



Mireille Steenkamer

Self realization programs

"I guide people on their path to self realization. To process emotions, heal old wounds, become aware of the hidden lessons and treasures, to discover soul strength and purpose".

Who do I serve?

- ◆ Individuals who long to live their soulful life. They who have an inner desire to process emotions, heal old wounds, learn valuable lessons from them and discover their treasures and inner strength.
- ◆ Companies who organize workshops or retreats related to self realization, personal growth and self awareness, that would benefit from the expertise of an experienced transpersonal therapist & Jungian analyst with a shamanic perspective.

Specialization

- ◆ I integrate diverse techniques like shadow work, dream analysis, active imagination, shamanic journeys and constellations.
- ◆ I guide individuals in discovering their inner voice, unlocking hidden potential and fostering personal growth using archetypal energy.
- ◆ I focus on enhancing self-awareness, breaking limiting patterns and supporting spiritual expansion through Jungian analytical psychology.
- ◆ I am familiar with various themes and symptoms, including trauma, depression, stress, burn-out and mental/emotional distress.

My Why

I believe that each individual has a deep desire for self-realization, to live according to her or his inner soul's destiny. When we live from this inspired wisdom, we feel confident, happy, energetic and creative. We then radiate these forces to our outside world. What we experience inside, we reflect on the outside world and vice versa.

What do I do?

- ◆ Unlock potential: explore the journey of natural creative strengths.
- ◆ Guidance for growth: explore how the invisible holds messages for your development.
- ◆ Discover your path: embrace self-awareness, break patterns and expand spirituality.
- ◆ Decode your discomforts: experience how mental, emotional or physical complaints connect to underlying treasures that want to be revealed.

My values

- ◆ I embrace the inherent strength and potential within each individual
- ◆ I have a holistic approach
- ◆ I refrain from diagnosing and labeling
- ◆ I see life as a mystery to be lived and revealed.



What do I offer?

- ♦ Lectures
- ♦ 1-1 sessions
- ♦ Workshops (minimum 1 hour, maximum 1 day)
- ♦ Multi-day self realization programs

My services

Lectures - topics I love talking about

- ♦ Jungian analytical psychology
- ♦ Family dynamics
- ♦ The Ego vs the Self
- ♦ The shadow

Individual Jungian therapy sessions

The individual therapy sessions offer a pathway to self-discovery, healing and personal growth. I guide the client on their journey towards self-awareness and inner transformation using active imagination, (family) constellations, dream analysis, meditations, archetypal energy, symbolism.

Workshops - in small groups

Family constellations

In family constellations, you'll uncover hidden dynamics that foster improved relationships, clearer decision-making, and emotional well-being by restoring systemic balance.

Journey through your Chakras

By learning to understand the vital energy centers (chakras) within you, you learn to interpret your body's messages and unlock answers to life's questions.

Shamanic Healing journeys

Connecting with your spirit animal, soul retrieval journeys and spirit retrieval journeys, accessing your inner wisdom will provide clarity, guidance, and renewed purpose.

A heroine's journey

Delve deep into your own story, myth and gain a deeper understanding of your life's journey.

Multi-day personal development program

My multi-day self-realization program offers an immersive journey into self-discovery and growth. The program includes journeys through your chakras, learning to listen to your body. Gaining insight by experiencing family dynamics, and understanding which patterns you have inherited and can of. The program concludes with a soul retrieval and integration.



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