



The Essential Scream

"The liberation of the inner child"

"Unless you involve all of your energy in the healing of your childhood, the most beautiful secrets of your life will remain hidden behind the eyes of the wounded child that lives inside you"

- Anan Nodedt



The Essential Scream

Why is it important to heal our inner child?

When we are small, the state of purity in which we find ourselves, makes us vulnerable to the unconscious energies of the adults surrounding us, mainly those of mom and dad. These energies are absorbed in the form of fears, beliefs, dogmas and wounds that condition us, causing us to develop an emotional shell to deal with that situation and not feel so much pain. However, this shell remains in our unconscious and as long as it is not healed, it continues to grow generating more pain. This, in turn, makes us condition our children in the same way that we were conditioned, generating an endless pattern of suffering both in our clan and in society.

As adults, these wounds are expressed in many ways such as low self-esteem, anxiety, tendency to depression, codependency in our relationships, permanent indecision, need for approval in everything we do, fear of loneliness, self-punishment, conflicts with our sexuality, obsession with perfectionism, apprehension of emotions, anger, competitiveness, fear to speak in public, among other. As part of the unconscious history of our family, these conditionings become a burden that keep us from enjoying life to the fullest.



How does healing occur in this retreat?

“The Essential Scream” takes place to help us introduce ourselves into a very deep journey to the first years of our lives.

By integrating different techniques such as primal therapy, bioenergetics, family constellation, dancing, breathing and meditative trances, we immerse ourselves in a deep exploration of our childhood. Through them, and together with the awareness of the adult we are today, we create a safe context to travel to the past and revive the traumatic processes of our first years of life.

As adults we are no longer defenseless or dependent on mom and dad. We not only have a more developed body and nervous system capable of bearing intense feelings, but also strength, courage and compassion, along with the true desire to know ourselves. This becomes the support and engine of each session to know and

free ourselves from the emotional blocks that do not allow the natural flow of our vital energy.

Bringing light and discovering what these conditionings are, will make us feel free, giving a new quality to our life: a sense of freshness and a new way to see ourselves, to relate with our parents, partners and children. The act of discovering our original face allows us to integrate with our inner child; thus, beginning the beautiful adventure of growing up.

When we release these layers of repressed emotions, a space full of beauty arises inside us, where joy, love and hugs sprout spontaneously, and we can relax into these qualities, exploring our true creative potential.

What are the benefits of this retreat?

- Start the journey back to yourself.
- Heal your childhood wounds and begin to see life with more love, joy and spontaneity.
- Understand the root of your negative energy
- Know your creative nature in depth
- Learn tools that will help you become more aware and responsible for your life.
- Experience profound changes in your life.