



# **LIFE INTEGRATION RETREAT**

**19 - 28 February 2025**

**COSTA RICA**



A photograph of three vibrant macaws, likely Scarlet Macaws, in flight against a backdrop of a dense, lush green forest. The birds are positioned diagonally across the frame, with one in the upper left, one in the center, and one in the lower left. Their wings are spread, showing a mix of bright blue, red, and yellow feathers. The forest canopy is thick with various shades of green leaves and branches, creating a textured background.

## LIFE INTEGRATION PROCESS

The **Life Integration Process (LIP)** is a relatively new therapeutic approach, a type of constellation developed by Dr. Wilfried Nelles, a sociologist, therapist, and constellation trainer.

Unlike family and systemic constellations, in LIP, the emphasis is not on relationships with other people or the position held in the family or system, but solely on the individual and the individual's relationship with themselves.

The focus is on integrating the person's own life path, following the different stages of their existence.



In the LIP constellation, the stages of life are marked by numbers from one to seven. The seven stages of life indicated by LIP correspond to the seven levels of consciousness, as well as to the seven chakras. The seven stages of life are: the embryonic or fetal stage, childhood, adolescence, young adulthood, mature adulthood, old age, and death. The corresponding levels of consciousness are: consciousness of symbiotic unity, group or "we" consciousness, ego consciousness, self-awareness as part of *what is*, higher self or soul consciousness, conscious unity, and total or whole consciousness. Each stage of life has its own truth, rooted in its corresponding level of consciousness.







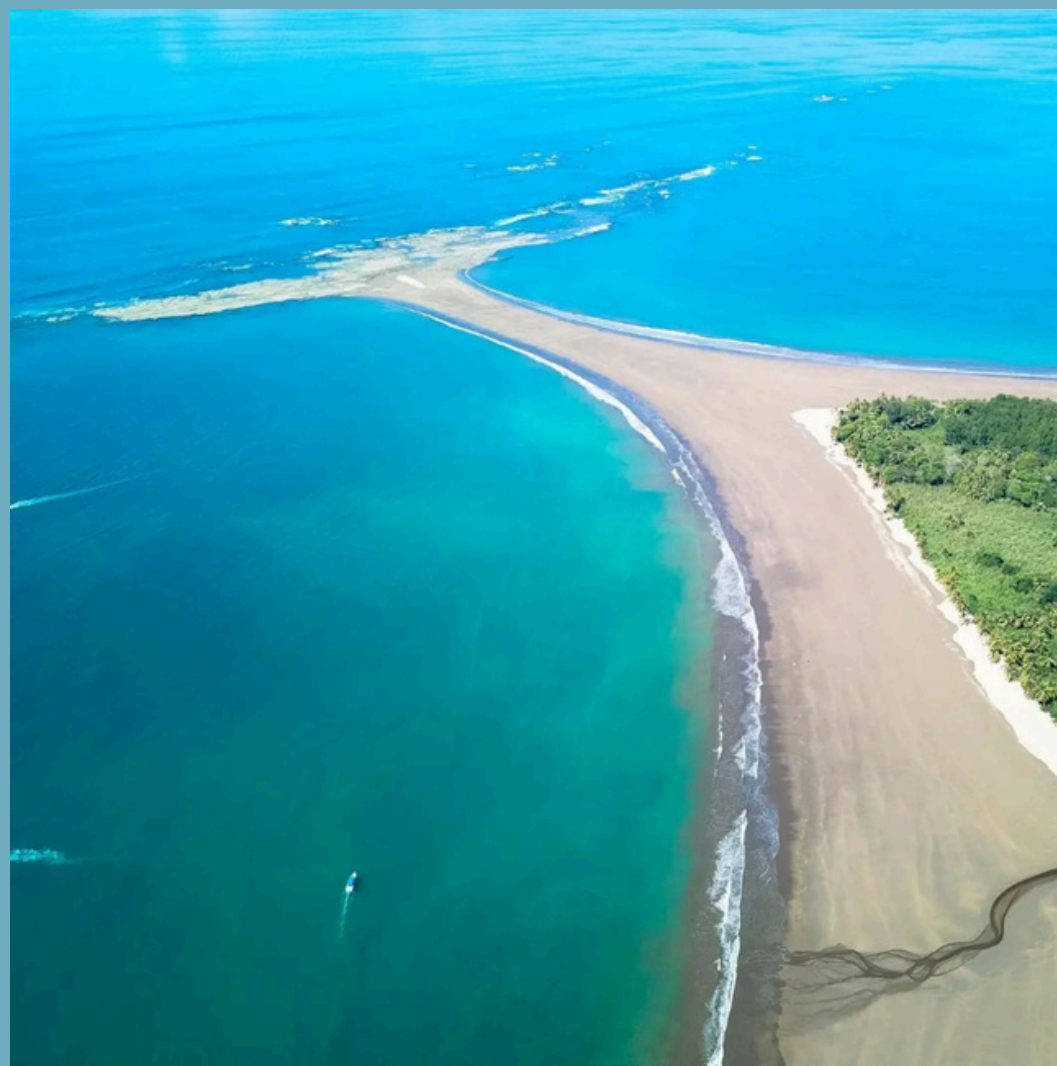
In the phenomenological constellation, through the representatives chosen by the client, something is revealed—something unknown, unconscious, from the client's past or present, something that cannot be controlled, chosen, or influenced. In PLI, we work with the adult, so the client is not allowed to slip into the role of the wounded or powerless child. Instead, from the position of an adult, they observe the truth revealed in the constellation. The ability to face the truth gives the adult the chance to acknowledge what happened and let it belong to the past, without bringing it into the present in the form of emotional reactions, relational patterns, or other psychological manifestations.



In phenomenological constellations, we do not try to change the past. That reality existed, and there is no way to go back. It cannot be altered, but it can be accepted and integrated as part of life. The adult who recognizes and integrates their own path gains the strength of a whole person, no longer hiding or fearing life, others, or themselves. In the adult position, the struggle ends. The adult no longer fights with the world or with themselves. Only at this point does one enter the consciousness of acceptance, which is neither resignation nor tolerance, but simply acceptance.







**I invite you on a journey toward inner peace!**

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# Facilitator: Raluca Rusu

Raluca Rusu is a personal development counselor and trainer, with training in experiential psychotherapy, profiling, NLP, alternative therapies, philosophical counseling, phenomenological and existential psychotherapy, and a facilitator of phenomenological and integrative constellations. She is the author of the books "The Couple's Relationship Guide" and "A Lifetime Ago". She holds degrees in philosophy and law, has studied psychology, and is currently pursuing a PhD in metaphysics and philosophy of mind at the University of Bucharest, where she conducts research in the study of consciousness.





# What is included?

- 10 days/9 nights accommodation in Costa Rica
- all meals included
- airport transfers
- Cacao Ceremony & Sound Healing
- Nauyaca Waterfall Hike excursion
- Dominical Beach Day excursion
- facilitator fees
- workshops, course room, materials



## What is NOT included?

- flight Romania – Costa Rica
- insurances
- other excursions than those mentioned
- drinks

