



THE RITES OF INITIATION
SHADOW ILLUMINATION

TRANSFORM YOUR LIFE

A 12-WEEK ONLINE PROGRAMME WITH A
4-DAY RESIDENTIAL GRADUATION RETREAT.
DESIGNED TO ESTABLISH A FOUNDATION FOR
OPTIMUM PHYSICAL HEALTH, MENTAL CLARITY,
WELL-BEING AND SPIRITUAL AWARENESS.



GENESIS
HOLISTIC MEDICINE

ABOUT US

Genesis Holistic Medicine is an online learning platform and virtual community resource with residential offerings. We are committed to bridging the gaps between ancient and modern wisdom, science, and spirituality.

We share over 20 years of experience working with clients, offering knowledge and wisdom encompassing the healing virtues of dietetics and cell biology, psychology and Eastern philosophy, Chinese medicine and Andean Shamanism.

Our vision for Genesis Holistic Medicine is to co-create a world where lifestyle diseases and mental-health issues are eradicated, through integrative medicine and conscious community living with integrity, presence and compassion.

Our Shadow Illumination programme has been diligently refined since its inception four years ago, and graduate experience and feedback confirms that it fosters lifelong personal transformation. We welcome you to join us in this dance of life.

With love,
Dipika & Louie





HAVE YOU FOUND YOURSELF QUESTIONING LIFE?

- Do you wonder what your purpose is?
- Do you have the feeling there may be more to life?
- Do you find yourself repeating unhealthy patterns?
- Do you want to improve your health and mental wellbeing?

To find answers you must step out of your comfort zone, be willing to break free of patterns, surrender to the unknown and face your fears.

During this 12-week course we will support you through a process of 'shadow work', a fundamental step on the path towards spiritual growth and human evolution.

“UNTIL YOU MAKE THE UNCONSCIOUS CONSCIOUS, IT WILL DIRECT YOUR LIFE AND YOU WILL CALL IT FATE”



THE THREE CORE PRINCIPLES

The Three Core Principles are the cornerstones upon which you can build a comprehensive foundation for human health and transform your life. We combine modern medical science and self-contemplation with ancient wisdom and energy medicine to support you through this revolutionary process of personal evolution.



BIOCELLULAR UPGRADE

Biocellular Upgrade: Implement an epigenetic plant-based diet with intermittent fasting, morning practice of yoga, breathwork and cold water therapy. Integrate a regenerative lifestyle to grow a new healthy body with strong immunity, and vitality.



SELF-ENQUIRY: WHO AM I?

Self-Enquiry: Learn how to meditate and become the inner witness. A process of inner work through self-exploration, contemplation, mindfulness and self-realisation.



DEEP MIND TECHNOLOGY

Deep Mind Technology: Learn about the human energy field and experience the art of energy medicine through the magic of Andean shamanism and Chinese medicine.



WHAT TO EXPECT

Deep physical and emotional purification of the body, mind and spirit.

BODY

- Repair your microbiome
- Strengthen your immune system
- Detoxify your cells from the inside out
- Defat your liver to burn excess body fat
- Activate stems cells; grow a new body
- Improve concentration and creativity
- Recover long term memory
- Increase vitality

MIND

- Explore your core memories; examine your disowned parts
- Discover how your past shaped your world
- Learn how to contemplate and meditate
- Change your perceptions and beliefs
- Heal deeply embedded emotions
- Heal your relationships



SPIRIT

- Experience energy medicine
- Remove energetic blockages
- Extract intrusive energies
- Enhance your energy flow
- Practice the art of inner journeying
- Cut attachment cords
- Clear karmic imprints



DURING THE PROGRAMME, WE WILL SUPPORT YOU TO:

- Eliminate toxins and integrate an intermittent fasting regime to support detoxification, and create a daily practice of exercise, breathwork, and cold water therapy
- Grow a new body with a plant-based diet full of superfoods and neuro-nutrients, supported by high-performance supplements
- Get to know yourself through 1:1 self-enquiry sessions, transform difficult emotions and self-limiting beliefs, heal your relationship to yourself and others. Live a meaningful life of gratitude and purpose
- Clear your human energy field - receive 1:1 remote healing sessions from a Q'ero lineage shaman and experience the alchemy of sacred ceremonies and rituals





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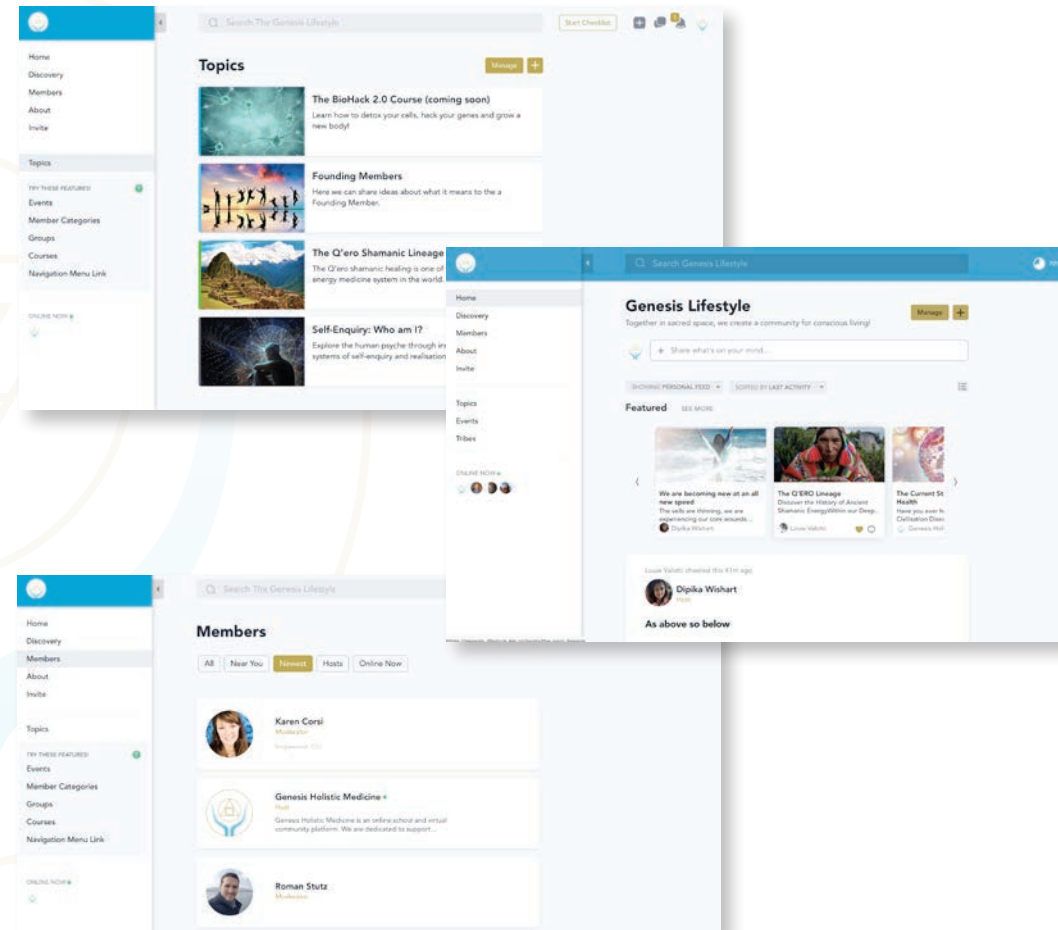
BECOME PART OF A CONSCIOUS COMMUNITY

ONLINE COMMUNITY & LEARNING PLATFORM

You will be invited to join the tribe for members of the Shadow Illumination autumn 2022 programme.

Here you can:

- Interact with facilitators and fellow initiates
- Receive programme updates and assignments
- Attend 1:1 sessions and weekly classes
- Post questions and receive support
- Stay inspired and committed



GENESIS
HOLISTIC MEDICINE



CLICK HERE TO BOOK YOUR FREE
30-MINUTE CONSULTATION

COURSE DETAILS

- Live Welcome session
- Weekly live group classes
- 6 x 1:1 sessions with facilitators
- 5 x 1:1 remote healings with a Q'ero-lineage shaman
- 10 hours of on-demand video tutorials with eBook
- Private community forum to share and support each other's journey

4-day graduation ceremony - This is the main event of your initiation, where we experience and integrate what we have learned. Your spiritual inauguration and a deeply healing experience.

Together, we practice the Three Core Principles, with yoga, breathwork, cold-water therapy, meditation and two Shadow Illumination ceremonies with integration, and much more!

COURSE DATES

- 12 Sept (7-9 PM CET): Official programme launch
- 22 Sept - 1 Dec (7-9 PM CET): Weekly Thursday class
- 3 - 6 Nov: Graduation retreat (4 nights)
- Weekly 1:1 sessions - by arrangement

APPLICATION

Please email to book your free 30 minute consultation:
contact@genesisholisticmedicine.com