



Into the heart

Immersing yourself in your true nature

Into the Heart is a profound, nourishing and transformative immersion in consciousness. It has the character of a retreat, but it is more than that. The program is aimed at creating space within you. Space needed to let your true potential come to life from within. By participating in Into the Heart you invest in your ability to be fully present with what life throws at you. From a broader consciousness, your individuality shines through in everything you do. It opens a deep trust in - and a connection with - life. Your full presence is the greatest gift you can give yourself and the people around you.

Deepening your connection to your true nature, expands your ability to live, lead and serve fully



Who is this program for?

Into the Heart is for anyone who wants to develop his/her ability to live, lead or contribute consciously and authentically. It attracts people who are curious, who want to stay true to themselves, and have a great willingness to do what it takes to live life to the fullest and unlock their full potential.

Reasons to participate are:

- 'I want to gain clarity about who I am and what I want. I want to further unlock my potential'
- 'I want more authenticity, autonomy, trust, impact, connection, balance, relaxation, depth, and inner peace'
- 'Life goes on and on and I need to stand still and discover where I have arrived, and to reorient my compass from there'
- 'I see it as periodic maintenance. Every now and then I need time, space and attention for me'
- 'I am in a transition and want to give my process more space than it currently has'
- 'I hear such good stories about it. It makes me curious. I want to experience it myself'

These are just a few examples. Are you unsure whether Into the Heart is something for you? Reach out and we'll explore together..

What do you gain from participating in Into the Heart?

On a personal level you come home to yourself again:

- you come into deeper contact with yourself, others and your environment
- you discover who you really are and what moves you
- it brings more clarity, solidity & confidence, autonomy, acceptance, authenticity, relaxation and inner peace
- it allows you to direct your life from within

At the same time, you open yourself more and more to life itself. Remembering and becoming aware of your true nature:

- brings more flow, effortlessness and synchronicity
- increases your ability to be with uncertainty and not knowing
- provides deep confidence, space and relaxation
- unlocks more of your true potential and brings sustainable balance

And after that? How do I maintain it?

The Awakened Leadership model that we work with gives you lasting insight into a number of universal laws in your inner dynamics. Partly because of this, you learn to deal more effectively with the different parts of you. In the program you will also be provided with techniques and tools to further support and integrate your awakening process.



'For me, Into the Heart was about being grateful for what has been and planting seeds for something new. I had partly lost myself in the whirlpool of hard work and guiltily focusing on what I had failed to do. I have recovered the lost parts. It's 'all of me' again. This retreat is not about the head, this is not about wellness either; it is about taking steps into self-awareness. I entered the new year with fresh eyes.' – Simone



Our vision and approach

What do we mean by awakening your true potential?

Awakening is a profound process of awareness and transformation, where we realize that we are more than our superficial experiences and identifications. It is a personal exploration that reveals the depths of our inner being and leads us to a deeper understanding of ourselves, others and the interconnectedness of everything. In this we rediscover our true nature, which goes beyond our limited self-image.

Our true nature refers to our essence, apart from superficial identifications. It is timeless, pure and unchanging. Remembering our true nature requires self-examination, awareness, and letting go of limiting beliefs. By consciously making contact with deeper layers of consciousness, our true potential is unlocked.

Rediscovering our true nature is a continuous inner exploration in which we also learn to embrace our human nature. It requires self-love and self-compassion. By coming into contact with our true nature we experience fulfillment, connection and a deeper meaning in our lives.

Why this time of year in particular?

Awareness requires slowing down and turning inward. That's exactly what nature does in winter. It is the time of the year in which light and energy withdraw. Where, that which no longer carries life, is effortlessly let go of. Nature breathes out and creates space for renewal that has invisibly already begun beneath the surface. This natural slowdown and inner movement are in stark contrast to how our lives are organized towards the end of the year, with a final sprint, deadlines and all kinds of (social) obligations. In our program, we choose to connect with the rhythm of nature in order to ease a deeper inward journey. Moreover, we carry all that we have unlocked into the Christmas holidays, facilitating integration at a deeper level. We will enter the new year refreshed and fully recharged.

What can I expect during Into the Heart?

In a safe setting, and with a group of like-minded people, you will be given all the space and tools to deeply connect with both your true and human natures. You are systematically invited not to assume anything, but to investigate and experience for yourself. Therein lies the true transformation. We do this, among other things, using the Awakened Leadership map, which uses four human archetypes (shadow, light, masculine, feminine). We also use exercises, meditations, systemic work, body work, music and rituals. Everything is aimed at supporting your inner exploration. The program is partly in silence and there is plenty of room to enjoy the beautiful heathland, delicious vegetarian meals and a nice sauna.

'In Into the Heart I experienced deep relaxation. It made it possible to connect intimately with all parts of myself, the source and all the support around me. My mission became clearer, simpler and more alive. I felt both a deep inner peace and the willingness to continue my journey. The guidance by Daan and Wendy was profound in its simplicity. They were an embodiment of vibrancy in abundance.' – Gabrielle



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.



Practical information

Dates

December 16-19, 2024. Starts at 5:00 PM and ends at 4:00 PM.

Location

Aan de Hei, in De Hoorneboeg, near Hilversum. We have this place all to ourselves. Everyone has their own room. De Hoorneboeg is located in the middle of 13 hectares of forest and heathland. www.dehoorneboeg.nl

Catering

Vegetarian, prepared with love.

Group size

Maximum 16 participants and 2 facilitators.

Language

Dutch or English, depending on the participants.

Investment

€2,450 for private individuals and entrepreneurs (excl. VAT)
€2,965 for corporate participants (excl. VAT)
There are 2 sponsorship spots available for those who would like to participate but cannot afford these rates.

Registration

You can register [here](#).

Photo Credits

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