



The Path of the Inner Warrior

"A life-transforming process"

"Genuine awakening happens spontaneously, it cannot be forced. Suddenly, one day happiness arises without any reason, then you have started the way back to yourself."

– Anan Nodedt



The Path of the Inner Warrior

For eight days we immerse ourselves in a therapeutic, meditative and spiritual retreat to address the three most important stages of our life: childhood, adolescence and adulthood, integrating them to the consciousness of the Inner being.

Childhood

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 so that we are able 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?

In this stage, we introduce ourselves in a very deep journey directly to the first years of our life.

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.

“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



Adolescence

Why is it important to heal our adolescence?

Many of us grew up in families where talking about sex was a big taboo, touching our genitals was frowned upon, we rarely saw mom and dad naked, some of us have been abused by neighbors or relatives, and religions have taught us that feeling pleasure is bad.

All of this has caused us to live with a great sense of guilt and to start living our adolescence feeling that sex is bad, dirty, sinful.

All these beliefs rooted in our unconscious give rise to a division between our body and our mind, and all the hormonal torrent that is flowing naturally from our genitals to our heart is blocked. When we repress all this energy, our ability to love and feel pleasure in all aspects of life is reduced, so we begin to consume drugs that can make us feel pleasure, or to generate possessive and co-dependent relationships. As a result, there is nowadays a large number of people with increasingly serious sexual dysfunctions such as impotence, premature ejaculation, frigidity, inability to relax during sex, difficulties to have orgasms, among others.

How do we address this stage?

In order to heal and transform our wounds as well as to find again the totality of our sensuality and sexuality, we have to start where contact with this totality was lost. For this, we combine a series of techniques such as tantric breathing with the bioenergetics of W. Reich, healing trances, theater, art, music, dancing, meditation and family constellation in order to create a meditative and loving context that allows us to immerse ourselves in a conscious exploration of the conditionings and beliefs that have marked our sexuality.

When we enter adolescence, everything that we were once taught about intimacy, love and sexuality comes to the surface, which for most of us is a very deep crisis.

By exploring the conditioning and traumas related to our sexual energy, a flow of healing energy begins to be set free, and the same energy that was obstructing the natural movement of our sexuality –now free-, transforms into love and sensitivity. A new perception of pleasure arises inside us, allowing us to begin to relate with our body sensations and with our lovers in a deeper way, finding again pleasure in physical contact and the exchange of energy with others, discovering that we can relax when playing with sexual energy without a goal.

“The conscious exploration of the temple of our body leads us to the encounter with the sacred; on the road of transcendence, nothing has to be denied, everything has to be lived.”
– Anan Nodedt



Adulthood

"Integrating the past to consciousness"

Upon reaching this space, we begin to understand our whole internal struggle. Through different meditative techniques and certain ancestral rituals, we create a context for the conscious integration of childhood and adolescence to the awareness of the adult; thus, opening the path towards a positive internal dialogue, and giving way to the beginning of the maturity that will guide us to live our dreams accompanied by

love and the responsibility of being an adult.

When you are no longer afraid of being with yourself, when being with yourself brings peace, love, understanding and joy, then you begin to glimpse the doorway to your inner home; you have returned home, and the blessings descend from above, transforming your life into a silent valley filled with beautiful flowers, it is no longer necessary to go anywhere, just to be here and now.

