Warriorskeep.com – Retreats

One aspect of Théun's purpose in this lifetime is to impart to humanity as much of its heritage as he possibly can. Committing the Toltec teachings to writing is one way he is endeavouring to fulfil this aspect of his purpose. Another way is through the medium of residential retreats. Due to the fact that the Toltec teachings have hitherto been a strictly oral tradition, and although Théun's love and warmth permeate the books he has written on the Toltec teachings, there is a huge difference between reading Théun's books and meeting him in person. Remember that the nagal doesn't actually teach you, but rather imparts a feeling which, technically speaking, 'colours' your rate of vibration, or, in other words, affects the level of your awareness, so that gradually and sequentially your overall rate of vibration is altered. The process is one of osmosis through personal interaction with the nagal. It is for this reason that the residential retreats are invaluable opportunities to meet and work with Théun, since it is at the retreats that you will experience the Toltec legacy, for which the Toltec teachings are merely the form or vehicle.

The retreats are not run as seminars or lectures on the Toltec teachings, because information imparted in this way is not knowledge. Instead, the retreats are experiential in nature. Théun interacts with participants at the retreats as he does with his personal unit of warriors, in that, true to universal law, participants must call forth the Toltec teachings, based on what is most pressing in their lives in the moment. In this way participants gain practical insights into why their lives are unfolding as they are, and they are then given the necessary tools with which to handle their challenges effectively; thereby not only gaining personal power, but also uplifting themselves.

An important point that must be understood with respect to Théun’s approach to the Toltec teachings is that although techniques of sorcery are encompassed within the history of the Toltec tradition, as a Warrior of Freedom, Théun does not embrace sorcery or shamanism in any way. Those techniques are grossly misunderstood, and do not lead in any way to freedom but rather to enslavement.

The retreats are held twice a year in March and in September. The venue is the beautiful and historic Monastery of Montserrat, on the outskirts of Barcelona, Spain. Every fourth retreat is held in South Africa. For further information concerning costs and dates please contact me.

*Russell Braithwaite
Man of Action to Théun Mares*

**COMMENTS FROM PARTICIPANTS OF RETREATS ON THE TOLTEC TEACHINGS**

"The only failure in life, is the failure to fight."

This is but one of the aphorisms Théun shares in his books, and it appears in several places. Each time I read it, I find it to be one of the most empowering statements I have ever read! Don't you agree?

You may ask, why? For me, it gives me the opportunity to see that I have all that I need, right here, right now, to lead an impeccable life! A path with a heart! What more can anyone give you, than this?

This is what I have found the Toltec teachings shows me - the opportunity to take responsibility for my life, to live an impeccable life, and Théun teaches us all how to do so in a most practical and real way. Yes, real! What do I really mean by real?

The Warrior's Path is a most difficult path, simply because all of life is happening around us all the time. Therefore, it is not just about feeling happy, but rather about embracing all of life - the ups, the downs and everything in between. Herein lies for me the true joy of becoming real. Why? Because we are all part of the One life, and when treading the Path with a Heart, knowing this and embracing this with all of my heart, brings with it REAL experiences! So yes, a most difficult path, but also a most joy-full path! What more can anyone give you than this - becoming real. What more can anyone give you, than how to see the beauty and joy in learning how to become real? I find this gift moving beyond words!

And ultimately, since it is you who are in charge of your life, it is also you who can take what Théun shares, and then run with it with all that you have.

Attending the retreats is incredibly special for me!

It is special for me because the retreats are a place where we come together to share openly our challenges, our joys, our concerns - whatever we are experiencing in our lives - in order to learn from them. Théun guides us in a most profound and warm way, to see the way forward.

And, it is this sharing and learning that makes me so acutely aware that even though there are people I don't know, I am a unit of the one life. It is there, happening right in front of us, demonstrated in action - this is the lead that Théun provides us with. It is special!

*Moya Campbell - South Africa*

Part of my experience of attending retreats and working with the Toltec Teachings under the guidance of my nagal and mentor Théun Mares, is that I now have a better understanding and use for the word RETREAT. This aspect of the teachings has enabled me to change my perception of who I am and how I fit in with the world around me.

These retreats are truly what they say they are!

*Lindy Aronowitz - South Africa*

Once in a lifetime something VERY special comes along. For me, this was the Toltec Teachings and meeting Théun Mares.

I always felt that there was something beautiful, mystical and exquisite about life, but that it was somehow just out of reach. A potential in how I might relate to life which I yearned for, but could not quite make my own. I tried many different philosophical and religious approaches and while each confirmed my feeling and gave me a further glimpse of another facet of what I was looking for, NONE was for me a practical and clear way of working that I just KNEW was right. Only when I encountered the Toltec Teachings did I have the certainty that THIS was where I wanted to invest ALL of my energy and I have no regrets about this choice.

Working with awareness and perception is a tricky business when you are challenging your own perception and all you have to go on IS your own perception. In this regard having the opportunity of interacting with Théun is invaluable. To make use of the unique opportunity offered by the retreats run by Théun is something I would without reservation recommend to any individual who is serious about wanting to make progress in understanding the Toltec Teachings and changing their lives.

*Neil Mason-Jones - South Africa*

There are many ways of describing what Théun and the Toltec Teachings have meant to me. However, I hope that the following may give at least some feeling for the sheer impact of what can never be truly verbalised.

"To be, or not to be" - this is a decision that faces every one of us in life. Mostly, however, we push it aside, and carry on with our lives. But if you wish - more than anything else in the world - if you wish ...  with ALL your heart, to BE, then the Toltec teachings, expressed by Théun, will show you how.

*Charles Mitchley - South Africa*

What touches my heart in working with Théun Mares is uncovering and experiencing the unique expression that I bring to life. This is not an easy thing to accomplish, as it requires of me to embrace all that I am; the good, the bad, and the ugly.  There are days that are full of tears, and others that are full of laughter, whilst others have sadness, and still more that have passion and enthusiasm for life, to name but a few. But it is in working with all of my different expressions on my journey that brings the richness and feeling of living life to the full, and to be the best that I am capable of in each moment.

I am on a journey to meet myself in a real way. It is through fighting my battles, whether small or large, that I get a glimpse of my true being, a power-full and beauty-full moment which spurs me on to fight even harder to uncover more of myself. When I say fight to uncover myself I mean to see beyond the lies that I tell myself about who and what I am, and any which way that I keep myself smaller than I might otherwise be. And this battle is constant, an act of survival, without which I would succumb to complacency and mediocrity. It is not the world out "there" that I really fight, but the inner battle to see what is beyond my current perception of the world. It matters not in each battle whether I will win or lose, but rather that I fight the battle in my own unique way, to discover what I seek. What I seek is the knowledge of my own being-ness, to be master of my own being, and to full-fill what makes my heart sing. What makes my heart sing is to play fully my part in life, and to serve life with everything that I have, for no other reason other than I can.

*Adrian Marsh - South Africa*

On New Years Day in 1995 I made what felt like the first conscious decision of my life. I decided to resign from my job of 16 years without having a clue what I was going to do next!

I had started with this company in South Africa when I was 27 years old. Being a late starter I began my waking-up process when I was 39 years old! And here I was in 1995, 43 years old and knowing if I stayed another day in this job I would probably get fired! The corporate skin just didn’t fit anymore.

It took another 6 months to leave the company as the CEO and I went into a dance of stay/go, but by the middle of June 1995 I knew I was leaving with absolutely no regrets whatsoever. I left with a "fare thee well" from my colleagues and on good terms with the “family” with whom I had spent almost a third of my life!

From society’s point of view I was a highly successful individual.  I had the high-powered job, the house, the car, the overseas trips, the live-in lover with his little daughter of three. What more could I want, and what on earth was I doing walking away from this success?

At a so-called spiritual level I had found a teacher who, along with his ball-breaking female partner, had been the facilitator of my wake-up call, but I was now questioning why his actions did not match what he was teaching me - and what’s more, I found myself following him down a path which looked more and more insane to me as each week went by! One month after I left my job and within 2 months of being invited into the Inner Circle of this so-called “not for the man in the street” secret society of which my teacher was also a member, we found ourselves kicked out and I was on the street sans lover and with a record of being the shortest living member of the Inner Circle in its history.

After an overseas trip with my mother with whom I had had no relationship for years, I returned to South Africa in early October to “retire”. Within 24 hours of my arrival, I was guided by my now reformed teacher to a gentleman by the name of Théun Mares. This with the idea that Théun just “may” have some teachings to impart to me, that would take me in a different direction from where my seemingly directionless searching had brought me thus far!

I was sceptical of anything my “teacher” was bringing me by this stage, and when Théun greeted me with a “Oh so there you are! I’ve been waiting for you for the past two years”, I was ready to hightail it down his driveway!

Théun lent me a copy of “Return of the Warriors” which was still in draft form at that stage – two weeks later I was running two Toltec classes a week with 30 people in each class, and didn’t have a clue what I was doing, but it was working and I was having FUN!

The minute I stopped to THINK about what I was doing, I panicked and called Théun to say that I had caught a bus and now didn’t know what to do with it! I had never heard of the Toltec teachings, I had never heard of Carlos Castaneda, I had not even read any of Carlos’ books. For heavens sake! Just a mere 4 months previously I was Financial Director of a multi-national company! What was I thinking?

Théun laughed his head off and suggested I should come and see him. What did I find out? – That I had unwittingly tripped over my Path with a Heart - a path that makes my heart sing then, as much as it still makes my heart sing today, some 11 years later!

And imagine my surprise when Théun published “Cry of the Eagle” in 1997 and there I read in the first paragraph of this book: “On 13th June 1995 there occurred what has been to date perhaps the most significant full moon in the history of humanity. On that day all of life upon the planet entered an unprecedented era……”

What a privilege to have woken up at this time. What an honour to have been prepared thus for this journey. What joy to have found my Path with a Heart when I least expected it. What a full heart I have, to have been invited to accompany Théun on this momentous journey, my friend and nagal, a man who leads by example in showing all those of us who work with him, unconditional love in action.

*Elizabeth Schnugh - South Africa*

I may never get to know whether I found the Warriors’ Path or whether the Warriors’ Path found me. But what I can frankly say is that after my first retreat nothing is like it used to be. My life since choosing this Path feels like the ceiling of the Sistine Chapel under restoration. The gray layers of smoke and dust started to come off one by one, revealing for me the true, breathtaking beauty of life.

*Anahid Kasparyan - United Kingdom*

Having joined this band of crazy people on this path, I have begun to see how very beautiful this gift of life is and how very asleep I had been to the tremendous contribution that I, as a unit of the one life can make. How awe-inspiring, as Bernard Shaw once said, 'to be used for a purpose bigger than oneself' and to be 'fully used up' before I die. There can be no greater gift than this. Here we are in this garden of Eden. We all have the choice to rejoice in its splendour and our splendour as magical creatures of the universe, or to destroy it and in doing so destroy ourselves. What a choice?  I have seen that the same amount of effort is required whatever choice is made. But for me, the fight for freedom is one that I will never give up. No human-made laws, rules or regulations will keep me from rejoicing in and materializing my vision and dream of absolute freedom for all those willing to fight for it.

*Amanda Woods - United Kingdom*

The Toltec Teachings are the heritage of humanity. Everybody has got in touch at some level with the essence of the teachings when one knows that he or she gives their best.

Working with Théun and attending the retreats is helping me to start living my life fully.  And it starts from a simple act like peeling the potatoes impeccably. Contrary to what most people believe, only this practical approach reveals the beauty and magic of Life.”

*Iren Merdinyan - United Kingdom*

What struck me from my first retreat experience was the utter simplicity of Théun’s guidance.  What also shocked me at first was that, although Théun’s guidance made perfect sense, I was surprised I did not see it myself.  This has always been, for me, where the real power of a retreat lies.

The group of core members has also been a huge support in my learning.  This is a group of people who share a sheer willingness to live the Teachings.  The quality of experience that is had in interacting with them is something I have always treasured.  Not only have they helped me in exploring all of the implications of Théun’s guidance, but they have also brought me much guidance to work with, based on their own experience.  All of the retreats have been so rich in gifts that each retreat has inevitably marked a definitive change in my life, and always for the better.  These changes have always come about from applying the knowledge I gained, both at the retreat and from participating as a core group member.  I always look forward to the next retreat, because I know it will be full of new gifts and wonders that I could never hope to predict.

*Duane Hudgins - USA*

The teachings are some gate to a totally new world, equally frightening and beautiful. The fear of this world is fear of being alive. The less one submits to such fear the more beauty that world reveals!

*Ivan Slavov - Bulgaria*

By attending the retreats I learn a great deal about how to live an impeccable life. We all enjoy impeccable actions in the movies, but they are artificial. We can always see some examples of impeccable action in day-to-day life, but it is rare. We always remember our past impeccable actions, but they are in the past. So, how does one live an impeccable life all the time? The retreats provide many examples of real people leading impeccable lives. It is beautiful!

Although I find the retreats always take a lot of energy, they nonetheless also bring me the opportunity of acquiring knowledge that is uplifting. It is knowledge about life, about friendship, about relationships and about me. Théun helps me to believe that I can lead an impeccable life. I know that my life depends on me alone. Thank you, Théun, for your support!

*Anton Zyuzkov - Russia*

The retreat for me was the starting point for my new life. I wanted it, intended it and was waiting for it. Together with the books it gave me a good kick out of my world of illusions. However, as the illusions started to shatter, I felt devastated. I tried to keep my balance by succumbing to my old habits, but this only made me feel like a helpless coward. The only way to stay on my feet was to follow the Teachings.

The retreat left me with the feeling of being acknowledged, a sense of calmness and gratitude, because my heart was singing in unison with those around me.

Now I look back and can see that I had lived with my eyes wide shut. I have no wish to return to that life.

*Anna Zyuzkova - Russia*

I have never before been to a retreat of such quality, and I don't know if anything like this exists anywhere else. Maybe you can resonate with me in recalling some outdoor activity, or an office training session, which was interesting on the one hand, on the other hand something essential was missing. You can probably also recall feeling at the end of the day, "Where to from here? What was that all about? Haven't I just wasted precious time?"

Well, if you do, then I am sure that you will find the retreats run by Théun Mares to be absolutely different. Not one moment can I claim as having been wasted, and not one word spoken can be labelled as a "blah-blah", having nothing to do with reality. On the contrary, every one of Théun’s words, and also every word spoken by the participants in the group, came from the heart and conveyed the beautiful reality of those beings.

As fate would have it, I haven't attended a retreat for a while now, but still I hold within my heart the warmth and love I experienced there. It is simply a spiritual nourishment that has no end.

*Anton Bronnikov - Russia*

It is difficult to verbalize my feelings about what occurs during a retreat. I found myself surrounded by the greatest warmth I've ever experienced in my life. So I had a great opportunity to learn what real support means, and what the difference is between supporting, as opposed to trying to "help" people by doing their work for them, or by telling them what to do. The second thing I learnt is that any knowledge is only worth something once it is turned into action. So you may think that a retreat lasts for a few days only, and although this is true, in reality it lasts for months and years. You need to take all of the guidance and new knowledge gained into your daily life, and then live it.

*Elena Sveridova – Moscow, Russia*

I have been attending retreats for six years now. As I walk the Warrior's Path, it feels like I take small steps. Yet with each retreat, I feel that I make a leap! A leap in getting to know myself more, in opening up to others, and in gaining a greater understanding of what it means to me to live my life in this way. I come away with a greater sense of clarity on the key issues that I am working with in my day-to-day life. I really appreciate the practical, grounded approach that Théun Mares takes, and the way he is able to support people, by working with them to find their own clarity. I feel that I have gained much from the personal guidance I have received. Using the concept of mirrors, I am also able to learn from what others share. Over this time there has been a growing sense of genuine friendship and warmth, which has become increasingly precious to me.

*Tania Marsh – London, United Kingdom*

I have attended Théun Mares’ retreats for the past 6 years. To put it in a nutshell, the teachings imparted in Théun Mares’ books and retreats are only for those who want to learn about the true art of living fully, and who are willing to let go of all preconceptions of what this entails. The retreats provide the unique opportunity to get a stronger feeling about the real meaning of these valuable teachings through Théun Mares’ personal guidance, as well as the input from other participants. Not recommended for those who just want to keep the "status quo" and stay where they are in their lives.

*Mayra Colón – USA*

It has been my great privilege over the course of the last four years to have attended several of the retreats held by Théun Mares. Each occasion has changed my life by forcing me to examine and re-examine both my past behavior and my view of the world. Every retreat participant is not only encouraged to express his feelings and to share his challenges, but is also granted Théun’s personal guidance. This alone is the chance of a lifetime. Also, in the course of time, Théun has revealed to me both my direction and my predilection. This was an unexpected gift for which I will always be grateful.

Let me say one last thing with regards to the importance of Théun Mares' retreats: A friend of mine, after learning of my interest in the works of the late Carlos Castaneda, asked me if I didn't think I should seek out a nagal. I told her that such beings were rare and that it would take an incredible stroke of luck to find one. I know now that, for me at least, that stroke of luck has come. Thank you, Théun, for being both my mentor and my friend.

*Anthony Dale Gagliano - USA*

Théun Mares' retreat in Scotland was a most memorable experience. Théun Mares has an ability to provide practical guidance and vast wisdom on a variety of life topics from work and personal relationships, to business and science. Théun Mares is able to know exactly what I am personally experiencing, and his subsequent guidance illuminates a planned approach or a path of action I could not have previously seen. Moreover, he does so with a great sense of humor, humility and warmth. I must admit to feeling somewhat melancholic when it becomes time to go home after the retreats, and to put Théun’s wisdom and guidance into practice.

*Jorge Colón – USA*

During the retreat, and throughout the discussions, I felt time and time again taken back to the bigger picture of things. By looking at the bigger picture it was easier to see more clearly what the real issues were. In addition, I also felt that I was learning to listen, to really listen to what others were saying, as well as to myself. I became even more aware of my fear of exposure and, if I may say, the words that remain with me are "trust the process". The entire retreat has been a valuable experience and with these few words I cannot fully describe the importance of that experience to me personally. I feel truly honoured to have been able to attend and to be with others who wish to learn about themselves just as I do.

*Mark Brettin - USA*

I feel I have to start my comments by referring back to my first retreat. Upon returning home from that retreat, I could feel a tremendous energy building up inside of me. Two days later I had a completely transcendental experience. All of a sudden I "knew" about the source of the One Life; I could almost "feel" the emanations. I also "knew" about the cycle of death and rebirth. (Unfortunately I cannot put it in any other way, for the verbalisation does the experience a huge injustice). This lasted for about four days. Later on I discovered that it must have been a shift of the focus as described in Volume IV of the Toltec Teachings by Théun Mares. This has been for me a point of reference ever since.

At this past retreat then, I thought I had at least some idea what to expect. But how can one expect the feelings triggered by the symbol for unconditional love that kept us company during almost the entire retreat? How can one expect the effects upon one from the impact of the nagal's awareness, or the "inevitability" of the guidance he has to offer?

This time I was waiting for a shift of focus to happen again; I was longing for the same transcendental experience. Then I realised that from now on I'll have to work hard for it. Théun is right, life is not a holiday, and this is the only work, this is the only path, that makes it meaningful for me. Having experienced the nagal's embrace I now know that freedom has a scent.

*Sotiris Galanopoulos - Greece*

It was my first retreat, and I was excited. But what I found astounded me! There was an atmosphere of warmth and friendship, an atmosphere I have never experienced before! And if I were to say what I gained from the retreat, it is knowledge about friendship.

*Maxim Sviridov - Russia*

It is difficult to describe the retreats because they are not at all what they appear to be. I never know what to expect, and therefore attend them with a full openness. I try to never miss a retreat.

*Ivan Slavov - Bulgaria*

I would like to share my opinion of, and the inspiration I gained from, my first retreat. I prepared for this experience for nearly a year. I asked myself whether this wasn’t just an ordinary seminar run by the author of these books. But ultimately I realized that it was all of my unsuccessful days and unsuccessful relationships that had lead me there. From the first day I understood the difference between a seminar and a retreat. Over the period of four days I met and worked with people from different parts of the world who were there to find and then walk the Path of Freedom. Some of these people were most heartfelt in their desire to achieve freedom, and all of us were willing to receive even the most hard-hitting words for the gifts of power they are. All of us had enough openness of heart to co-operate intelligently with each other, and to take on board every seed of Théun’s guidance, so as to put that guidance into practice in our daily lives.

Instead of a lecturer, I found a master of a life-supporting teaching. On the last day of that retreat I could sense myself standing tall and full of respect - respect for myself, respect for the world around me, and respect for my teacher. And now with the passage of time, and facing all the challenges within my life with that same sense of respect, I am beginning to reveal the hidden beauty within that teaching, and the beauty inherent within my life.

*Velislav Rashkov – United Kingdom*

What touches me about the residential retreats is the beauty of people which is revealed. Through the openness of the participants, and the guidance of Théun Mares, a space is created where people can safely share the challenges they face in their daily lives. Within that sharing we learn that all those so-called "dark things" we keep hidden, are not horrible sources of shame and guilt but, firstly, very similar to what others experience; and secondly, contain within them invaluable treasures for those with the courage to face them. Through such sharing, the true power of the Toltec teachings is revealed, amidst a warmth that makes the beginning of friendships seem inevitable. One leaves a retreat knowing that never again will life be the same, and that is a very, very good thing.

*Duane Chung - Ontario, Canada*

The retreats run by Théun Mares, particularly those on ‘Relationships’ and ‘The Passive Male,’ have assisted me immeasurably in starting to learn to relate intelligently and with purpose to myself, the people in my life and the world around me. For many years I had felt ‘lost’ and ‘out-of-sync’ with life in not really sensing a solid and tangible purpose within myself that I could relate to. This led me to keeping myself busy with do, do, do, but really missing the richness and the poignancy of taking solid steps one after another in building the types of relationships that I want in my life.

In working with Théun at the retreats, I have started to discover that life is a feeling to be experienced and not, as I had always ‘thought,’ a mission or an intellectual problem to be solved. Théun’s openness and warmth, combined with his strong sense of purpose and direction at the retreats, inspire me to want to find these things within myself and to take ownership of them. Théun’s guidance cuts through what ordinarily might appear a complex and difficult situation to untangle, and has greatly assisted me to take a more simple and objective view of my life, and to take the required action to change my life.

*Adrian Marsh – United Kingdom*

Attending the retreat was a life-changing experience for me. I expected it to be lecture-like but found it was all about real-life challenges. We all shared where we were at in our lives and what challenges faced us at the time - anything from situations at work to relationships and marriages. Théun gave us practical guidance that was relevant to someone on the Warrior's Path. It was also great to be with like-minded people, and I learnt a lot about doing my best in life, rather than wanting life to be different.

*Oliver Mueller - United Kingdom*

What amazes me about the retreats is the utter simplicity, yet seemingly paradoxical richness of the experience. By this I wish to convey the absence of clutter, the pureness of feeling and the openness of exchange. When participants share I can't help but smile when I realize how we really are units of the One Life. Théun skillfully draws out what's at the heart of the life experience being shared by each participant, by working WITH the participant, rather than just giving him or her the answer. There is much richness of learning for me with so many mirrors in the room, and much to take away to put into practice in my daily life. It’s a joy to experience, and it is hard to say goodbye at the end.

*Damini Chung - Ontario, Canada*

My first retreat was a shock! Here were people willing to take full responsibility for their present perception of the world, as well as taking responsibility for the actions and the consequences that flow from that perception. They have a deep willingness to learn about themselves through a dynamic combination of reflection and action that, quite honestly, staggered me.

As time goes on these people’s example continues to inspire me to look at those things that I simply have not seen in my own perception and behaviour. The truth is that I have not been willing to see. Théun has often reminded me of the truism, "There are none so blind, as those who will not see."

Théun's qualities of honesty, clarity, simplicity and cast-iron integrity provide an atmosphere of true open-ness and learning. It is a joy to be there.

The retreat was a turning point in my life. Life has not become any easier; in fact in many ways it has become far more challenging, but in this I feel that I am living rather than merely existing. Life has become richer!

*John Waine - United Kingdom*

Should you attend a retreat with Théun Mares? Only if you want to save time - lots of it!

I arrived at the retreat the product of 20 years of new-age seminars, reading and meditation. The trouble was, while my mind was full of blissful thoughts, my Fortune 100 executive career and relationships were in shambles. At the retreat I turned an important corner. I realized that each of us uses our 'studies' – our armchair ‘knowledge’ – to justify who we are, and what is happening to us. The truth is, no one deceives us more than we deceive ourselves. Théun Mares helped me begin to see where I was deceiving myself, and for the first time, I glimpsed freedom.

Attending a retreat with Théun Mares is to learn about truth and love. I realized at these retreats that I knew nothing of either. ‘Truth’ was whatever supported my view, and ‘love’ was being ‘nice’. No wonder my life had become a mess. Théun Mares embodies ruthless honesty and unconditional support, and speaks the truth with laser precision. While this may sound simplistic, George Orwell said, “In these times of almost universal deceit, telling the truth is a most revolutionary act.” Théun is leading a one-man revolution. You cannot attend a retreat with him and not leave with some of that.

*Otis Woodard - USA*

The retreats keep my feet firmly on the ground and my head out of cloud cuckoo land. It is often from looking at the seemingly little things in my life that I find the keys to myself, such as how I relate to a friend, or how I feel when the house goes quiet at night. Théun makes everything seem so simple. His warmth and knowledge are amazing. What is just as striking is how I learn about myself when all the participants share, even on issues I had not really seen before. The participants clearly care deeply about themselves and about each other, and over the three years I have been attending retreats these participants now include some of my closest friends.

Great surroundings, great company, great food, and if it is right for you, it will change your life!

*Katy Longstaff - United Kingdom*

I have learned to trust the process of life, to accept it and to relax into it.

*Onnik Merdinyan - United Kingdom*

I went to my first retreat in Scotland, 2003, because the Teachings rang true for me, and I wanted to learn more about them. This was also an opportunity to explore the unknown, and to go on an adventure in another country. It was the first time that I'd been overseas.

When I finally encountered Théun and the other participants at the retreats, many of whom had met Théun before, I felt an internal struggle. On the one hand, as a seeker of truth, the expression of truth in the Teachings touched me beyond all words. But on the other hand, what I hadn’t really considered is what it would be like to try to INTEGRATE this truth in a practical way with many others who found the same Teachings, while not getting hooked to personality conflict or to political correctness. I was considering this while struggling with my deep desire to open up with people, and to live the Teachings, while simultaneously feeling a strong tendency to want to close myself off and hide, or to react.

Inspired by Théun's humility, sincerity, and light-heartedness in all of this, I saw more clearly than ever that there is a BATTLE going on which hinges at any moment on where I place my FOCUS: to listen to my HEART or to allow myself to be stuck in my MIND. What is at stake in this battle is my expression of my REAL being, verses my self -image… expressing what I really AM, as opposed to what I have been demonstrating out of habit, fear, or pent up emotion. The question was, will I engage this battle, or hide?

Since that retreat, I have attended others, and whenever I return, I take home what I am learning. I find it hard to express this learning in words, in terms of knowing how to work with the tensions in life in order to bring about the upliftment of myself and others. This knowledge is important to me because I want to be the best Gary I can be.

I am also learning what it means to interact in a Group, with each member contributing their unique directions and predilections. For me personally, I also feel an inner desire to soak up as much of the Toltec legacy as I can, while this rare opportunity is available. I feel compelled to spend my time interacting with Théun, a nagal of the Toltec tradition, and with others on this Path who are all also learning WITH me. For what IS the use in me HIDING my REAL self from others NOW, when at the end of the day “there is nothing covered that will not be revealed, nor hidden that will not be known”?

Having said this much, I will conclude by saying that this work is not for everyone. Participating at a retreat and meeting Théun is a life-changing experience, but it is not a magic wand which “fixes” one's life. The retreats are filled with real people who have real-life challenges. As for me, I am simply working at learning how to be as open and as honest as I can possibly be, and attending retreats helps facilitate this for me in an a way that is unlike anything I have ever experienced. They have set a TONE which has helped me bring about more real JOY in my life, and in turn I am sounding out a TONE myself. This work is not easy, but it is, for me, part of my Path with a Heart.

*Gary Schuetz – USA*

This was my third retreat and I’ve found that each retreat builds on the previous ones; such that it has become a journey on which I’m discovering that my life is only what I make it. Attending the retreats is a unique opportunity to gain a different perspective on that journey, and to share and interact with others who, like me, are learning to walk the Warrior’s Path. Each retreat I attend seems to have a profound effect on me, in that I’m different in some way, which only becomes obvious later on.

*Robert Marsh - United Kingdom*

I have attended several retreats with Théun. Over this time my business has grown substantially (tripled in size) and I often wondered why? The past two retreats, with the challenging themes 'Relationships' and 'The Passive Male,' have provided me with the answer.

My business uses the World Wide Web. However, I can see clearly that it is the Web of Life - the interconnectedness of humans in a Web of Relationships -which is the quality that makes the difference. The warmth I feel for life creates strong business relationships, whether with my customers, suppliers or employees, so that everyone connected with the business gets uplifted. Then everyone succeeds!

The retreats generate huge insight, openness and warmth. Frankly, they have transformed me, my business, my relationships and the quality of my relationship with my Self.

*John Lavan - United Kingdom*

Participating in a Théun Mares Retreat was truly eye-opening and incredible for me. The Toltec Teachings, coupled with the guidance and insight of Théun Mares, really did change my life. Putting the teachings into practice in my life did not take away the challenges. On the contrary, many of my challenges became more intense. What it is doing is helping me to change my perception of my life and challenges into one that is more honest and real. For me, the process of pulling away the blinders in my attempts to become more real is a really exciting process, which makes my life truly worth living. This, to me, is a most incredible and valuable gift. Thank you, Théun Mares!

*Ekaterina Tatarovitch - USA*

I have taken part in three retreats in the UK so far, and it is not an exaggeration to say that each one of them is a whole chapter in my life. Receiving Théun’s guidance and support, as well as the privilege to share the journey with other participants, creates a great many opportunities for learning, firstly, about myself; and secondly, about Life and my fellow companions!

Having had big problems for most of my life in communicating and interacting with other people often makes it difficult for me to express myself. However, the more effort I put into meeting these challenges, the more capable I feel as a result. Being at the retreats with so many strong people of different ages and backgrounds provides an excellent opportunity for me to interact and communicate, and it is a most valuable experience being encouraged and inspired by the warmth and support of my fellow participants.

If I were asked to describe my feelings about the retreats, I would say that they are a 'whole-body' experience. The openness and the willingness of so many people, from all over the world, to share, to explore and most of all to LEARN, provides a warmth and intensity that can only be experienced, but not described.

After retreats, the strength and knowledge gained through these interactions allow me to participate in life more freely, and to find my purpose bit by bit, thereby starting to make a difference in the world. I also greatly treasure the beginnings of the friendships I have started to develop with all of my fellow participants.

*Yuri Proskuryakov - United Kingdom*

At the first retreat I attended I expected to be told about the Warrior's Path. At the second retreat I expected to be told how to live the Warrior's Path. What I actually do learn and take away from each retreat is how to use my daily interactions with people, and the events in my life, as a way to live the Warrior's Path.

By listening to the guidance that Théun provides, and through my personal dialogue with him and the other participants, I am able to wake up and see that life is not what I thought it was. Now the challenges are still coming and seem even greater. But the battle is different for me - I now battle to learn more about myself and to become more true to my Higher Self.

Having attended a number of retreats I now have a group of friends that I miss as soon as I am back home.
And even though we have an e-Forum through which I can interact with other members, it is at the retreats that I can begin to build friendships from the conflict and camaraderie that I experience there.

*Theodore Reimer - USA*

Attending the retreats has become the highlight of the year for me. The opportunity to spend these few days, and to work with Théun, Russell and the rest of the participants face to face, side by side, is a truly great experience. I am learning more and more about myself and the world in which I am living. I have found the potential within the mystery we call the Self. I have found my way within the mystery we call Life, which is for me a Path with Heart. The courage and openness of Théun, the quiet strength and honesty of Russell, and the willingness of the participants is really inspiring.

I know that words at times are not useful when we are trying to express something that transcends words, but nonetheless, thank you from the bottom of my heart.

*Boyan Milanov - United Kingdom*

I wish to express my heartfelt thanks to both Théun and Russell for a most uplifting and productive retreat! Two of the areas I have been struggling with most regularly have been the way I approach communicating and how to be more receptive towards others. Here you have been so supportive in guiding me to a greater understanding of how conflict is not to be avoided but used to fuel an ever more inclusive approach towards life. I can see that I have more often than not avoided my responsibility for fear of feeling 'bad' about myself. But all that this has done, is to take away an opportunity for both parties to learn! Now I intend to drop the self-judgement and stand firm in my knowledge. Of course this will not have the desired effect unless I am equally willing to listen with every fibre of my being to what is being said, beyond the face value. In doing so, I will learn a great deal about what it is to be receptive. As always this starts with listening to my Self.

*Andrew Holmes - United Kingdom*

Attending a retreat with Théun Mares cannot adequately be put into words, but has to be experienced first hand. His ability to clarify issues, and to guide the participants through life's challenges, is remarkable. This is not to say that challenges are neatly 'sorted out,' but rather that we are guided into recognising them for what they really are, into meeting them head on and into learning from them.

The openness, honesty and genuine willingness to share by all who attend, makes each retreat a truly unique and uplifting experience.

*Peter Hamlett - United Kingdom*

I found that attending retreats pulled many things together for me in a most immediate fashion. When you read Théun’s books you do the best you can to apply them in your life in a practical way. But working with Théun to address a challenge that you are working on in the moment, makes the teachings relevant in a supercharged way. Théun works with all of the various issues of the participants, but ties the threads together so you can see how all of life is interrelated.

Also, spending 3 – 4 days with others who are similarly striving to live the Toltec teachings provides great support.

*Bradley Harris – Texas. USA*

Théun leads by example, and the retreats reflect this. His ability to truly listen and to provide guidance makes all the difference when one is open to learning about oneself. The retreats take you out of your everyday world, and open you up to the magic of life, and the possibility of shifting your perception. It is one thing to read the books, but to experience and see the techniques in action, can be life-changing if you are open to the challenge of being ruthlessly honest, and willing to learn about yourself! It is both scary but also the most worthwhile thing I've ever done.

*Shirley Harris - Texas. USA*

For me life is sometimes like being in a blender, with the setting on high. It is a great fortune to be able to share experiences with others. Sharing does not slow down the blender, which is great, yet it does allow the processing to be a little smoother. The blender of life is always on, and it is not my place to determine its speed and duration, yet I am able to choose whether I am "chopped" or "pureed". It is a beautiful thing to see others swirling around with me, who have chosen to be pureed, and who at times remind me, "Hey, this blender isn't going to stop, you know. Might as well enjoy it."

Blenders bring individual ingredients together and make them whole, yet each ingredient is still distinguishable, and if even one is missing the flavor just isn't the same!

*Joshua Reese - USA*

I was nervous about attending the retreat, not knowing where I was going, who I was going to meet, and having read very little of Théun's work. I felt very 'green'. Nevertheless, for whatever reason, I went ahead and was so pleasantly astonished by the warmth, sincerity and gentleness with which I was received. Nothing was ever handed to me on a plate and yet I always got what I needed. The experience was powerfully subtle and deeply stirring. My words now seem a limited tool with which to describe what went on for me. I felt a sense of joy and fear that this is exactly what I had been looking for, for so long. I had so much fun too. All in all I felt a sense of finding a company of travellers on a journey, who have made their mark on me. I hope that I can travel with them!

*Amanda Woods - United Kingdom*

I came to this retreat with 20+ years of new-age seminars. I was thinking, “Another one?” Sure, I’d always feel better after each one of these seminars, but to be honest, nothing changed. But by the end of the retreat with Théun Mares I could see that his work is nothing like anything I had seen before. Intensely practical, Théun works with what is going on in your LIFE and does not get mired in feel-good, ethereal concepts. So if you want a mind massage, go elsewhere. But if you are sick and tired of no real change in your life, see Théun Mares in action. He will not only show you the power of discipline, discrimination, impeccability, love and truth, he will embody it for you. You would have to be a brick to be in the presence of this and remain unaffected by it.

Is Théun Mares the real thing? Yes. I am a successful business and personal coach and I have trained with the best of the best. I learned more about myself and how to work with others from three days with Théun than all the others combined. Why? Because he isn’t an expert, he is a master. As I sat in the retreat I was astounded to see Théun cut through the façade and smoke screen of human folly and illusion without fail, again and again. I personally saw Théun - in three exchanges – lead several participants to insight that would normally take years to discover. This is rare: That’s a master.

*Otis Woodard - USA*

**The Power of The Male**

Upon arriving in South Africa I was fearful and fanciful in my idea of how to live as a Warrior. In Hopefield I sensed a stirring bond of camaraderie and of hope that I had never felt before, thus I failed to fully understand the warmth I was shown. Arrogant and rational, I constantly questioned motives in terms of not believing in sincerity. Upon my return home, subtle changes had to be made daily in claiming self-discipline and self-respect, so I could feel this warmth towards myself. Slowly I began to stop indulging in habits that I previously used as escapes, and this gave me a feeling of self-respect that grew with each day. Eventually I found enough control over my actions so that I no longer searched for those escapisms. True male warmth exists. This retreat was a door that opened my belief in such warmth.

**Stalking With The Heart**

The first residential retreat Théun held in North America was literally, magical! Moments of the most poignant realizations, feelings of vitality and a thrill for life. What most affected me was a letter we were requested to write to ourselves, as if tomorrow would be our last day on earth. Treating ourselves as our best friend, and knowing that there would never be another chance, what would we say? I remember my tears flowing, my passion for life, my heart aching, and the moment I saw how I had yet to give myself the love I longed for. The main aspects I took from this retreat were to shift the focus from complexity to simplicity, to fight to be wide-awake in every moment and to listen with every fibre of my being. As I start to do these things I find myself re-acting less often and viewing my world and my challenges in a new light.

**The Madness of the Dream [Calling Forth The Teachings]**

In preparation for this retreat I was exploring my self-image and view of the world, thus how they interact to affect my experience of life. During the retreat we were guided into dealing with "threads" that have been woven into our dreamed reality and how best to explore these threads in terms of gaining our freedom. It was not easy! Being scrutinized in such light left me with an uneasy feeling, yet there is no other way and I am learning to view my shortcomings and challenges as my ticket to freedom and passage to power. Humility and gratitude gripped me in New York. As I returned home I realized that my past carries consequences in respect of my development, yet I can only start from where I am now. If I ever wish to walk as a free being on this earth I must savour all I experience in this lifetime. No moment ever comes back. We never can predict the whims of Power and Power always lies in the moment; this retreat emphatically made this point clear and I remind myself of this as often as necessary.

*Jared Windhauser - USA*

For me, the biggest part of the retreat was summoning up the courage to attend. Because of the large fee, and the distance I had to travel (two days drive, in an old van), it forced me to re-assess my priorities in life. The day before I left I fell ill. Despite all my doubts, I prepared as if I were going. My day of departure, I felt better and started driving. I was filled with doubts, and I turned around twice. Finally I stopped on the side of the highway, and I looked at my decision; the comfortable known, versus the wondrous, empowering unknown. I believe in that moment I entered the mood of the Warrior and drove south.

I did not know what to expect, as it was my first retreat of this kind. Maybe I expected to meet a wondrous sorcerer who may just shift my assemblage point into an alternate world, and change my life forever? But thankfully, I found two humble and incredibly impeccable humans, who gave their love abundantly and taught practically; through example and by answering questions.

I left the retreat with a confident warmth inside, which lasted a couple of weeks, until I regressed into my old self-image. But the effect of the feeling I left the retreat with, was powerful enough for me to measure it against the lack of fulfilment I was feeling, due to being stuck in my self-destructive world-view. And, remembering that feeling and the impeccability of these two spirits I had met, gave me the strength to once and for all abandon my "life" and strive for the freedom of the Warrior.

This proved to me, that despite studying the teachings and meeting these fine warriors, "I" am solely responsible for my own development and unfoldment as a magical being of the universe. And this is only accomplished by LIVING the teachings - the most difficult act, but much more encouraging and enriching with the support of Théun and his unit of Warriors.

*Blaise Ryan - Canada*

I came to the retreat without knowing very well what to expect, but I felt that it was an event of great importance in my life. My goals were to meet a real nagal, to hear his assessment of me and that am I capable of becoming a warrior and to ask him about my Jewel.

Like everybody else there I was talking with Théun about the most pressing problems in my life, which was in a total mess, and I was itching to abandon just about everything in it. Théun gave me a few basic points or threads about myself and my behaviour; working with which I was able to get a deeper understanding of myself. The guidance given to the other participants was also applicable to me. It took me months to put some order into the intense experiences during the retreat and to 'translate' at least some of his words to my daily life. This process made me realize that I have called forth and have been given true knowledge of self. So, it would not be a cliche to say that the retreat changed my life. And it did so for good.

On the other hand the atmosphere of the retreat was unique in itself, filled with genuine warmth and friendship. It was amazing to see how we people, generally speaking, as closed as everybody else in our daily lives, can interact openly and honestly. For the first time in my life, or as far as I can remember, I opened my heart and learned that this is not a metaphor. I realize that I've always wanted at least some of my relationships to have that warmth and openness, but I was missing the self-confidence to open myself, as well as the self-discipline not to indulge in my old patterns. If now something doesn't work in my life I don't blame others, but strive to find and correct that what I am doing wrong.

*Milen Ivanov - Bulgaria*

For 20+ years I've read about various spiritual paths. When I read Théun's books, I knew I had found the path with a heart for me. But it was not until I attended the retreats that I began to understand how to live the teachings and apply them in my life. I went expecting a lecture and came away realizing that only by fully participating, not only at the retreat, but in life, would I have any hope of the true learning needed to turn my life around. By opening our hearts to the world around us, by learning to feel, rather than think about life, by listening and by working with our life experiences, we gain greater awareness and knowledge. By taking action, I'm finally able to get out of the books and begin to walk the path. The ability to continue working with dedicated retreat participants between retreats has been an incredible bonus that has made all the difference. Slowly but surely my life is changing -- I doubt that it will be the same ever again.

*Rita Fadell - USA*

Prior to the retreat all I knew what to expect for certain was meeting Théun and Russell, and that we would be sitting around in a circle, talking and really listening, in a converted farm building in deepest rural Wales.

My feelings were a mix of excitement, anticipation and fear.

The experience of the retreat has changed how I view myself in a way that is bringing me a greater balance, warmth, depth and freedom to my life. I feel much more in charge of myself instead of at the mercy of my negativity.

I recommend these retreats to anyone who wants to break out of their self-imposed limitations and really start to live.

*Susan Rolfe - United Kingdom*

Attending the first retreat for me was a tremendous leap into the unknown. It also turned out to be the most uplifting event of my life. Through his books, the retreat and his generous guidance, Théun Mares has given me the magnificent opportunity to truly understand the interrelationship of all life.

Hauling with me a bagful of fears and mind-reeling misconceptions, I was about to turn around and head back. But I listened closely to my heart that day. At the retreat in California, Théun's presence alone was enough to bring tears of joy to my eyes. The retreat, called Stalking With The Heart, was breathtaking in its simplicity. To grasp life and all of its challenges with both hands is to gain more knowledge of oneself.

Although I could not claim that I understood much of the teachings at the time of the retreat, I do know that upon my return, the books have miraculously become much clearer and easier to put into practice. Clearly, the retreat has helped me to shift my focus.

*Lloyd Moore - USA*

The retreat gave me an opportunity to explore and re-evaluate my life in a warm, supportive environment. Meeting with Théun Mares cannot be compared with anything else; his guidance and insight are truly inspirational. Most of my preconceived ideas were blown away, and I left the retreat feeling refreshed, powerful, and free.

*Brian Raynor - United Kingdom*

My feeling following the retreat was that I had undergone an enormous life-changing experience. In addition I knew that I had seen for the first time in my life TRUE unconditional love in ACTION! I was deeply moved by the whole weekend, and came away with the utter conviction that I had no choice other than to carry forward what had been begun over those few days, ON, into every aspect of my life. I also felt that I had been given the most amazing gift, a gift that I wanted to take away and share with the rest of the world. I believe I am slowly but surely beginning to do this.

*Timothy Leitch - United Kingdom*

I had given up on Carlos Castaneda writing a practical and believable book. After his death, and coming across Théun's books, I found that I had a means for pursuing the Toltec path on my own.

Therefore, at the first retreat I expected to meet a ruthless nagal whose presence would help me on my way at the very least, and I was not disappointed (Théun does mask his ruthlessness very well). I got a lot more than I bargained for. At the first retreat I experienced genuine warmth and friendship, and the implacability of Théun's purpose. I also sensed that the bond would be for the long term. I left feeling uncertain about the overall framework for the group, insofar as it was clear that the various groups could not form a traditional Toltec Unit.

At the second retreat the feeling of warmth and friendship was amplified. I felt that I had a clearer understanding of where my battles lay. I also saw you two during the sessions transform into symbols embedded in deep blue - weird. I think I know my purpose, and my life will never be the same again, whatever happens.

I have found that Théun's presence has an impact that cannot be obtained by merely reading his books, lucid as they are. Things shift internally when he is around, and links are maintained when he is not.

*Patrick Ogwuazor - United Kingdom*

Veiled in walls of mist, the mountains of central New York harbored "The madness of the Dream". I was filled with enthusiasm. Having studied Dr. Castaneda's books with the eagerness of a boy on the way to a magic show, and having sensed that somehow Castaneda himself was missing the plot, I was ready to find 'some-thing' authentic and practical.

Théun's books had already rekindled the myth within me, but no wishful thinking could prepare me for the actual experience of coming face to face with the nagal and his Man of Action. The feeling of brotherhood permeated the retreat - not the brotherhood born of a long, labored history, but the kind of closeness one might experience in a bomb shelter at war; when every moment is nascent.

I arrived an enthusiastic fool eager to move forward, but trapped in believing I lack the necessary tools. I left KNOWING with every fiber of my being that although I may still be a fool, I possess everything I need to progress on the Warriors Path, simply by facing the challenges in MY LIFE with an open heart, respect for the interdependence of ALL LIFE, and of course, enthusiasm.

The interactions with Théun and Russell leave no room for understanding as such. One is left with the FEELING of having flown near an elemental fire. Facing, perhaps for the first time in my life, a man who was listening with every fiber of his being, I was stunned by the vortex, the spatial pull that emanated within him threatening to engulf me.

I squared my feet on the floor, pushing down slightly to feel grounded, and lifted my spine and head to meet his eyes. In that moment I KNEW what it is to meet power with power. By facing Théun with self-respect within the engulfing vortex of fear, I met only warmth and love.

After the retreat I faced the challenge of deep melancholy, which was a kind of active detox in response to the retreat. But, by standing firm in the knowledge of my experience and believing in my self, I found that my commitment to the purpose of the Warriors of Freedom is unyielding. My commitment to uplifting my brothers and sisters is unbending as we do our impeccable best to KNOW what it means to be a GROUP.

*Yehonatan Koenig - USA*

Leading up to the first retreat, I tried not to have expectations. I wanted to be open to meeting new people who share my interests, but most of all, I wanted to see a nagal. I thought perhaps by observing him and his actions, I may be able to compare myself to him and gain some insight into my own behaviour. Also, I was alert to the possibility of being scammed.

I know, this does not fit with the writing in Théun's books, but I had to make that judgment for myself. One additional point is that I was at a point of making decisions about my life. I wanted to take positive steps to achieve whatever potential I could. I felt time was short. I found that Théun was at once calm yet vital, and controlled yet spontaneous. I felt that Théun was impeccable, and that I could trust him.

I found the setting of the retreat, and the company of people who shared a common quest (at least on the surface), both enabling influences that allowed me the opportunity to focus on myself and my behaviour.

I learned to see that I DO have value, and to give myself credit for the things that I do that are uplifting, and to avoid beating myself up for the times I slide back. I learned that one should always be present in, and aware of the moment. Of course, these were things I already knew, but having them related to me in the moment was invaluable.

*Bradley Harris - Texas, USA*

I find it very difficult to describe the two retreats I have attended with Théun, because the effects go beyond words. The retreats are joyful, ruthless and liberating. At the end of the sessions working with Théun, life seems more real and more free. Magic gets created.

*John Lavan - United Kingdom*

I went to the first retreat with a vague notion of seeking for something. I laughed, I cried, and the whole experience was beyond anything I could have imagined! Since then life feels a little like a rollercoaster ride - it goes up and down, and totally upside down sometimes - but now there is always a sense of opportunity to know myself better, be more myself, and see more everywhere I look. And what’s more, there are true friends to share the journey with.

The heart stirs, and life is never the same again. Thank you, Théun.

*Elizabeth Marsh - United Kingdom*

I attended the October 2000 retreat in NY. I arrived with the expectation of discovering if Toltec knowledge was "real", and if Théun Mares was a "real" nagal - not that I could say I knew what a real nagal is like. Nonetheless, I felt that I would know once I had an experience with him. Although Théun did not disappear, fly, or make me fly or disappear, I undertook an experience that is still unfolding in my life.

During the retreat, I constantly asked myself if I could trust Théun, and wondered if he was not some crackpot that would ask me to give him all of my money. Funny, I had very little money - then. Instead, Théun cut through my shell like a sword through armour, exposing my shortcomings. I did not trust Théun because I did not trust myself. I was not alone; we were all exposed. Still, if you are going to be exposed, it’s best to be in company.

During the retreat I secretly resisted many of the other members of the group, in particular those that spoke "Toltecese" fluently. But this was truly my own arrogance. The friends I made at the retreat are like no others. They not only know me well, but they hold me up in my search for knowledge with brutal sincerity.

Théun's compassionate and masterful ways continue to reveal themselves to me. From my experience at the retreat, I believe that Théun's heart blossoms every time one of his apprentices runs towards their OWN freedom. To use a metaphor, at the beginning of the retreat it seemed to me that Théun was herding us like a shepherd into a pen of his creation. Naturally I resisted. However, he was actually herding us OUT of our pens - of course, I resisted this too!

*Jorge Colón - USA*

As I have never done anything like this before I really did not know what to expect. At the first retreat I attended, I gained a greater understanding of Théun's books, through the interaction of the group, hearing different people’s views of life, and how to use the teachings. I looked at my life in a new light and strived to make the most of my potential.

At the second retreat I found a family, a unity of people with immense love and warmth. I cannot describe the completely amazing feeling it was to be there. I took away with me new knowledge of myself, and also ways to look at, and turn around aspects of my behaviour, thoughts and feelings, so as to make the most of this life. Since coming into contact with Théun, the Toltec teachings, and especially going on these retreats, my life has changed and become so much more fulfilled with real valuable content. These retreats are only going to get better, and so is my life.

*Lisa Tebbutt - United Kingdom*

I went to the retreats with not many expectations at all, apart from a shopping list of invalid questions, which soon dissipated after we got into the meat of the retreats!

I came away with some powerful tools enabling me to see just HOW I maintain my view of the world; and HOW I can utilise the doings of people to find both purpose and meaning within my own life. I discovered that I need to be clear about my own folly, so that I can learn to ACT rather than react, whilst trusting and utilising my emotions in the moment to lead me into some REAL recapitulating!

To try and put words to the sense of openness, warmth and love we shared as a group, and with Théun and Russell, is almost impossible! The best way I can verbalise the feeling is to say, "It felt like... finally coming home".

*Alexandros Paraschou - United Kingdom*

Practical advice and practical tools for living a richer and happier life! I went for the wrong reasons and stayed for the right reasons.

*Christine Lovell - United Kingdom*