

June 1-5, 2026



# Into the light

Opening up to life

## Do you feel like you're not living your full potential?

That there's something unique and precious within you, waiting to be expressed, but just out of reach? You may have outgrown your usual ways of navigating life. A new phase is emerging—something in you is ready to evolve. Perhaps you're simply curious about what else is alive within you and eager to explore and give it space.

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

In a world of rapid change, complexity, and uncertainty, we believe the only way to truly thrive is by awakening to who we are. To remember our true nature and our deep connection to life. Now more than ever, the future is not shaped by institutions, but by individuals willing to step into their full presence.

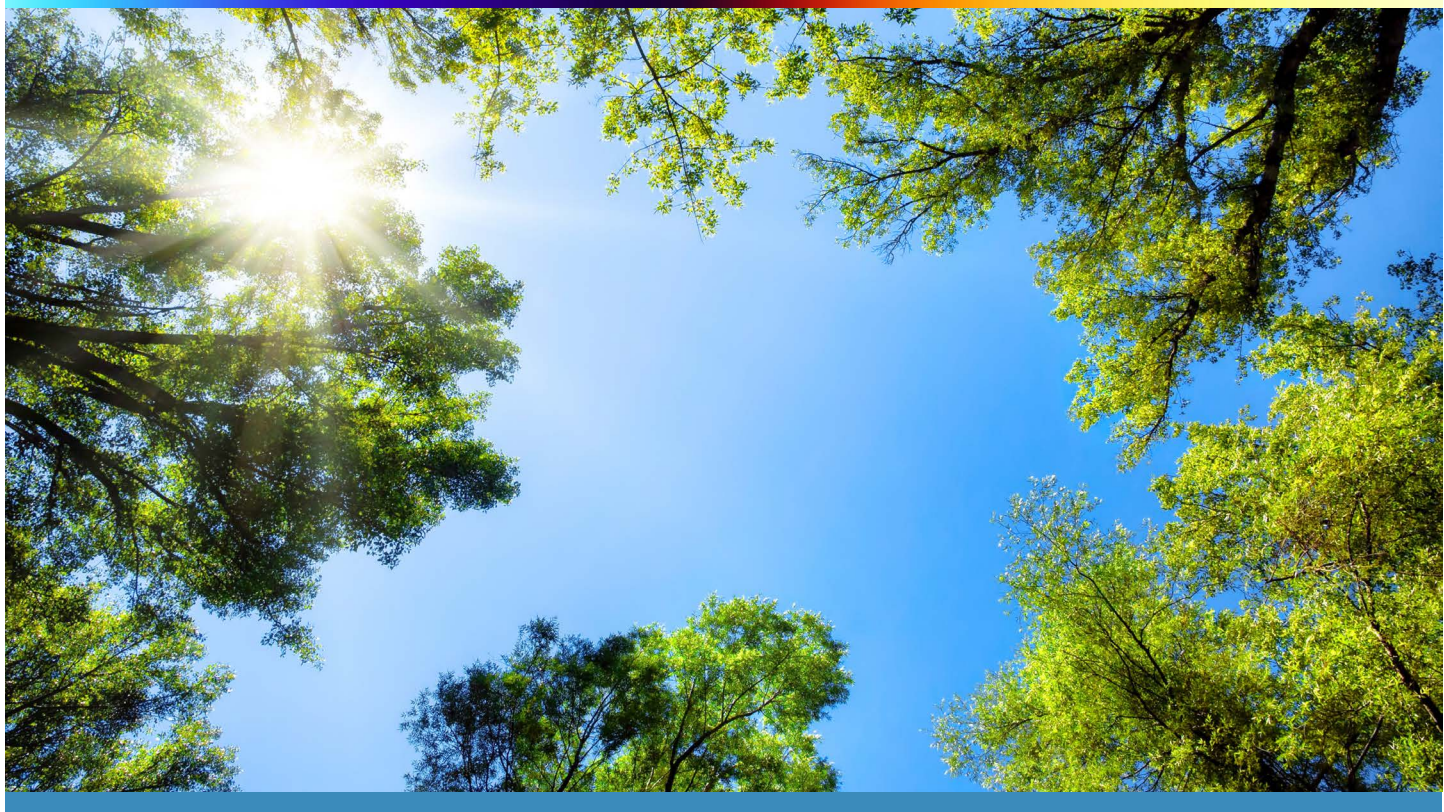
We invite you on a **rite of passage**—launching you into the next phase of your life. This is an opportunity to step into your light, awaken your full potential, and find form for your unique contribution to the world. By deepening your connection to source, you expand your capacity to live, serve, and lead fully.

## Opening for what life wants from us

Supported by nature, you will follow your intuition and turn inward. Opening up to what life wants from you. We embark on an inner journey, exploring deeper layers of awareness. Consciously connecting with your true nature brings peace, clarity, and balance. It allows you to connect with what is alive in you in terms of inspiration, 'juice' and creativity. Essential ingredients to start living from inside out. To deepen this process, part of the program will take place in silence, including a **24-hour solo in nature** (conditions permitting).

### You will:

- Discover who you truly are and what your purpose is
- Learn to lead your life from within
- Step into your full potential
- Cultivate presence and balance
- Experience the power of being fully yourself



*'Showing myself while truly being in contact with myself was unfamiliar to me and is still a bit daunting. Into The Light has helped me find and the foundation for this and open myself. There is peace and space coming from my deepest self. Every day, I experience how wonderful and important this is.'* ~ Dereck



## An awakening world

Amidst global turbulence, we see a growing group of people finding their way with clarity and ease. They don't stand out at first glance—you might encounter them anywhere. Yet they share something unmistakable: authenticity, a quiet confidence, and a fresh, radiant presence. They follow their own inner compass, balancing depth with lightness. Meeting them feels effortless. The connection is immediate. For us, these are signs of awakening. It's as if more light shines through them—the fog has lifted. We believe that by stepping into the fullness of who we are, each of us contributes to an awakening world.



## Our universal nature

*Into the Light* is an inner exploration. You (re)discover deeper layers of consciousness—places of calm, clarity, and presence. You reconnect with an infinite field of awareness that may feel familiar, like something you knew as a child. Here agitation, control, and limiting beliefs lose their grip. You learn to consciously tap into your universal nature. Over time, your perception clears, your awareness expands, and you come into greater alignment.



## Our human nature

Turning inward means embracing all parts of yourself. Everything within you wants to be acknowledged. Your light—your inspiration, originality, and creativity—thrives with attention and space. True transformation also requires meeting your shadow. Insecurity, sadness, old wounds, hidden needs, and fears lose their power when met with awareness. Sustainable change isn't possible without integrating both light and shadow. By cultivating a warm, curious attitude toward yourself, you create more space for everything in you. Your true colours shine more freely in all that you do.

*'Don't ask what the world needs. Ask what makes you come alive and do it.  
Because what the world needs is people who have come alive' ~ Howard Thurman*

*'Into the Light' gave me a deep insight into what I truly find important, not from the mind, but from the heart. The process helped me see perspectives on a deeper level than I could have reached on my own, without the guidance of Daniel and Wendy. I highly recommend this experience to anyone who feels the need to look inward; you may not get the insight you originally imagined, but rather the insight you truly need.'* ~ Bram



## About us

We are two experienced professionals with backgrounds in business and over 40 years of combined experience guiding people in their personal development. We are deeply committed to contributing to an awakening world—where people live authentically, in balance, and in harmony with life.



We have dedicated our lives to self-realization and supporting others on their path of awareness and transformation. As pioneers in consciousness development, we founded Realize Us, a small-scale practice offering immersions, leadership journeys, inner work, and transformational coaching. We bring a proven methodology and a deeply trusted partnership in awareness development.

## Practical information

### Dates

June 1-5, 2026. Welcome on Monday at 4 pm. The program ends around 4 pm on Friday. Two months after the program, there will be an integration session at Fort bij Nigtevecht.

### Location

We are staying in a beautiful and quiet location on the Veluwe. De Schaapskooi is part of the Welna estate. The facilities are basic and functional. We are surrounded by nature and will spend a lot of time outdoors. Accommodation is in two-person tents or your own tent. Bathroom facilities are shared.

### 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](#).

### Facilitation by:

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