
THE
REMEMBERING
ONLINE RETREAT
18-20 DECEMBER 2026

There is something inside you that already knows.
This weekend, you give it space to be recognized and embodied.

You don't need to be new to this path. You just need to be willing to slow down long enough to listen.

The Remembering is an Online Retreat for those who feel called to reconnect with spirit, with sensitivity, with the invisible intelligence that has always been alive inside and around them.
Across three days, we enter a guided ceremonial space through breathwork, meditation, cacao ceremony, emotional release practices, energetic work, and teachings on shamanism, energy, and the invisible dimensions of human experience.

This is not only about learning concepts.

It is about remembering what was never lost, only buried.

It is about directly experiencing what it means to feel more connected, more intuitive, more grounded, and more alive.
The retreat combines ritual, embodiment practices, guided inner journeys, and real spiritual tools designed to help you reconnect with your intuition, your body, and your own inner guidance.

WHO IS THIS FOR?

You sense that something in your life is shifting, and you don't have the language or tools for it yet.

You have been studying energetics, shamanism, or spiritual practice for years and you are craving a real immersion, not more information.

You feel the chaos and speed of this time in history and want a deeper map to understand what is happening, inside and outside.

You are tired of spiritual content that is too light, too vague, or too disconnected from real life.

You long for community with others who take this invisible world seriously.

You are standing at the edge of a deeper path and want to feel what it tastes like before you commit.

You simply feel called. That is always enough.

WHAT YOU WILL ENCOUNTER

The retreat is guided by Sufy Nola, founder of The Way Within, whose path of transformation began in the Amazon rainforest through profound experiences with healing and spiritual practice traditions.
Healing is not about becoming someone new, it is about remembering who we have always been.

We look at the moment humanity is moving through, what shamanism actually is and why it matters now.
We work with the cosmology of the invisible realms.
We begin to develop the most important tool of all:
Discernment - the capacity to know the difference between fear and intuition, between projection and truth.

Rather than focusing only on spiritual concepts, the retreat is designed to help participants directly experience greater presence, sensitivity, clarity, and connection in their everyday lives.

PRACTICAL

Each day has its own quality, its own rhythm, its own medicine.

What is Included

- Pre-retreat online introduction & preparation session
- Preparation guide and altar setup suggestions (before the retreat begins)
- Individual reflection exercises and assignments (Some participants use cacao, which we will recommend a source for it)
- Friday evening opening ceremony
- Full ceremonial day on Saturday
- Sunday embodiment & integration day
- Participant workbook & journal
- Guided meditation recordings
- Post-retreat integration support

FOR 99€

FRIDAY 18TH

The Descent

(From 4p.m. to 8p.m.)

Crossing from ordinary into ritual consciousness

- Opening Ritual
- Breathwork & emotional release
- Guided meditation
- Journaling & sharing
- Soft closing Ritual

SATURDAY 19TH

Opening the Invisible

(From 4p.m. to 8p.m.)

The ceremonial heart of the retreat

- What is energy? What is shamanism?
- How does energy work & move?
- Mapping of the personal moment
- Cacao ceremony

(home made - manual included)

- Experiential energetic practices
- Sharing circle

SUNDAY 20TH

The Return

(From 4p.m. to 8p.m.)

Grounding what was opened

- Personal energetic fields
- Discernment & nervous system
- The power of intentions
- Decoding energy & cyclical time
- Final ritual & integration



The Remembering is a doorway.

What waits beyond it is a full initiatory path.

Find out more about our programs:
www.mywaywithin.com

QUESTIONS...

- **Do I need experience with shamanism or energy work?**

No. This retreat was designed for both complete beginners and experienced practitioners. The only requirement is a willingness to have a real experience. Leave the concepts at the door.

- **I have studied with The Way Within before. Is this retreat relevant for me?**

Yes, absolutely. Each edition carries a different medicine, a different layer of the Medicine Wheel. Many students return season after season and each time meet something new inside themselves. The depth available to an experienced practitioner in this container is real.

- **What do I need to participate?**

A quiet space, an internet connection, and the willingness to be present. You will receive a preparation guide and altar setup suggestions before the retreat begins. Some participants use cacao, which we will recommend a source for.

QUESTIONS...

- **How many people will be in the group?**

The container is kept small, maximum 12 participants. This is deliberate. Ceremony requires intimacy. There is no hiding and no getting lost in a crowd.

- **Is this a gateway to The Seeker Program?**

It can be, but it doesn't have to be.
The Remembering is a complete experience in itself. At the end of the weekend, information about The Seeker Program will be shared for those who feel called to continue. There is no pressure. The path speaks for itself.

CONTACT & APPLICATION


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