

June 10 -14, 2024



# Into the light

Do you recognise the sense of not living your full potential? The feeling that there is something unique and precious in you that you can't really tap into yet, but somehow wants to be lived and expressed through you? You seem to have outgrown the habitual ways of dealing with life. A new phase is dawning. Something in you wants to evolve to the next level.

*‘Aren’t you meant to fly?  
To sing your song and touch the sky’  
- The Wanderer -*

In a world in transition where change, complexity and uncertainty are increasing rapidly, we believe the only way to navigate life effectively and unleash our full potential is to awaken to who we truly are. To come into alignment with who we are and to realize our true nature. To remember the interconnectedness with life. Now more than ever, the emerging world will not come from institutions but will be shaped by all of us.

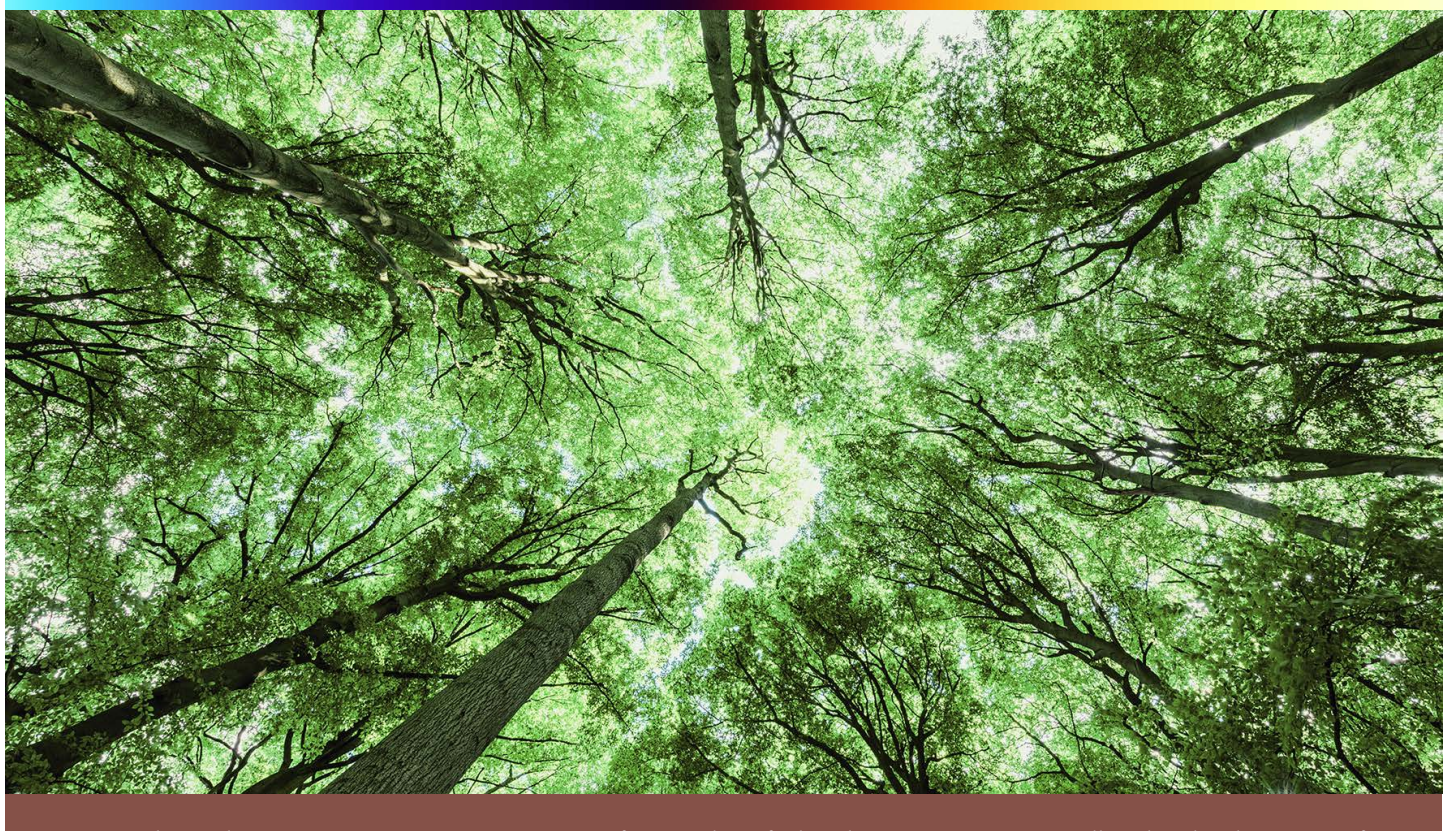
We invite you to join us for a rite of passage, a process of (self)initiation, unleashing yourself in the next phase of your life. An invitation to tap into your light and step into the light. Allowing you to blossom into who you are meant to become. An opportunity to respond to your call, discover your true colours and find form for your unique contribution to a better world. Deepening your connection to source, expands your ability to live, serve and lead fully.

We will embark on an inward journey, exploring deeper layers of awareness. You will discover that consciously tapping into your true nature brings peace, clarity and balance. It makes it easier to start living from inside out and awaken all of you. Supported by nature you will follow your intuition and go within. It includes a 24-hours solo in nature (depending on conditions). To support your process, part of the program will be in silence.

You will:

- discover who you truly are and what your purpose is
- learn to live and give direction to your life from inside out
- be offered the opportunity to step into who you are meant to be
- develop your presence and ability to stay balanced
- experience the power of being all of you

**You are  
invited to  
awaken  
your true  
potential!**



*‘Daan and Wendy are true artists in creating space for people to feel and experience. I am totally taken by the power of my true self. What an eye opener for this achiever. Energy from nature and the people around me. It comes to me as soon as I surrender to my true self. My senses come to life amplified. Curiosity, creativity, imagination and belief in myself revive at the speed of light. What a breakthrough!’ – Ronald*



## An awakening world

Amidst all the turbulence in the world we see a growing group of people who seem to find their way effectively. To see them, you have to look carefully because they are surprisingly ordinary. You can encounter them anywhere. What do they have in common? They are authentic and have something fresh and sparkling about them. They follow their own compass, while having a depth and inner peace at the same time. When you meet them in person, you feel the connection instantly. For us these are signs of awakening. There seems to be more light shining through them, the fog has lifted. We believe that by stepping into the light and in the fullness of life we, each in our own unique way, contribute to an awakening world.



## Our universal nature

The journey you embark on with ‘Into the Light’ is an inner exploration. You (re)discover deeper layers of consciousness that are always there. Where it’s calm, light, and bright. You reconnect with the infinite field that you may remember from when you were very young. Here you are aware of the harmony with everything around you. Agitation, need for control or limiting beliefs have no effect here. You learn to consciously tap into your universal nature. Gradually the lens through which you see the world becomes more neutral, you obtain more bandwidth and become more aligned.



## Our human nature

Turning inwards requires meeting and embracing all of our human parts. Everything wants to be acknowledged. Our light: inspiration, originality and creativity flourish with attention, warmth and space. When you truly meet your shadow: insecurity, sadness, hurt, hidden needs, and fears lose the tendency to jump into the picture again and again. There is no way you can live your dreams in a sustainable way without incorporating both your shadow and your light. Developing a warm and curious attitude towards yourself gives everything in you more space. It allows your own colour to shine through more freely in everything you do.

*‘This little light of mine, I’m gonna let it shine.’*

*- Sam Cooke -*

*‘Spending a few days in a beautiful environment, where connection to nature is close at hand, along with the guidance of Daan & Wendy is really nourishing for the body, mind & soul. It created true access to what lives deep within. My personal leadership and power are uplifted to a next level. It enabled me to make some long lasting choices in my personal and work life. Though I already knew myself quite well, I discovered and experienced so much more depth of life and my true self. I feel so much more light and love’ – Sophieke*



## About us

We are two experienced professionals, both with a background in business. Together we have more than forty years of experience in guiding people in their personal development. We 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. We like to see ourselves as pioneers in consciousness development. Realize Us is our small-scale practice for consciousness development. At Realize Us we offer immersions, leadership journeys, inner work and transformational coaching. In us you will find a reliable partner in sustainable awareness development that meets the highest standards. We have a unique approach using a solid, self-developed and proven methodology.

## Practical information

### Dates

June 10 - 14, 2024. Welcome on Tuesday at 4 pm.  
The program ends around 4 pm on Saturday

### Location

We stay at Buurtsteeg, Landgoed Huis te Maarn on the Utrechtse Heuvelrug. The accommodation is basic yet comfortable. We will be surrounded by nature and outdoors as much as the weather permits. Sleeping accommodation in shared rooms and bathroom, tipi's or own tents.

### Catering

Vegetarian, prepared with love.

### Setting

Up to 8 participants.

### Language

English or Dutch depending on the language spoken by participants.

### Total investment (excl. VAT)

€ 2.450,- for private persons and self-employed  
€ 2.965,- for corporate participants

### Registration

You can register for this program [here](#).

### Foto Credits

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