

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.

'Love is the bridge between you and everything' ~ Rumi



Who is this program for?

This program is designed for those who want to live, lead and contribute from a place of true alignment. 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:

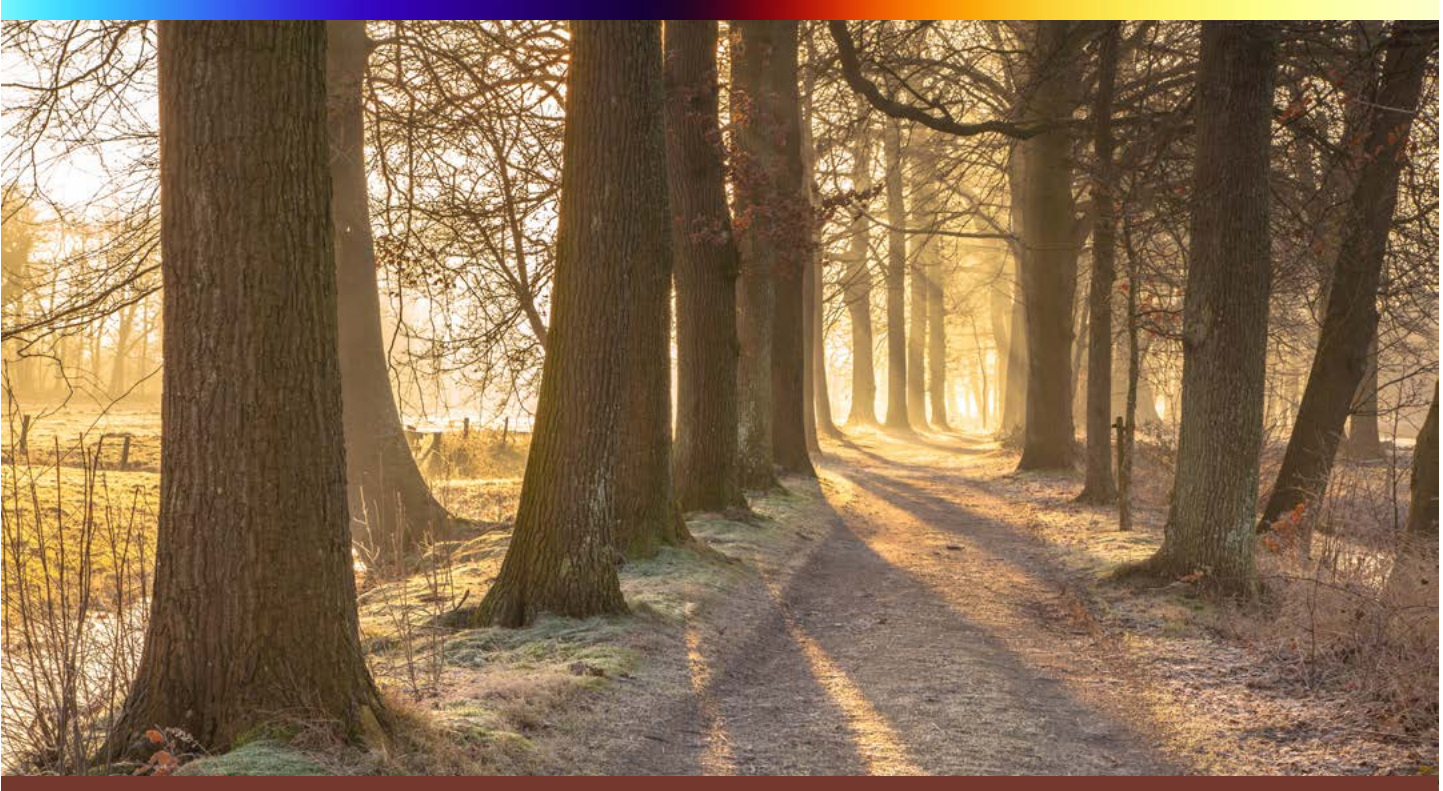
- you come into deeper contact with yourself, others and your environment
- you discover who you really are and what moves you
- it brings more clarity, solidity & confidence, autonomy, acceptance, authenticity, relaxation and inner peace
- it allows you to direct your life from within

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.



'Learning to simply be and turn inward was exactly what I needed after an intense period in my life. Wendy and Daniel were an enormous support in that process. Their full presence gave me the space to face deep shadow parts within myself. Into the Heart has truly become a turning point in my life. I've been able to let go of my rescuer role and feel an even deeper trust that life is holding me. I've learned to be more present with what is, even when things are difficult or intense. I feel deep gratitude for Wendy and Daniel — through their total presence, they practiced what they preach.' ~ Ninouk



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?

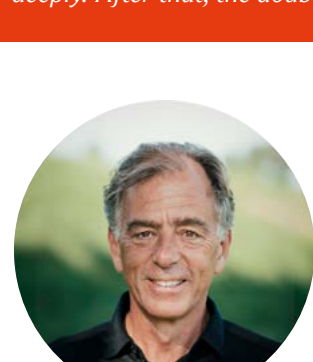
Awareness requires slowing down and turning inward, and that's exactly what nature does in Winter. The light and energy retreat, while what no longer carries life is effortlessly let go, gently falling away. Nature exhales, creating space for the renewal that has already begun beneath the surface. This natural slowing down and inner movement stand in stark contrast to how our lives are often structured in winter, with year-end sprints, deadlines, and numerous (social) obligations. Therefore, we choose the quiet days of early January. Aligning with the rhythm of nature, makes both the inward turn and deeper exploration more accessible. In this way, you enter the new year refreshed and fully recharged, ready to direct your life from the right place.

What can I expect during Into the Heart?

In a safe setting with like-minded individuals, you will have ample space and the right tools to connect on a deeper level with both your true and human nature. You will continuously be invited not to take things at face value but to explore and experience for yourself. This is where true transformation lies. Among other methods, we will use the Awakened Leadership map, which utilizes four human archetypes (shadow, light, masculine, feminine). We will also incorporate exercises, meditations, systemic work, bodywork, music, and rituals, all designed to support your inner exploration. The program is partly silent, and there is plenty of time to enjoy everything our wonderful location has to offer, including delicious vegetarian meals and a relaxing sauna.

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

'Into the Heart began even before I arrived at the location — it started with the decision to join. I doubted this for a long time and took the choice very seriously. In the end, joining was the best decision I could have made, despite the uncertainty. The inner journey I undertook there was radically personal, and I could never have completed it alone. Daniel and Wendy hold space for whatever wants to emerge — without directing, without softening it. I learned to understand my intuition more deeply. After that, the doubt quiets down and clarity arises.' ~ Sacha



Who we are?

We are two experienced professionals who are driven by a deeply felt desire to contribute to an awakening in 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 immersions, rites of passage, leadership journeys, ongoing circles, and offer individual coaching. We also create customized (Inner Work) experiences for individuals and groups.

Practical information

Dates

6 - 9 January 2027. Starts at 16:00 and ends at 15:00.
After six weeks, there is an integration session.

Location

The Land of Now – we have this place all to ourselves. Everyone has their own room. The Land of Now is located in Siddeburen, just east of Groningen. It's a bit of a drive, but definitely worth it. You can get an impression [here](#).

Catering

Vegetarian, lovingly prepared.

Group size

Maximum of 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 sponsor spots available for those who would like to participate but cannot afford these rates.

Registration

You can register [here](#).

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