

Retreat with the shaman  
**NAGUAL UCHU**



## „Shadow work – Face your darker self“



Friday May 24 to Sunday May 26, 2024  
in Glüsingen, about 20 km south of Lüneburg  
(Northern Germany)

The so-called "shadow work" has always been an important part of shamanic practice. You cannot heal, awaken, expand your consciousness, you cannot become whole or claim your personal power if you do not deal with "your other half", i.e. if you do not do your shadow work.

### Core topics of the retreat:

- What are shadows? What is my shadow
- Shadow work in shamanic traditions
- The role of our beliefs and belief systems
- The importance of facing our darker aspects
- The importance of integration
- Techniques and practical exercises for daily life
- Open discussion and questions

**When:** Friday May 24., 2024 at 2 pm to  
Sunday May 26., 2024 at approx. 2 pm

**Where:** In Northern Germany about 20 km south  
of Lüneburg in the "Lichtheideheim",  
Glüsingen 4, D-21386 Betzendorf.

The Lichtheideheim is located on the edge of a  
forest area of approx. 3,000 hectares.

**Prices:** Seminar incl. full board 350,- Euro;  
Accommodation on site:

- a) Motorhome/ caravan from 18,80 €/Night
  - b) Own tent from 12,60 €/Night
  - c) Simple log cabin from 25,- €/Night
  - d) Simple log cabin with kitchenette & bathroom  
from 38,- €/Night
- a), b) c): WC & Shower in the so called Washhouse  
c), d): Plus 25,- € Cleaningcoasts

**Services** The seminar includes lessons, rituals,  
shamanic journeys as well as fellowship during  
meals and evenings around the campfire.

**Food & drink:** Vegetarian food will be cooked for us.  
Depending on the weather, we eat in the "old half-  
timbered house" (simple standard) or on the  
meadow outside. We have breakfast, lunch and  
dinner. Drinks such as tea, coffee and juice are  
available. Help with table setting, washing up etc.  
is requested.



### Nagual Uchu

He combines and integrates ancient knowledge and  
techniques into an urban-modern shamanism that is  
applicable to our everyday lives in the 21st century.  
For two decades, Uchu has been teaching and  
coaching ancient shamanic techniques adapted to  
modern life all over the world. He currently teaches in  
Europe.

Uchu comes from Latin America and practiced  
shamanism mainly in Mexico, Peru and Brazil. In  
Argentina, he belonged to Carlos Castaneda's circle.  
He lived together with various Indian tribes such as  
Q'ero, Xingu, Shipibo, Kaxinawa Huni Kuin as well as  
with African and Siberian shamans.

More information about Nagual Uchu:

- [www.nagualuchu.com](http://www.nagualuchu.com)
- [www.facebook.com/nagualuchu/](https://www.facebook.com/nagualuchu/)
- [www.youtube.com/@NagualUchu](https://www.youtube.com/@NagualUchu)
- [www.santonina.wordpress.com/links-kontakt/berichte/nagual-uchu-erstmalig-in-oesterreich/nagual-uchu-portrait/](https://www.santonina.wordpress.com/links-kontakt/berichte/nagual-uchu-erstmalig-in-oesterreich/nagual-uchu-portrait/)



## Shadow work

The term refers to the parts of ourselves that we prefer to hide, suppress, pretend as if they don't exist because we (our mind) judge them as unpleasant, ugly or undesirable in some way.

When we ignore our shadow, it affects us on a subconscious level, so we live out our lives unconsciously and from a place of imbalance. When we face our darkness (hidden aspects), bring it to light and understand it, it allows us to live from a place of balance, personal power and wholeness. Through integration we become a conscious co-creator of our life experience.

Uchu will talk about what our hidden aspects are and about our belief systems and mental programming. Other topics include how to address our "dark side" and how to face and deal with these aspects of the self.

He will introduce ancient techniques and exercises on how to deal with your own shadow and how to own it. Owning our shadow, rather than denying it, is absolutely crucial and necessary for a fulfilled, happy life and for the development of humanity.

**Booking:** Bookings for retreat and accommodation on site please contact Fred Hoffmann, Tel: 0172 5899080, Email: nickern@gmx.de

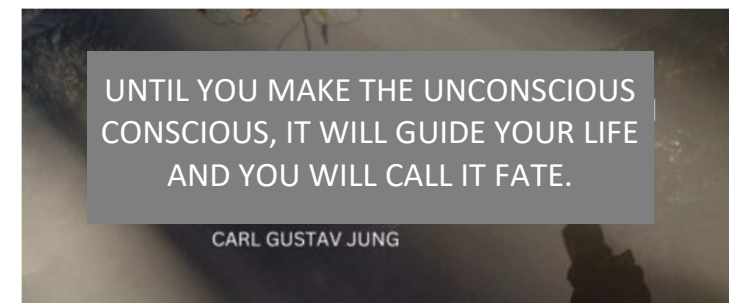
**Language** The workshop will be simultaneously translated from English into German.

**Accommodation:** Accommodation please book individually according to your needs, possibly on site or externally. Our campsite has been a well-known naturist campsite (FKK) for around 100 years ([www.lichtheideheim.eu](http://www.lichtheideheim.eu)). However, the retreat will take place in clothing. Both groups are asked to show consideration for each other.



We have some simple log cabins on site with hotplates, no bathroom and no heating or with a kitchenette and bathroom. You can also arrive with your own tent or camper/caravan. The sanitary facilities in the so-called "wash house" and the adjacent swimming pool are of a simple standard and are used by retreat participants and naturist guests. For a little more comfort, a vacation apartment for four people with kitchen and bathroom is available at the neighbor's.

**Arrival:** The seminar starts on Friday at 2 p.m. Arrival is possible on Friday morning or on Thursday. If you arrive by train or have problems with public transportation, please contact us and we will find a way.



## C. G. Jung and shadow work

For the famous Swiss psychologist Carl Gustav Jung (1875-1961), coming to terms with one's own shadow and integrating it into the overall personality is one of the central tasks of the human maturation process and represents an indispensable step on the path to becoming whole (individuation).

The conscious confrontation with one's own shadow is very profitable, because: *"It is often tragic to see how transparently a person messes up his own life and that of others, but for the life of him cannot see how the whole tragedy originates from himself and is nourished and maintained by himself again and again."* /wikipedia/

