



## THE WARRIORS WAY - DIVINE MASCULINE 7 DAY RETREAT

Healing of the Masculine wounds and unlocking of  
your Divine Potential

### 7 DAY WORKSHOP RETREAT OCTOBER 2021

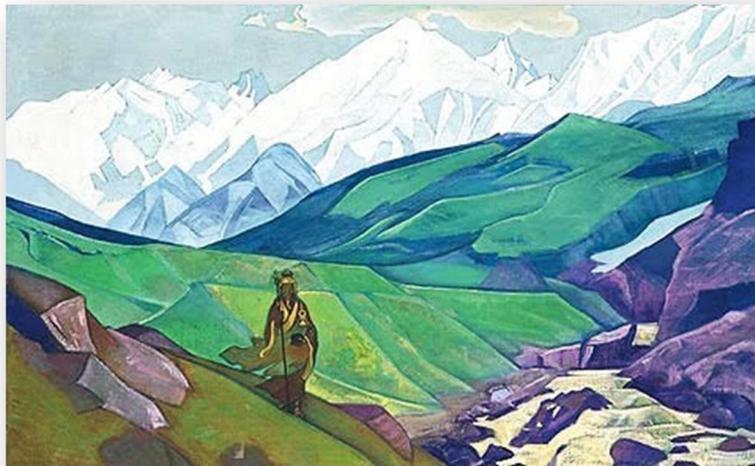
This 7 - day retreat is for those men who are ready to stand as the warriors and protectors of the birthing of the Divine Feminine on Earth. This is a call for Healing and integration of the divine masculine within each man. The world today is characterized by Patriarchy- a masculine system that is one of dominance, control and force. As Humanity awakens so a new Masculine expression is arising one that supports the Feminine in co-creation of harmony and joy. This new masculine is a Warrior of Love.

OneHealingPresence  
7th October to 13th October  
2021

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# The Sacred path of the warrior

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*The following is an extract from the Sacred Path of the Warrior book by Chogyam Trungpa.*

Warriorship here does not refer to making war on others. Aggression is the source of our problems, not the solution. Here the word “warrior” is taken from the Tibetan pawo, which literally means “one who is brave.”

Warriorship in this context is the tradition of human bravery, or the tradition of fearlessness.

The North American Indians had such a tradition, and it also existed in South American Indian societies.

The Japanese ideal of the samurai also represented a warrior tradition of wisdom, and there have been principles of enlightened warriorship in Western Christian societies as well.

King Arthur is a legendary example of warriorship in the Western tradition, and great rulers in the Bible, such as King David, are examples of warriors common to both the Jewish and Christian traditions.

On our planet earth there have been many fine examples of warriorship.

## **The key to warriorship and the first principle of Shambhala vision is not being afraid of who you are.**

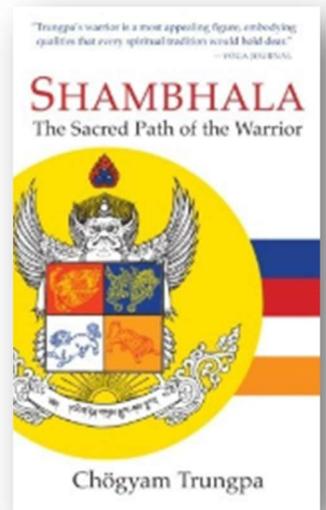
Ultimately, that is the definition of bravery: not being afraid of yourself. Shambhala vision teaches that, in the face of the world's great problems, we can be heroic and kind at the same time.

Shambhala vision is the opposite of selfishness. When we are afraid of ourselves and afraid of the seeming threat the world presents, then we become extremely selfish.

We want to build our own little nests, our own cocoons, so that we can live by ourselves in a secure way. But we can be much braver than that.

We must try to think beyond our homes, beyond the fire burning in the fireplace, beyond sending our children to school or getting to work in the morning. We must try to think how we can help this world. If we don't help, nobody will. It is our turn to help the world. At the same time, helping others does not mean abandoning our individual lives.

The important point is to realize that you are never off duty. You can never just relax, because the whole world needs help. While everyone has a responsibility to help the world, we can create additional chaos if we try to impose our ideas or our help upon others.



Many people have theories about what the world needs. Some people think that the world needs communism; some people think that the world needs democracy; some people think that technology will save the world; some people think that technology will destroy the world. The Shambhala teachings are not based on converting the world to another theory.

The premise of Shambhala vision is that, in order to establish an enlightened society for others, we need to discover what inherently we have to offer the world.

The WARRIORS WORLD – A poem

*That mind of fearfulness should be put in the  
cradle of loving-kindness*

*And suckled with the profound and brilliant  
milk of eternal doubtlessness.*

*In the cool shade of fearlessness,*

*Fan it with the fan of joy and happiness.*

*When it grows older, with various displays of  
phenomena, Lead it to the self-existing  
playground.*

*When it grows older still, in order to promote  
the primordial confidence, Lead it to the  
archery range of the warriors.*

*When it grows older still, to awaken  
primordial self-nature, let it see the society of  
men which possesses beauty and dignity.*

*Then the fearful mind can change into the  
warrior's mind,*

*And that eternally youthful confidence can expand into space without beginning or  
end.*

*At that point it sees the Great Eastern Sun*



# Men are Human too.

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The world does not need men to be less like men.

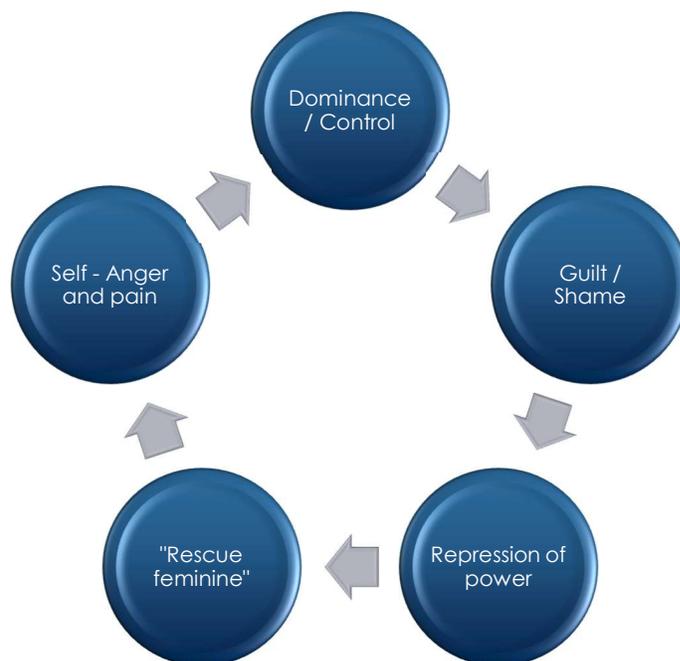
There is a subtle pretext in the world today those men need to be shamed and blamed for their Patriarchy (a system of society or government in which men hold the power and women are largely excluded from it or a society or community organized on patriarchal lines) which the world has experienced over the past 7 000 years.



This past abuse of masculine power has led to the notion of the metrosexual man as the ideal archetype. A man who is in touch with his feminine side yet retains his masculine qualities.

This is very rare in practice and most men either are stuck in their need for masculine control / domination or they have repressed their masculine and have become emasculated, timid and tentative. They teeter totter between these two extremes of dominance or submissive and manipulated or manipulative without ever retaining the true nature of their power.

There is a masculine abuse cycle that seems to play out over and over in our society. It looks like this:



## The shame and humiliation that men carry

Men carry tremendous unconscious shame for their past indiscretions. Since the dawn of the patriarchy, those embodied in Masculine forms have largely held the reins of control and have subjugated the feminine expression in many ways both subtle and grotesque. The masculine subconscious holds these abuses hidden deep behind layers of defenses and masochism. However, these wounds surface into our consciousness and create patterns of guilt and shame.



This has led to the unconscious practice of self - condemnation which leads to emasculation. The Masculine has nowhere to go in this scenario but to try to reclaim its sense of worth by "saving the feminine (atoning for its "sins") but in reality, actually just manipulating the feminine into dependency.

This then plays out with levels of self-justification for dependency instead of actually allowing the feminine to heal and become empowered. This is the shadow masculine, a facsimile or imitation of the real thing.

## The world requires men to rise up to their true potential of their divine masculine expression.

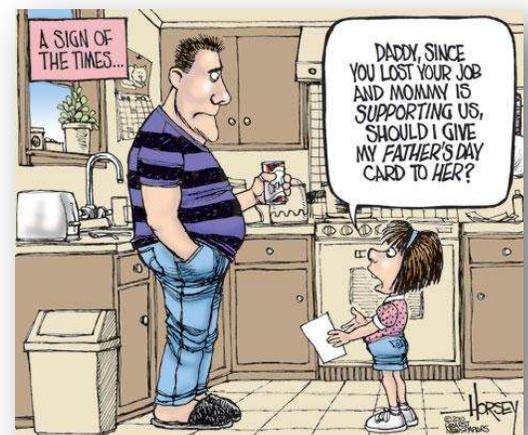
The masculine gender is the expression of divine masculinity anchored in form.

This may be confusing to you at this point because within the form of every man (and every woman) is the Soul which is the Divine feminine expression of wholeness.

Thus, what are men really required to master and heal?

Souls in Masculine bodies are required to master two things:

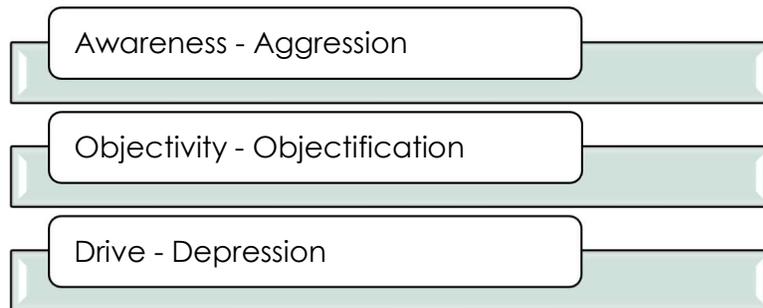
- Embody and express their divine masculine attributes by healing themselves
- Express their Soul potential in form.



# The Energetic Process of setting the Masculine Free

(Khan, 2017)

The following are some of the most prominent divine masculine energies and their distortions.



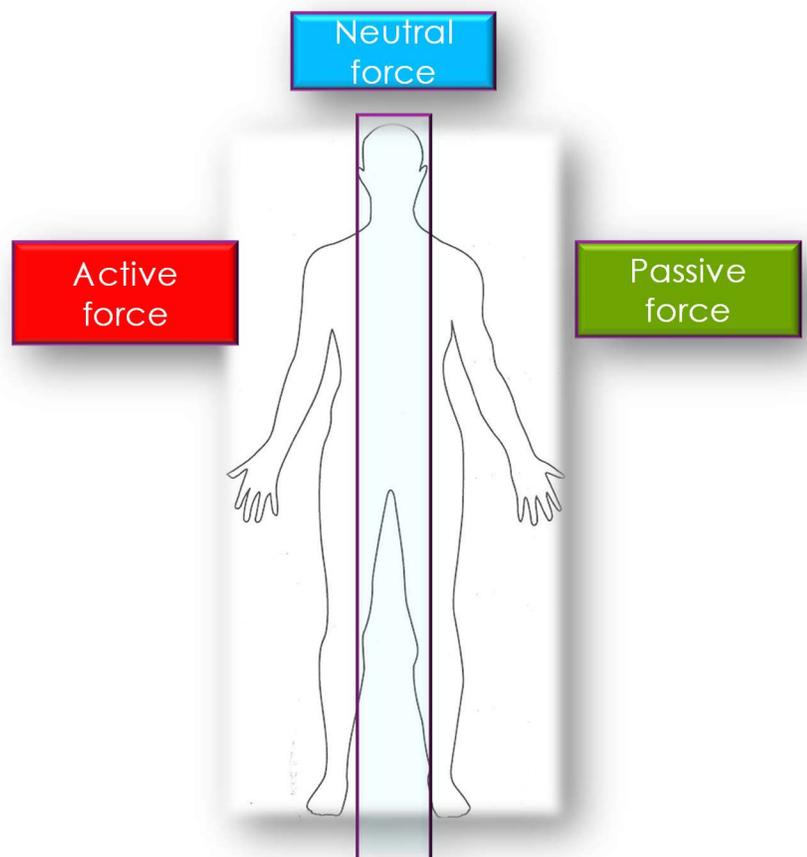
We need to master 3 Energies to embody the Divine Masculine:

There are three main forces in this world. They are an active force, a passive force and a neutral force. (Think of Electricity).

Our self-imposed limitations arise out of an imbalance of one or two of these three forces or an excessive focus on one of the forces.

This can be viewed as a distortion of our inherent creative force.

1. A distortion of the Active force results in a state of over active masculine = Tyrant / Controller
2. A distortion of the Passive force results in a state of over active feminine = Rescuer / Manipulator
3. A distortion of the Neutral force results in a state of separation = Victim / Helpless

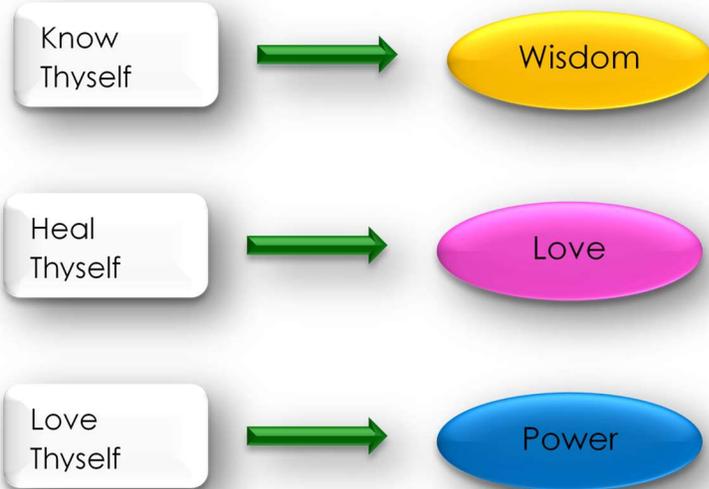


In this retreat we will deal with all three aspects of these energetic imbalances.  
We will explore our own imbalance and the pathway of finding balance and integration.

This process has 3 steps as follows:



This process results in the highest expression of these three forces in a balanced action in our world. These balanced forces are:



## Some Core Themes that will be explored:

- What is masculine power and where does it come from and how do I wield it?



- Why do we play roles instead of being authentic Fathers, brothers and husbands?

### Persecutor/ Tyrant/ Abuser

- Shadow aspect of the Father
- Carries Shame
- Dominance and Anger

### Victim / Rebel

- Shadow aspect of the wounded inner child
- Feels damaged and incapable
- Creates dependencies on others
- The Rebel is a victim who decides to fight against his persecutor but from the stance of a victim.

### Rescuer / Savior

- Shadow aspect of the Mother
- Carries fear of being alone
- Manipulation and Co-dependencies.



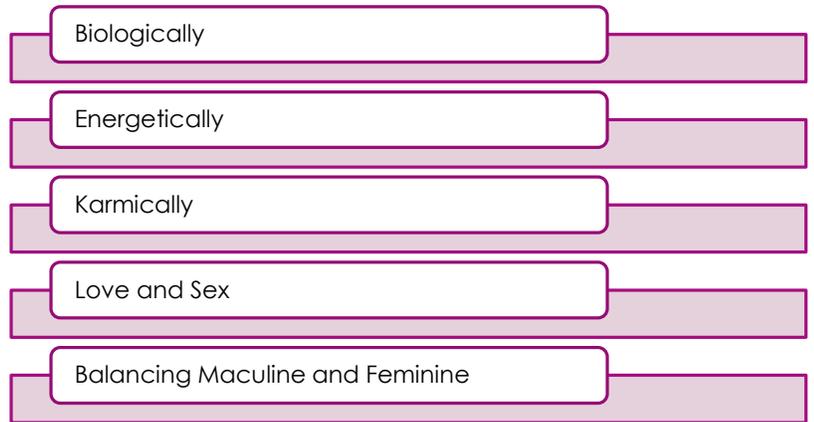
- What keeps us from being the embodiment of Love in action? Where is our love and what is Masculine Love?



- How to Integrate Testosterone with Tenderness and tenderness with Testosterone!



- Taming the bull within -Masculine Sexuality and our Carnal Mind.



- How to turn our Lust to loving to Love

Love has three dimensions.

**One is animal-like;** it is only lust, a physical phenomenon. **The other is manlike;** it is higher than lust, than sexuality, than sensuality. It is not just exploitation of the other as a means. The first is only an exploitation; the other is used as a means in the first. In the second the other is not used as a means; the other is equal to you. The other is as much an end unto herself or himself as you are, and love is not an exploitation but a mutual sharing of your being, of your joys, of your music, of your pure poetry of life. It is sharing and mutual.

The first is possessive, the second is non-possessive.

The first creates a bondage, the second gives freedom.

**And the third dimension of love is godly, godlike:** when there is no object to love, when love is not a relationship at all, when love becomes a state of your being.

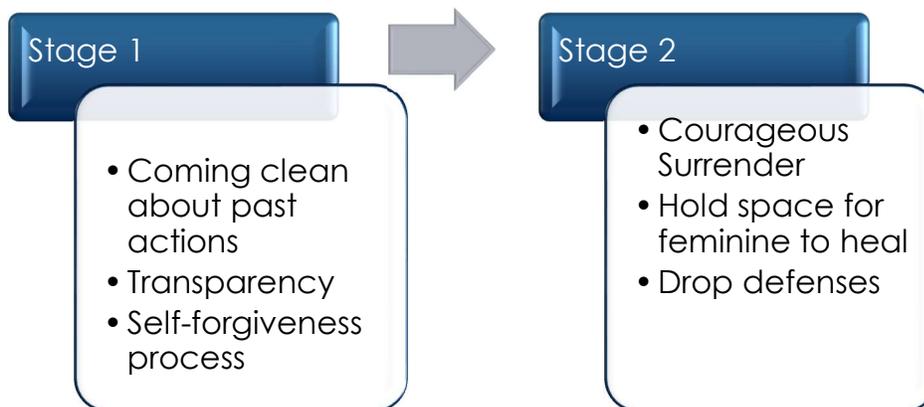


- Why do we need to surrender our sword and shield to become fierce courageous warriors?

The divine masculine **archetypes** and their shadow roles

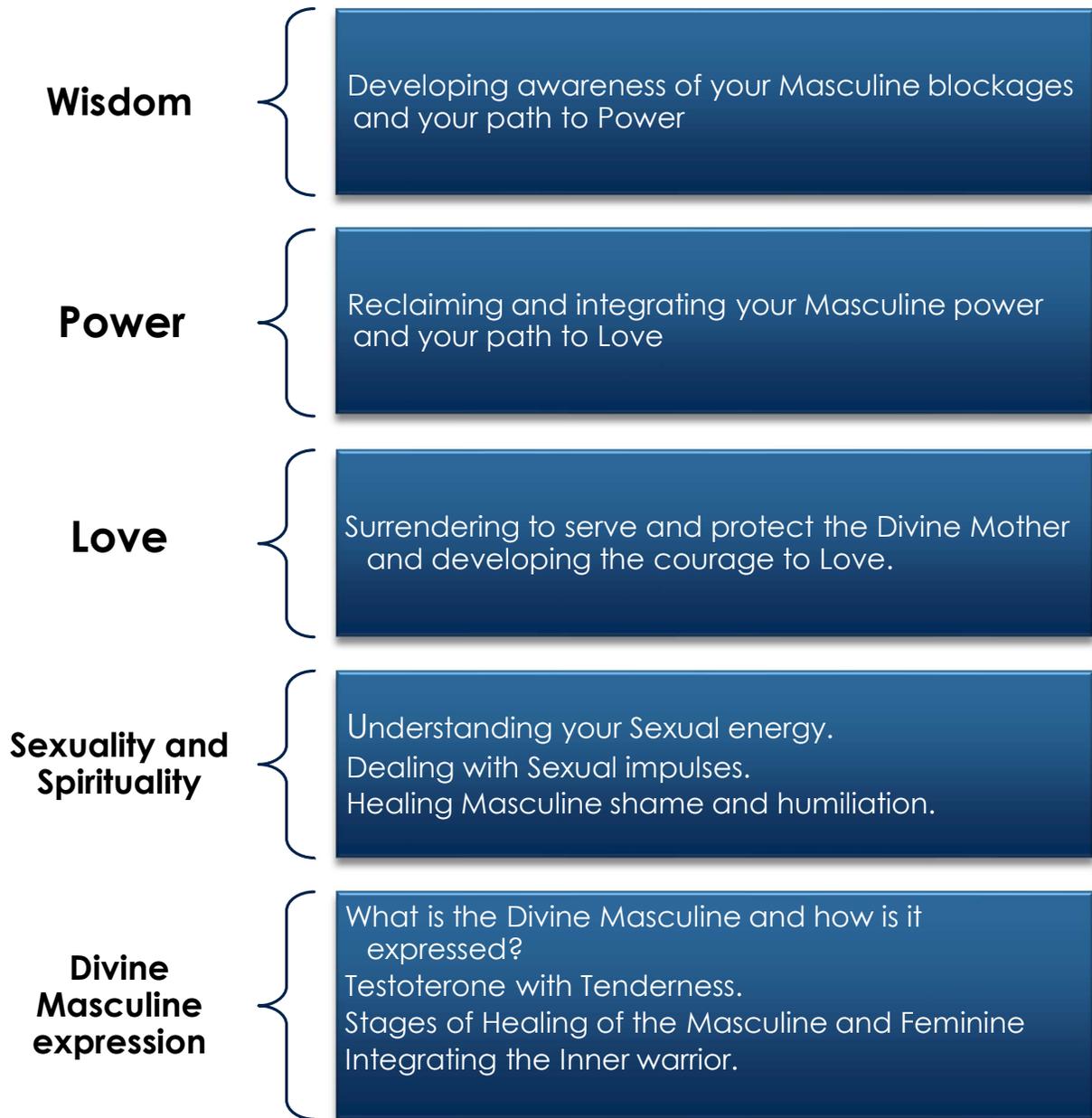


- What are the stages of healing the Masculine and how to take the warriors path!



## Modules of the retreat:

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# Enneagram tool

As the basis for Self-awareness, we will reference parts of the Enneagram.

The Enneagram is an Archetypal model of 9 Types used for personal development from open systems perspective.

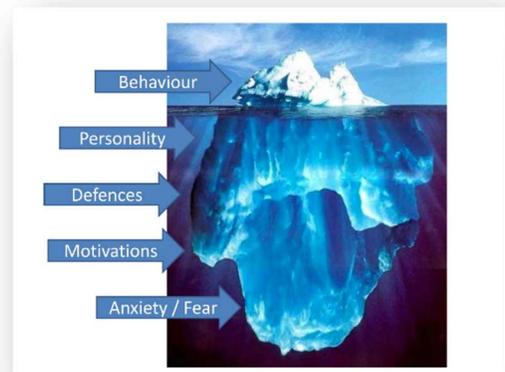
It is not a personality test but rather illuminates the way in which we block the awareness to the Love we already are.

The online questionnaire takes about 35 minutes to complete and a full 21-page report is then provided. This report will change your life in really getting to know yourself fully.



Some of the Topics that we will cover in the Enneagram are:

- Core Motivation
- Defensive patterns
- Blind spots
- Faking good and bad
- Distortions
- Invitation to greatness
- Gifts
- Vices
- Core fears
- Childhood wounding patterns
- Lost childhood messages
- Paths for integration
- Subconscious block to surrender.



# Intended Outcomes of the Retreat

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The following are the intended outcomes for the retreat:

- Understanding the Path of the Warrior.
- Healing of our Masculine wounding and expressing our true power
- Understanding our Sexuality and healing our second chakras
- Awareness of our energetic blocks of our masculine expression
- Integrating our divine Masculine expression.
- Understanding the Energetics of Transformation
- A giant leap of consciousness for Self-Realization
- Training in Masculine self-mastery through self-awareness.
- Learning to Love
- Reconnection and remembering of our divine selves (I AM PRESENCE).

## Core tools provided for you to implement / Use

- Polarity processing technique (squares and triangles)
- Witnessing tools
- Unified chakra
- Integration of missing parts technique
- Processing Childhood tools
- Inner child healing
- Frozen children tool.
- Tools to balance the masculine and feminine.

A 40-page manual will be sent to each participant prior to the retreat.



## Structure of the Retreat

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The following table provides a basic format of each day for the retreat. However, each day is dependent on the intention we set and the wisdom that comes through following that intention. Thus, the content may be different. The energies will build up on the base of the previous day's energetic shifts.

Time	Topic	Action
6.00 am	Daily practice start: Mantras, Decrees and chanting for awakening the Man within	MR
8.00am	Breakfast...	
09.00	Guided meditation and intuitive guidance	MR
9:30	Morning session. Check in: Theme for the day	MR
11.30am	<b>Coffee and tea break</b>	
12:00am	Reflection Session for Self- Awareness	MR
1.30pm	<b>Lunch and free time in nature</b>	
3.00pm	Afternoon session	MR
4.30pm	<b>Coffee and tea break</b>	
5.00pm	<b>Practical processing tools and awareness.</b>	MR
5.45pm	Self-reflection and feedback	ALL
6.00pm	Free time	
7.00 pm	<b>Dinner</b>	
08.00 pm	Daily reading and reflection	
9.00pm	Free time	



# Logistics

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## Location of the Retreat – Magical Costa Rica

A magical strip of country sandwiched between the Pacific and the Caribbean Sea, Costa Rica has a tropical climate all year round and every type of landscape you could imagine, which means it offers a wild and wonderful exploration of nature and all its sacred glory.

It's like a cross between Jurassic Park (some of which was filmed on an island not far from Costa Rica's Pacific coast) and Pandora in the film Avatar. It is one of the world's most unique countries to visit!



Costa Rica has over 800 miles of coastline of perfect white beaches on two Oceans -Pacific Ocean and the Caribbean Sea as they are just a mere 70 miles apart at Costa Rica's narrowest.





## Sacred Costa Rica

In Costa Rica there are 112 volcanic formations belonging to the so-called Pacific Rim of Fire. Most of these formations are inactive yet seven still emit noxious sulfuric gases and occasionally erupt. The tallest of these peaks were venerated as sacred places, as the abodes of deities in archaic times. Today they are places of sport for hikers and climbers.

Situated thirty-one kilometers from the city of Cartago stands the still active volcano of Irazu. Rising to 11,260 feet (3402 meters, though some sources say 3432), Irazu towers above the surrounding forests which are part of a National Park. The Park is remarkable because of its surreal lunar landscape which contains two main craters.

The name Irazu (Iztaru) derives from the language of local Indians who used to live upon its slopes. It means "a thunder" or "the place that shakes" or the "mountain of rumbling and trembling". Volcan Irazu is the only place in America from which it is possible to see both the Atlantic and Pacific oceans at the same

Costa Rica serves as the Nexus point between North and South America. As such it is the connecting point of the Masculine North America representing the Higher Self and the Feminine South America representing the Soul. It is a perfect energetic place to balance our energies and integrate the Soul and Higher Self in our Hearts.



## Accommodation in Costa Rica

We will be staying in Finca Mia Retreat Center in Cost Rica.

Each room is luxury Chalet set in a magical landscape.

For more information, please check out their website:  
<https://www.fincamia.com/>



## Your facilitator

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### Michael Raal

In 2004, Michael experienced a spontaneous awakening experience whilst living in his native home of South Africa. At the time he was pursuing a successful corporate career as Managing Director of a Financial Services Company. The awakening experience brought much of his true soul mission to light but it left him with little understanding of how to live as an awakened human being.



In 2008 he left the corporate world full time and started a service consultancy dedicated to serving others. He earned his certifications in Neurolinguistic Programming (NLP), Master Conscious Coaching, Master Enneagram Practitioner and Barrett Cultural Transformation Tools practitioner. In the next few years, he engaged in transformation work with Corporations in Culture Change interventions.

As a natural consequence of this work, through divine grace, his psychic and visionary ability opened up allowing him to access symbolic and visionary messages from Spirit. Following this he completed his advanced training in Integrative Energy Therapy (Cellular healing) and Reiki.

Michael offerings are guided by Spirit's wisdom and grace through his open channel of One Healing Presence.

His passion is awakening a person's true soul's potential, including the freedom and expansion that comes from expressing one's Inner Self. He is cognizant of maintaining a balance between the practical, grounded requirements of day-to-day living and the deep, mystical, unseen realms.

***"I have long struggled to live my own life free from fear, limitation and stress. It would be my greatest joy to assist you in freeing yourself from fear and finding your own center of joy and freedom. I look forward to assisting you in becoming your own beautiful healing presence."***

*Deeply grateful, Michael*



## Investment required for the Retreat

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The total required investment for the workshop per person is:

- \$ 2200 Single accommodation in a luxury Chalet
- Enneagram report if you have not had one done \$ 60 (this is paid to a 3<sup>rd</sup> party provider)

Included in this retreat price:

- 7 nights lodging in luxury cabins in Finca Mia
- All meals - Three healthy, mostly organic, and delicious meals per day
- Roundtrip Ground Transport in Group Shuttle SJO/FM/SJO (\$100 pp value)

What is not included:

- Your flights
- Any tips for staff
- Extra excursions you may want to do on your own

### Reserving your Place (Limited Spots available)

- To reserve your place please RSVP on [michaelraal59@gmail.com](mailto:michaelraal59@gmail.com) and pay a 20 % non-refundable deposit. (The deposit will be refunded if the retreat is cancelled due to travel restrictions from covid)
- This can be done via an electronic funds transfer or via paypal. The balance is then due 14 days prior to the retreat.

### OneHealingPresence & Freedom Speaks

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