, beliefs, thoughts or images don't intervene here. You learn to consciously make contact with your universal nature. Gradually the lens through which you look becomes cleaner, your view becomes wider and your foundation deepens.



## Our human nature

The way inwards requires embracing all our human parts. Everything wants to be recognized. Including your shadows: insecurity, sadness, hurt, unconscious needs, fears also need to be embraced. You touch them, meet them, and with that they lose the tendency to jump into the picture again and again. You transform your critical attitude into a warm, curious way of being, which gives everything in you more space. Your own color shines through more freely in everything you do.



## The way in

The path to your essence is an inner journey. We undertake our awakening process in five modules, spread over eight months. Together we create a safe environment in which that process can take place. We slow down and follow our curiosity inward. In our presence the fog gradually dissolves and we increasingly come home. That is what we mean by awakening. Your leadership flourishes when you consciously choose to take your place and live your purpose.



*'I work hard, enjoy it thoroughly, and have never meditated before. The program took me into a completely new world. "Why would I need this, what can I get out of it?" I wondered. The answer to this question is different for everyone. It is your personal journey, with the group supporting you. I learned to look around me and reflect on what I do instead of living on impulses. The Awakened Leadership model helps me to position myself.' – Joost*

## Awakened Leadership A journey within in five encounters

<b>Module 1</b>	<b>Module 2</b>	<b>Module 3</b>	<b>Module 4</b>	<b>Module 5</b>
<b>Awakened Leadership</b>	<b>Your 'presence'</b>	<b>Our foundation</b>	<b>Living from within</b>	<b>Coinciding with life</b>
<i>The turn inwards</i>	<i>Develop your ability to be with what is</i>	<i>Become aware of your true nature</i>	<i>Getting through with who you are</i>	<i>Taking your place in line with your intention</i>
October 3-4, 2024	November 29, 2024	January 17, 2025	March 14, 2025	May 16, 2025

The modules are like anchor points. During these moments you sow the seeds of insights that will grow and take root in you in the intervening periods. They are interactive exploration days where you gain direct and in-depth experiences. Systemic and process work help to touch and release what lives within you. Between the modules you experiment with daily check-in moments to further your process, for which you will be given assignments.



## Who we are?

We are two experienced professionals who are driven by a deeply felt desire to contribute to an awakening world: a world where everyone lives from their true nature, original, sustainable and in harmony with life. We have dedicated our lives to realizing who we really are and supporting others on their path of awareness and transformation. Facilitating Into the Heart is also for our own process, one of our favorite ways in which we do this.

We are pioneers in consciousness development with a background in business and, together, more than 40 years of experience. We facilitate sustainable transformations through various forms: we guide immersions, rite of passages, leadership journeys, inner work and coaching. We also create tailor-made programs for individuals and groups.

## Everything at a glance

<p><b>Dates and times</b></p> <ul style="list-style-type: none"> <li>• Module I October 3-4, 2024 5:00 PM - 5:00 PM (including overnight stay)</li> <li>• Module II November 29, 2024 10:00 AM - 5:00 PM</li> <li>• Module III January 17, 2025 10:00 AM - 5:00 PM</li> <li>• Module IV March 14, 2025 10:00 AM - 5:00 PM</li> <li>• Module V May 16, 2025 10:00 AM - 5:00 PM</li> </ul> <p><b>Location</b> The Buurtsteeg, on the estate Huis te Maarn</p> <p><b>Catering</b> Vegetarian</p> <p><b>Group Size</b> Maximum 8 people</p> <p><b>Language</b> Dutch</p>	<p><b>Investment (excl. VAT)</b> €2,650 for private individuals and entrepreneurs €3,200 for corporate participants</p> <p><b>Registratie</b> You can register <a href="#">here</a>.</p> <p><b>Foto Credits</b> Menno Lammerts van Bueren</p> <p><b>Facilitated by:</b></p> <p><b>Daniel Mulock Houwer</b> +31 6 24601877 daniel@realize-us.com</p> <p><b>Wendy van Leusen</b> + 31 6 21577297 wendy@realize-us.com</p>
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*'A circle of pure people, within which it feels good and safe to share. A kind of tribe feeling has arisen within me. I have learned to stick with it when things get difficult and to stand up for who I deeply am. Feeling instead of trying to understand. The puzzle piece that I have had in my hand for a long time is now in the right place. I experience space. Wonderful!' – Brigitte*

