



Dive into **NOWHERE**



10-Day Retreat with Yoyo

Valencia-Spain, 13-22 October 2017



What

This is an exquisite combination of deep yet playful self exploring ('Who am I and why am I here?') and a laid-back holiday. We work (mornings and evenings) with verbal and non-verbal interaction, body work, dance, role play, emotional integration, mind shifting and meditation. The afternoons and Wednesday are free.

Where

A magnificent intimate villa with swimming pool in Javea, 1,5 hours by car from Valencia Airport and 15-30 minutes from the many beautiful beaches and bays of the costa del sol!

Guidance

Yoyo is an experienced non-duality teacher from the Netherlands, dedicating her life to spiritual awakening and the art of living. See <http://www.yoyo.nl/english/> or read the article below.

Investment

€ 650,- including accommodation (double bed rooms), excluding travel costs and food.

Max. number of participants: 10

Information and booking

yoyo@laborint.nl or spiri.dino@googlemail.com

Gateway to Rebirth

About Yoyo's work



Release

One of my fortuitous spiritual guides once said: "As long as the whole world is not your ashram (community), you have some way to go yet."

This remark led to my release from the group around a shaman who saw herself (and our 'select' group) as the ultimate key to the enlightenment of humanity - and under whose spell I had been for three years.

Teachers in disguise

The insights which followed from this experience form the basis for how I work with people. Now I can see how everything and everyone contribute to our awakening, whether we realise it or not: our parents who did not measure up to our needs and expectations; our frustrating personal relationships; our setbacks and losses; our unfulfilling work; our enemies and addictions; all the doctors and therapists who let us down - and not to forget: our bogus gurus... All of them are just so many impulses to wake us up and allow us to see what we are doing, e.i. looking for the solution to our problems where it cannot be found: outside of ourselves.

Lack

We fight what we condemn and cling to what we believe we need. We feel a loss or longing and go in search of a partner to fill the gap. We build a career to get the appreciation which we deny ourselves. We produce children who, albeit reluctantly, must fulfil our unrealised dreams. We control, manipulate and defend tooth and nail that which we have acquired. And to anaesthetise our fear and pain we resort to a doctor, a drug or a belief system.

We do all but one thing: subject that persistent, nagging feeling of lack to a thorough examination.

Yet this is where circumstances keep pushing us... till one day we are ripe to make a 180 degree turn, and look within. Why do we resist this with all our might? Do we not know somewhere that the answer to our questions lies waiting deep inside of ourselves?

Suppression

This needs to be understood. For what happens when we direct our attention to the sense of loss which drives us? Feelings come to the surface. 'Unpleasant' feelings, such as fear, anger, grief and powerlessness, which we have suppressed - and not without reason. We have learned to hide them, because we did not want to lose the love and care of your parents. Because we did not want to be a coward, a hothead, a pathetic yellow belly.

Our survival depended on belonging. And early on we came to realise that emotions - the spontaneous expression of the body - are not much appreciated in our society. Here begins the suppression of our original spontaneity: the price we pay for becoming a civilised being. Here originates that feeling of incompleteness which we spend the rest of our lives trying to compensate for with pseudo fulfilment.

Horrible creatures

The first thing we encounter when we allow the light of our consciousness to shine on our feelings of loss, are those pent-up energies. They have to be released. This is the beginning of the real work. Because with the unveiling of our divine nature (our real 'home') we encounter in ourselves all the devils that the human race has conjured up.

Thus at times the temptation is strong to leave some of those horrible creatures tightly wrapped up in our subconscious and stick to the comfortable belief that certain demons definitely exist only out there.

These we can continue to ignore or fight, but they keep popping up around every corner and remain a constant pain in the ass. This is because they can be 'conquered' in only one way: by us acknowledging and embracing them as part of ourselves. It is like the princess in the fairytale 'The Golden Ball', who had to keep her promise to kiss the slimy frog after it had retrieved her ball from the well: the moment she overcomes her disgust, the frog reveals itself as the prince of her dreams.

The Void

Let us assume that we finally find the motivation and courage to embrace our frogs and thus adopt the abandoned aspects of your nature (this I call the psychological or horizontal component of the work, which is tied to time and space).

Hiding behind these released feelings, however, is something much more frightening than all our emotions put together: emptiness. The Great Void.

To face this, let go of our control and jump in feels equal to losing ourselves, disappearing - dying. And in a certain sense this is what happens. Because it marks the end of our pseudo personality (the ego), the mind-construct that we have identified ourselves with all our life. This I call the vertical or spiritual component of the work. It is a return to our essence, to being aware in the Here and Now, free from judgements, past and future. In the East it is called 'self-remembering'.

Coming Home

Here, in this ocean of emptiness, at the point where we as separate drops let go of our surface tension, paradoxically we find all that we have longed for and chased: peace, joy, trust, self-esteem, love, friendship, strength, creativity, compassion, gratitude. And not to forget... humour: the Buddha belly-laugh that fills the whole universe!

Once the link with this no-thingness has been consciously made, we can always return to this 'home' space during our further adventures in the identified state, to rest and recharge our batteries.

The second birth is our birthright. We don't have to make use of it - we can if we want to. Existence invites us to enter the world anew, combining the horizontal and the vertical dimension in ourselves. It leaves no stone unturned to goad us: it nudges, pulls and shocks.

Maybe we have to lose a loved one, a job or some other 'security', before we are ready to start some self-exploring. At times it is our aching body or our mental frustration that compels us (when we finally give up on pills and medical treatments) to turn within. And although no one can do our birth labour for us, fortunately existence provides us - at the proper time - with cheerful, encouraging midwives who can help us through the pains.

I am one such midwife. And nothing delights me more than to help existence in producing many colleagues!

Yoyo van der Kooi

