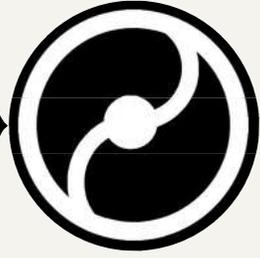


Luminous School of Creation



Eleusis  
the Arrival

Workbook

WHAT AND WHERE AM I  
OVERCOMING THE FEAR OF DEATH

# *Welcome Bright Stars!*



## *Eleusis - the Arrival*

We welcome You to the Workbook of the Eleusis Program – the first step in preparing to enter the 5D world of Love, Unity, and Abundance as Homo Luminous. Through this journey, You will overcome the fear of death and face Your inner shadows, by realizing who You truly are and where You truly stand.

## *A 3D Workbook for a 5D Future*

This Workbook anchors the Eleusis Program in Your own experience. By writing, reflecting, and practicing, You embody its teachings – transforming knowledge into wisdom, and wisdom into Your lived reality, now and forever.

Step by step, You will see beyond fear and doubt and remember the powerful being You already are.

You are not just Your thoughts or memories – You are so much more.

**Welcome to this journey within Yourself!**

*Sotiris Zafeiris*



*Marieke Rodehorst*

# *Insight 1:* The Eleusis Introduction

## **Theme: Arrival to Yourself & Remember who You are**

We invite You to open Your subconscious mind now. Don't overthink – just read and write down whatever comes to You first

### *Invitation to Reflection:*

*What does 'Arrival' mean to me in this moment?*



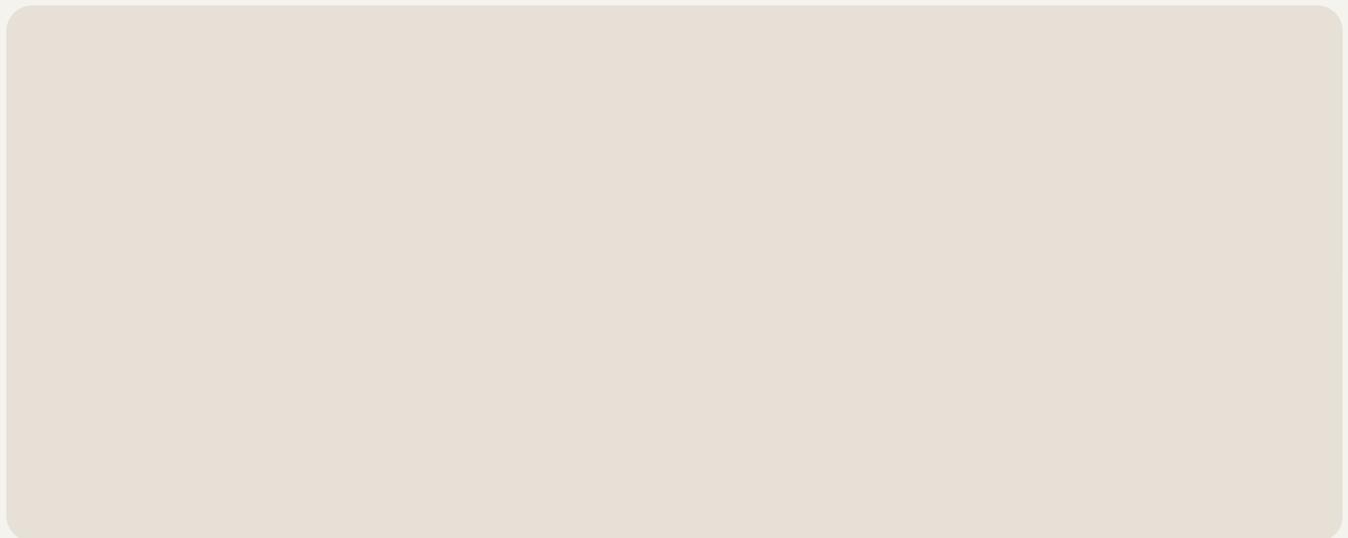
### *Writing Exercise:*

Observe Yourself in the mirror for 5 minutes in deep silence. Feel yourself and ask yourself: *Who am I and how do I feel about that?*



### *Drawing Space*

for my symbols, feelings, or scenes to my Arrival:



# Insight 2:

## The Matrix

### Recognizing the Programming

#### *Be invited to reflect*

Where do I notice the Divide and Rule system reflected in politics, sports, religion, or other parts of life?

What belief-patterns in my life feel “programmed”?

#### *Plato’s Cave*

Humans are like prisoners in a cave, seeing only shadows on the wall (illusions of the material world).

One prisoner escapes and sees the sun (symbol of truth & the Form of the Good). Returning to the cave, they try to free the others—but are rejected.

Represents the path of awakening: painful, radical, but liberating.



#### *Exersice*

Observe media or conversations for 1 day

- What seems to me fear-based?
- How do the media and government encourage the survival mode?
- What’s behind it?

# *Insight 3:*

## *Universal & Natural Law*

### *Soul Contracts*

Remembering the Sacred Rules of the Game

*We invite You to answer some Key Questions*

1. Where in Your life do You feel out of alignment with the flow of Universal or Natural Law?

Reflect on a current situation, relationship, or pattern that feels heavy, stuck, or chaotic.

- *What behaviors, beliefs, or choices might be contributing to that **misalignment**?*
- *What would it look like to act **in alignment** with Love, Responsibility, or Higher Truth in this area?*

# *Insight 3a:*

## *Universal & Natural Law*

### *Soul Contracts*

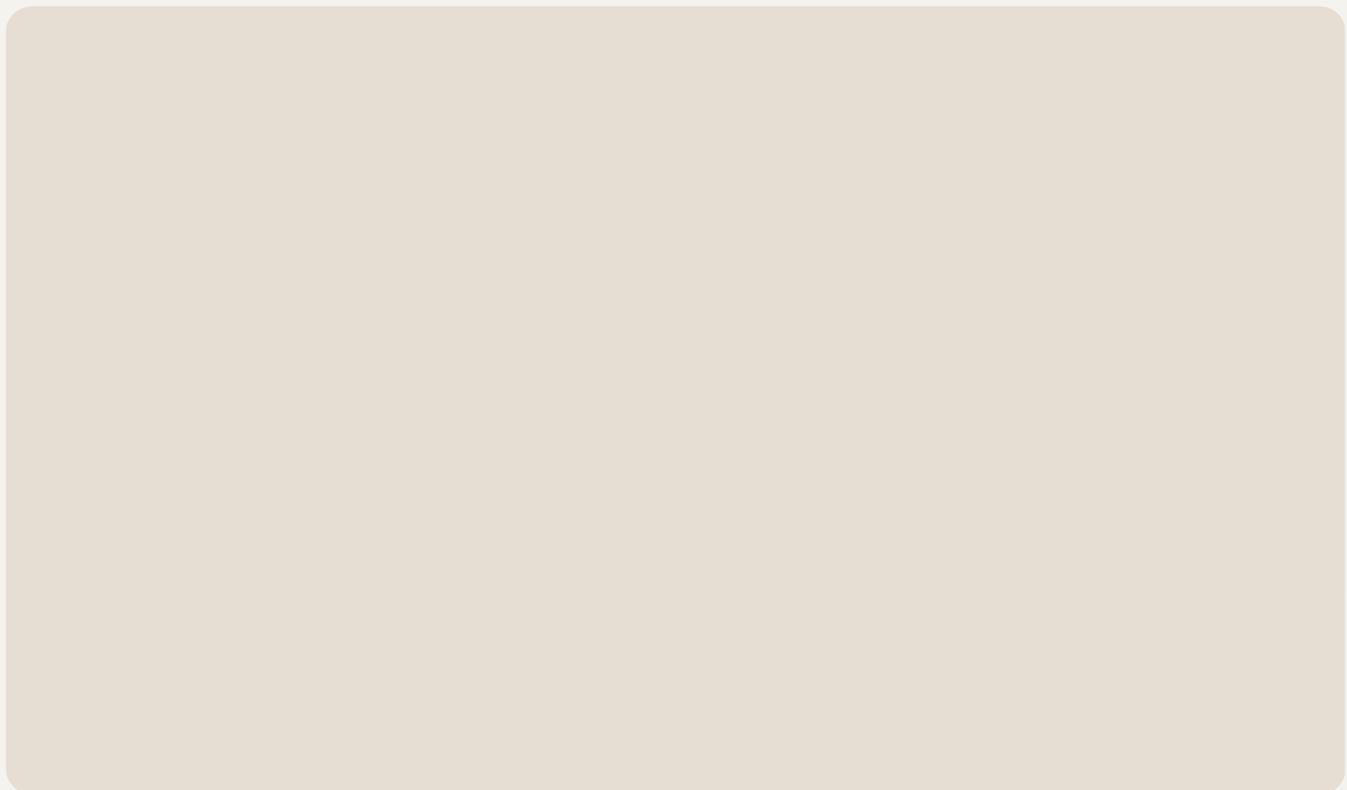
Remembering the Sacred Rules of the Game

#### *Key Questions*

2. What unconscious soul contracts or repeated lessons do You feel are asking to be seen and rewritten?

Consider a recurring life challenge, emotion, or “coincidence” that seems to follow You & let us invite You to an inner journey, ask Yourself:

- *What might my **soul** have been **trying to learn** through this?*
- *What choice can I now make **consciously** to break the cycle and realign?*



# *Insight 3b:*

## *Universal & Natural Law*

### *Soul Contracts*

Remembering the Sacred Rules of the Game

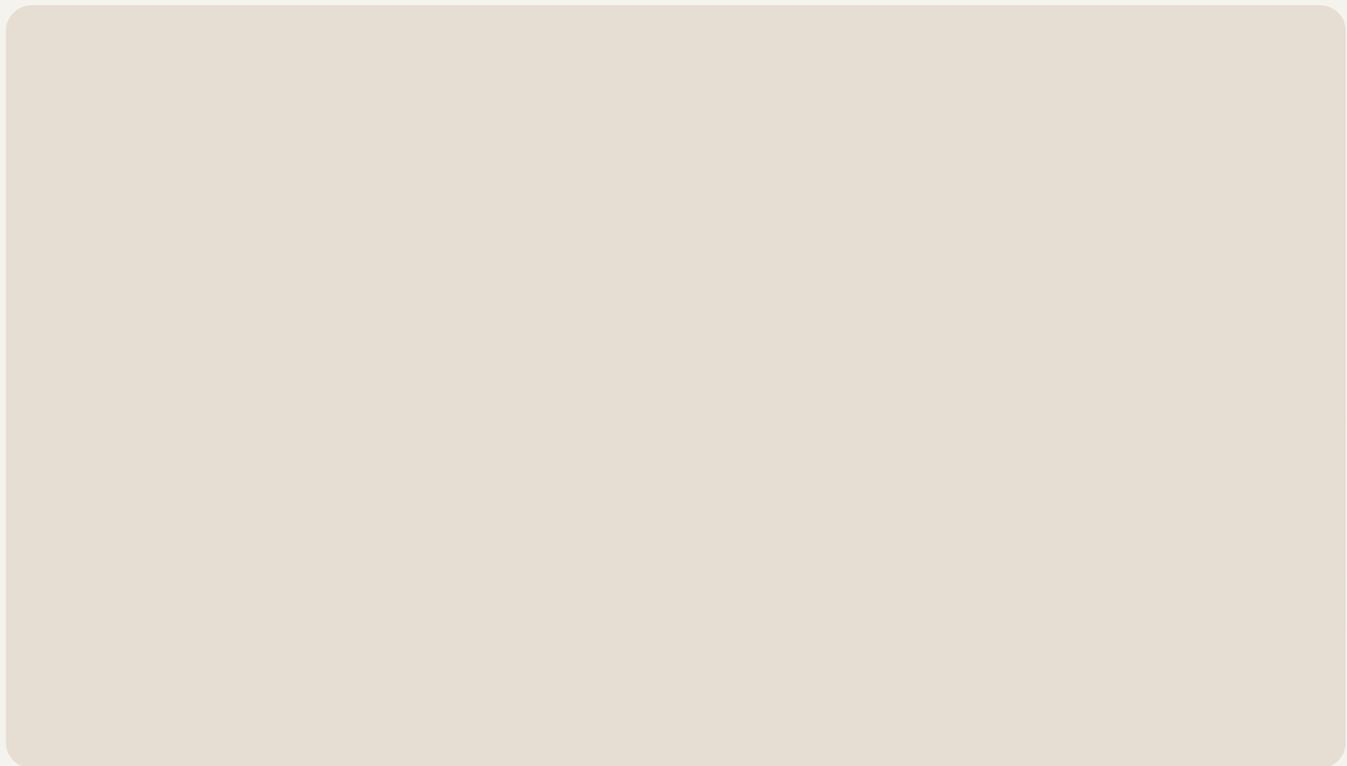
#### *Key Questions*

3. How do You personally define the difference between Universal Law and Natural Law?

Let us invite you to reflect on that!

In Your own words, describe:

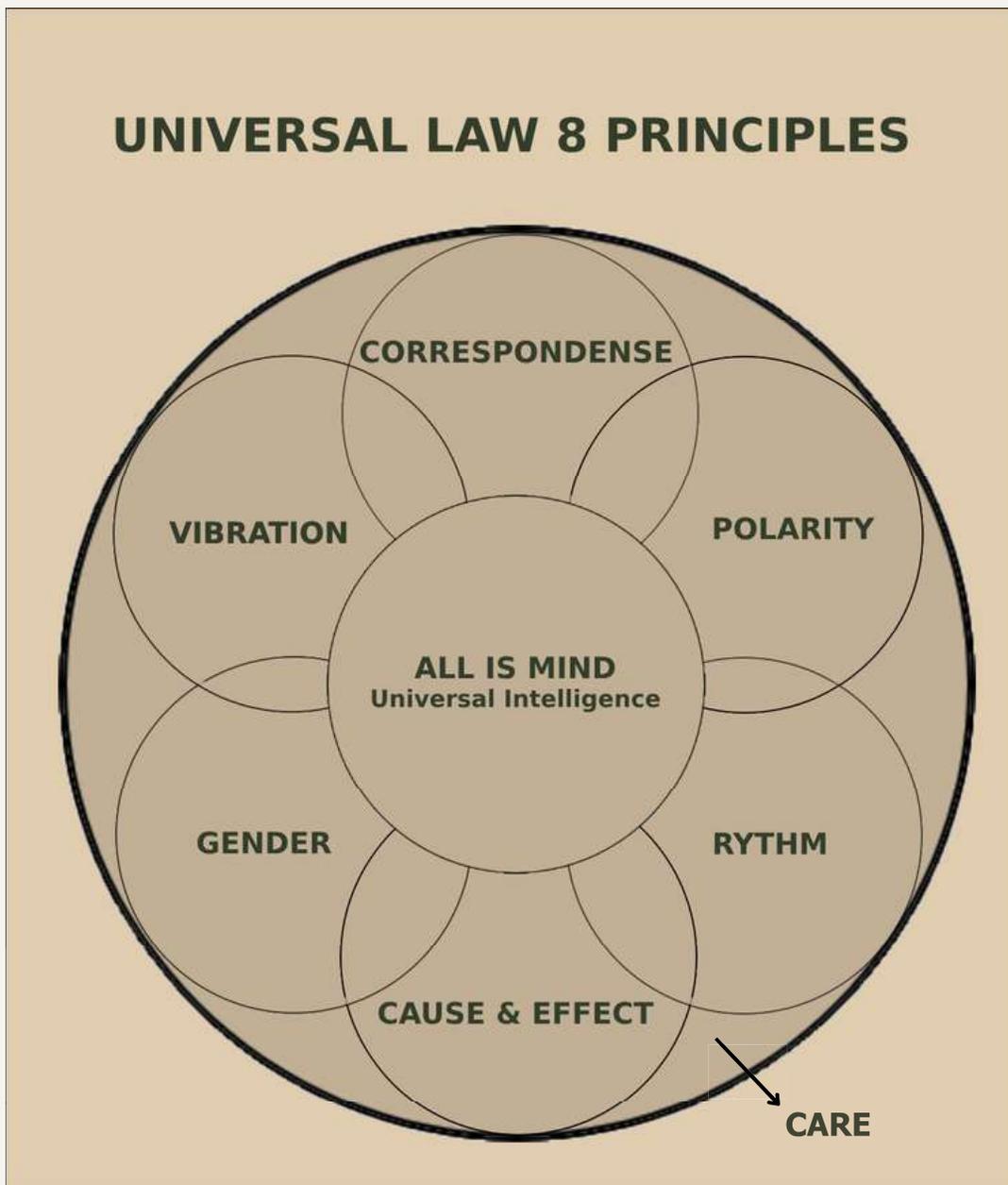
- *What feels eternal and cosmic (Universal)?*
- *What feels moral, embodied, or human (Natural)?*
- *Then reflect: How do these two expressions live in me right now? Where is there harmony? Where is there resistance?*



# *Insight 4a:* *Universal Law* *Principles*

*Diagram Section:*

Universal Laws Principles Visual



# *Insight 4b:*

## *Universal Law*

### *Principles*

Remembering the Sacred Rules of the Game

#### *Invitation to Reflection 1*

We invite You to take a moment of stillness. Breathe, arrive in the present, and gently reflect on Your current life – Your relationships, work, emotions, and inner growth.

As You read through the Universal Principles below, notice which of them are active, challenged, or asking for more awareness in Your life right now. Choose at least three that feel most present for You. Let the questions guide You into deeper understanding:

- **All is Mind** – *How are my thoughts shaping my reality? What thought patterns keep repeating for me?*
- **Correspondence** – *Where do I see my inner world mirrored in my outer world?*
- **Vibration** – *What is the dominant energy I carry or emit? How do others respond to it?*
- **Polarity** – *Do I find myself judging one side of a situation? How might I embrace both ends?*
- **Rhythm** – *Am I moving with the natural cycles of energy and emotion, or am I resisting them?*
- **Cause & Effect** – *What result has a recent choice created in my life? Can I trace it back to its cause?*
- **Gender** – *How balanced are my masculine and feminine energies in the way I act and decide?*
- **Care** – *What do I truly care about – and how does this shape the outcomes of my life?*

Take Your time. Let the answers flow without judgment and write them down on the next page. What matters is not “getting it right,” but allowing Yourself to see more clearly how these Universal Principles are already alive in You.

*My answers in my Flow:*



# *Insight 4c:*

## *Universal Law*

### *Principles*

Remembering the Sacred Rules of the Game

#### *Invitation to Reflection & Empowerment 2*

We invite You to pause and recognize the ripple effects of Your choices and the power of Your free will.

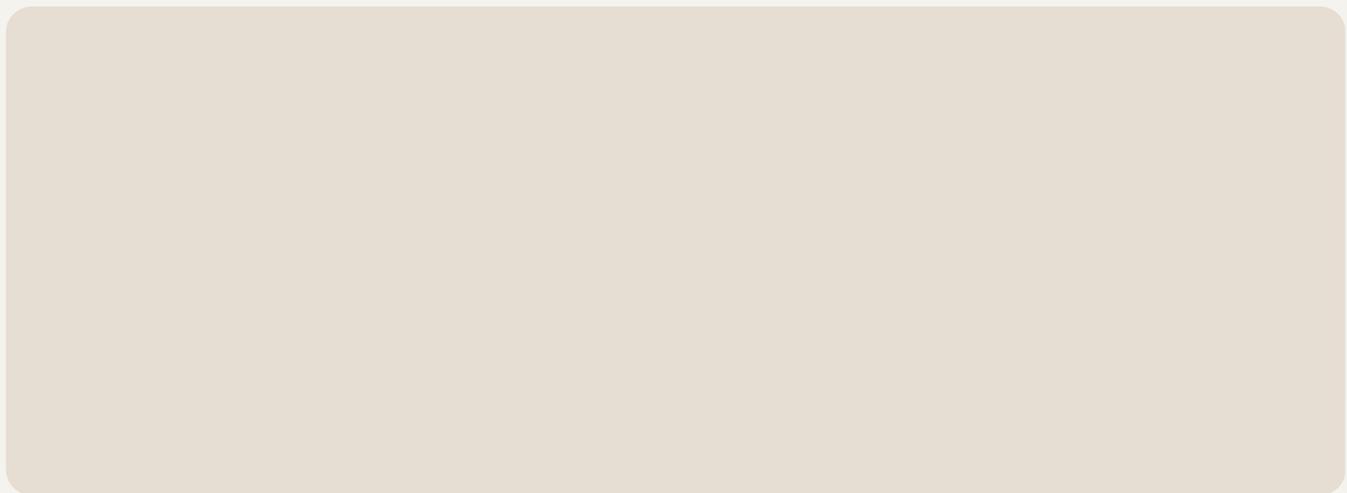
Take a moment to recall a specific choice or decision You made recently that carried a strong emotional charge — whether positive or negative. Let the following prompts guide You into reflection. Write them in the “I”-form so that Your answers flow directly from Your own inner voice:

- *What was the **choice** I made?*
- *What **intention** or/and emotion was behind it?*
- *What **unfolded** because of this choice?*
- *Looking back: Did it **align** with the Universal Laws (for example, Polarity or Cause & Effect)?*
- *If not, what would alignment have looked like?*

Close this exercise by writing a **powerful sentence** for Yourself:

“Going forward, I choose to align my free will with \_\_\_\_\_ (Principle), by \_\_\_\_\_.”

Take Your time and – if needed – more paper for more thoughts, feelings and empower-quotes, and let Your words become an anchor for the path ahead.



# *Insight 4d:*

## *Universal Law*

### *Principles*

Remembering the Sacred Rules of the Game

### *Invitation to Reflection Empowerment 3*

We invite You to open Yourself to a deeper understanding of Love — not as an emotion, but as a Universal force that brings You back into alignment with Truth.

Take a quiet moment and reflect: When have You acted from Love in a way that wasn't simply emotional or comfortable, but instead grounded, powerful, or ethical? And when have You mistaken fear, need, or ego for Love?

Let the prompts guide You, and write them in the "I"-form to anchor the reflection within Yourself:

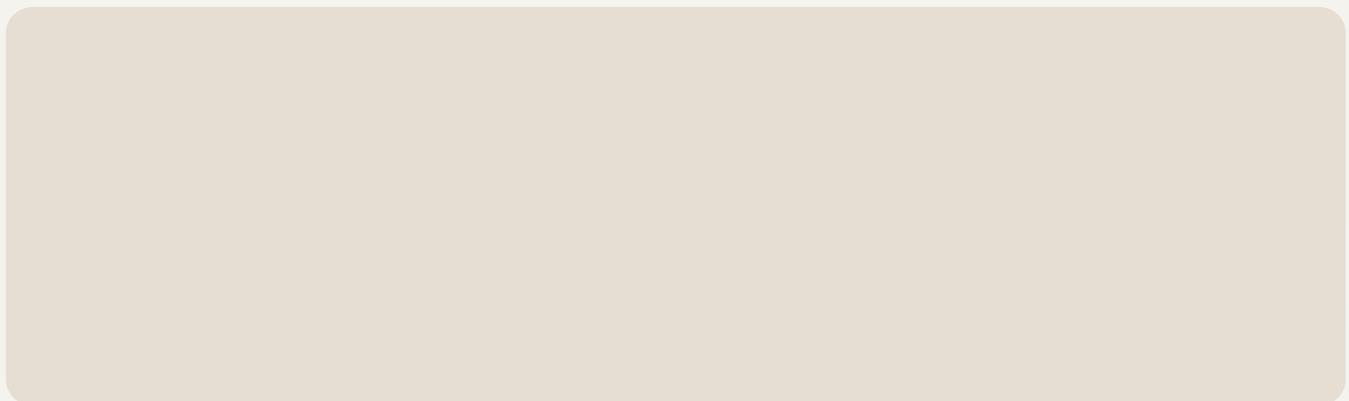
- *A time I chose **Love as Truth** (not comfort):*
- *A time I confused Love with fear or **ego**:*
- *What I now **know about Love** is...*

Final Reflection:

"Today, I choose to align with Love by..."

(Write Your own declaration of how You will embody Love as a harmonizing and universal force.)

Take Your time and more space and paper to write — let Your words be both a mirror and a commitment to Yourself.



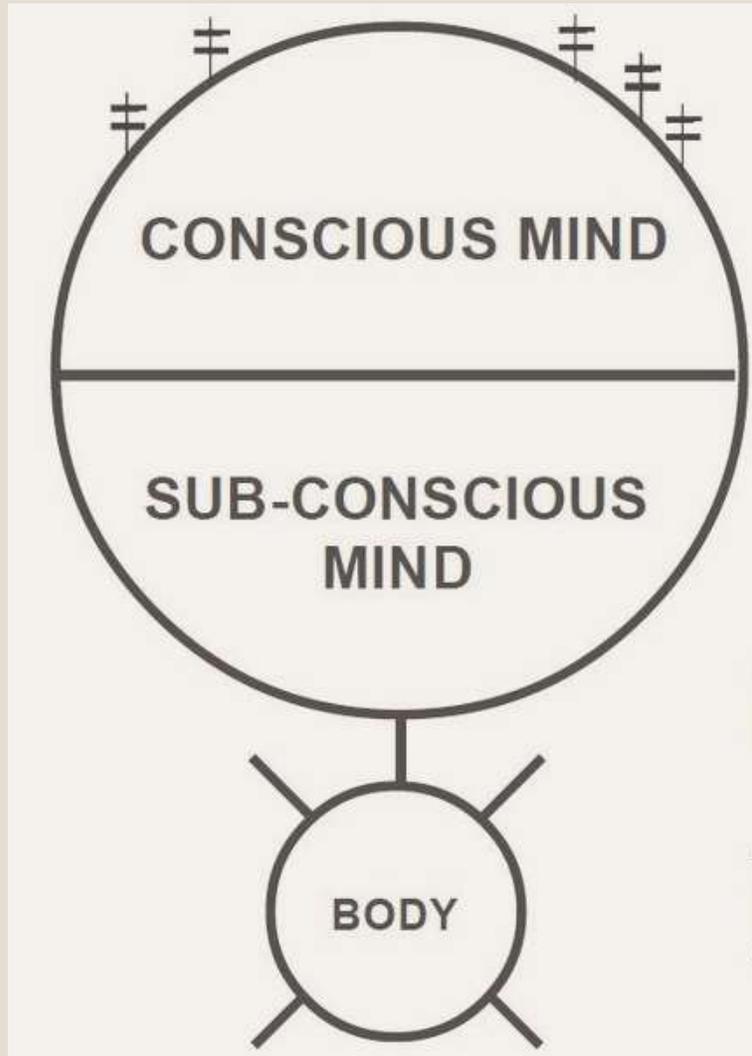
# *Insight 5a:* *How the Mind Works*

The Inner Trinity  
Subconscious, Conscious, Superconscious

## *Diagram*



SUPERCONSCIOUS



# *Insight 5b:*

## *All is Mind*

### *How the Mind Works*

The Inner Trinity – Subconscious, Conscious, Superconscious

#### *Invitation to Reflection & Empowerment 1*

We invite You to explore how the three parts of Your mind interact in shaping Your reality. This exercise is not about judgment, but about bringing gentle awareness to the patterns that guide You every day.

Fill in the following mind-map with examples from Your own life:

**Subconscious mind** (programmed beliefs, autopilot habits)

e.g. “I always expect rejection when I speak up.”

**Conscious mind** (choices, judgments, desires)

e.g. “I want to express myself freely but often hold back.”

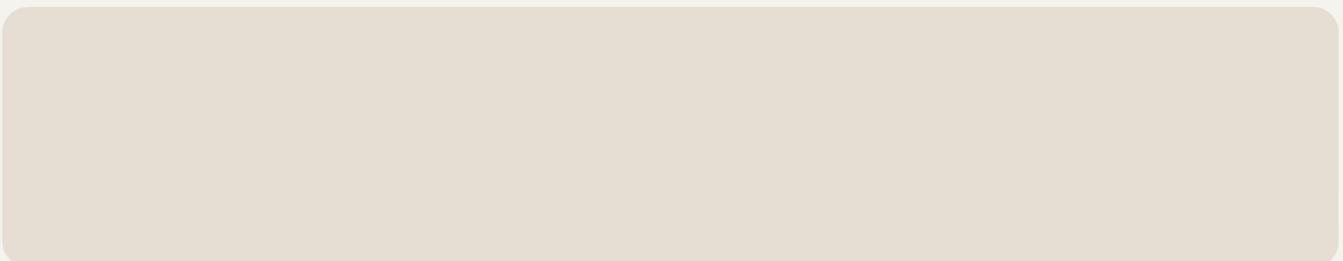
**Superconscious mind** (Higher Self, wisdom, intuition)

e.g. “When I meditate, I feel guidance to trust my voice.”

When You have filled in Your map, take time to reflect with these prompts in the “I”-form:

- *Where are my subconscious beliefs **overriding** my conscious desires?*
- *What is one **small conscious action** I can take to align both with my Higher Self?*

Take some extra paper and write, trusting whatever comes — awareness itself is already transformation.



# *Insight 5c:*

## *All is Mind*

### *How the Mind Works*

The Inner Trinity – Subconscious, Conscious, Superconscious

#### *Invitation to Reflection & Empowerment 2*

We invite You to bring awareness to a limiting belief that has been shaping Your life. This exercise is about identifying a belief born from fear — not from truth — and transforming it into something aligned with Love, clarity, and power.

Choose one belief You hold that creates limitation, shame, fear, or a feeling of being stuck.

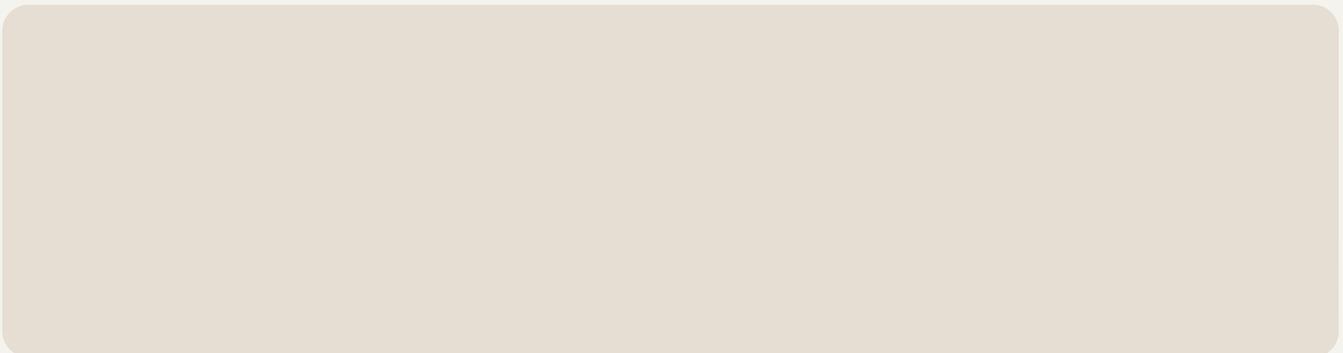
(Examples: “I’m not creative.” “I have to struggle to succeed.” “I don’t deserve love unless I earn it.”)

Then, reflect and write in the “I”-form:

- What is the **belief** I want to transform?
- **Where** do I think it **came from** (childhood, society, school, trauma)?
- How does this belief **impact** my daily choices or energy?
- Is it rooted in **fear or love**? (Circle one)

Fear / Love

- What is the **truth** my Higher Self knows?
- New Belief (Rewrite from love, clarity, and power):
- “I now believe...”



# *Insight 6a:*

## *From Senses to Higher Faculties*

Reclaiming the Forgotten Inner Tools

### *Invitation to Reflection & Empowerment 1*

We invite You to activate Your imagination, emotions, and will — the creative forces that program a desired future reality.

Find a quiet space, close Your eyes, and bring to mind the best version of Yourself. Not as a faraway fantasy, but as something already true and alive within You.

Ask Yourself:

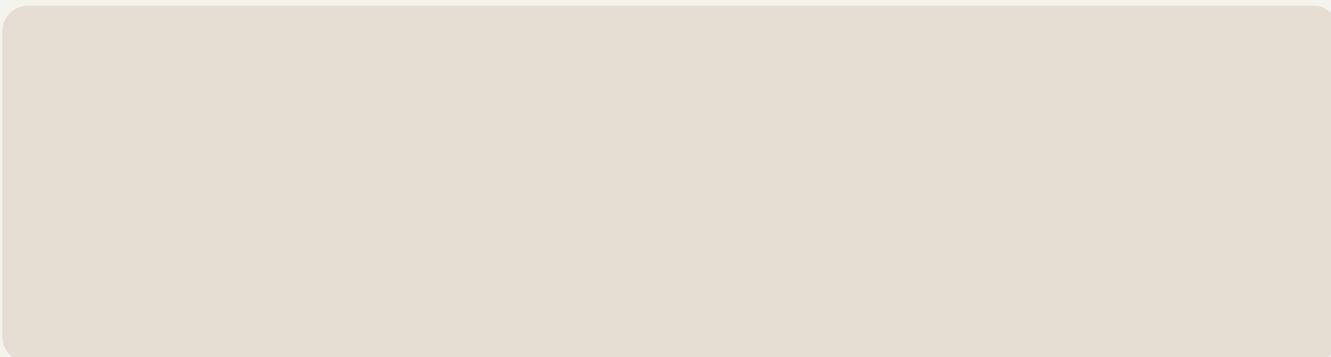
- *What am I **doing**?*
- *How do I **feel**?*
- *What kind of **energy** am I carrying?*
- *Who am I **surrounded** by?*

& Hold this vision for at least three minutes, breathing into it with presence and trust.

Then, write in the "I"-form:

- *What did I **see**?*
- *What did I **feel in my body**?*
- ***One aligned action** I will take this week to bring this vision into the physical world is: \_\_\_\_\_*

Tip: Return to this same vision for seven days in a row. Willpower strengthens through loving repetition.



# *Insight 6b:*

## *From Senses to Higher Faculties*

Perception – See Through Another Lens

### *Invitation to Reflection & Empowerment 2*

We invite You to expand Your perception by realizing that truth is often relative – and that empathy is a true source of power.

Choose a situation or person about whom You hold a strong opinion. Begin by writing down Your perception in the “I”-form:

- *I believe they are...*
- *I always feel \_\_\_ when I deal with this...*

Now, **step into their shoes**. Imagine their background, their beliefs, their feelings. Write:

- *If I were them, I might think/feel...*

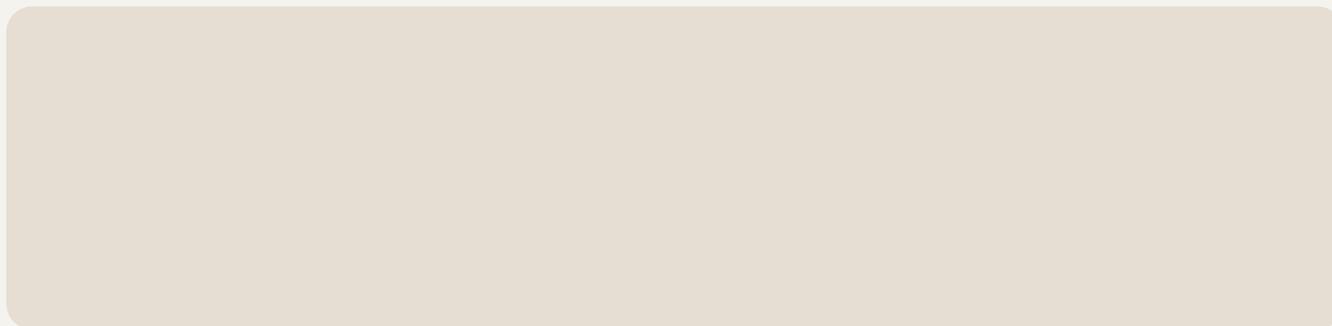
Then reflect:

- *What did this **shift** in perspective teach me?*
- *Was my perception a truth or a story?*

Final Question:

*“How might this expanded perception lead to more clarity, compassion, or freedom in my life?”*

Take a moment to notice **how widening Your view** softens judgment and opens the door to deeper understanding.



# *Insight 7:*

## *Facing the Shadow*

Recognition before change

### *Seeing What Has Been Shaping You*

Shadow is not something dark or wrong.

It is what formed when parts of you were not seen, not heard, or not safe to express.

Many of our behaviors are not choices we made consciously.

They are responses learned early —

ways the body and mind adapted in order to belong, survive, or stay connected.

To see the shadow is not to judge it.

It is simply to recognize what has been shaping us quietly.

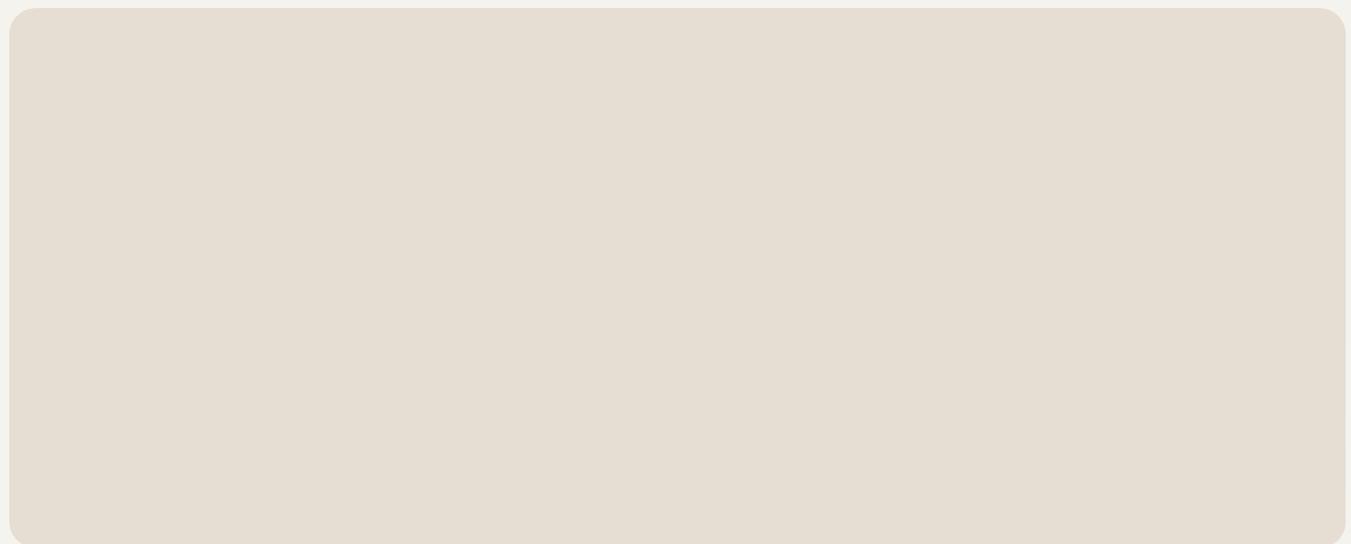
Seeing is the beginning.

#### **Questions:**

(Answer only what feels alive. No pressure.)

- Where do I notice myself reacting automatically?
- Which behaviors feel familiar or repetitive?
- When do I tend to suppress myself, withdraw, please, or control?
- What part of me might have learned this pattern early in life?

(No need to change anything. Just notice.)



# *Insight 8:*

## *Repetition, Death & Cycles*

What repeats until it is seen

### *Understanding Repetition Across Time*

Karma is not punishment.

It is cause and effect.

What remains unseen tends to repeat —  
in relationships, choices, endings, and beginnings.

These repetitions do not live only in the personal mind.

They also move through family lines,  
through inherited ways of surviving,  
through what was never acknowledged before us.

Facing impermanence — including death —  
allows us to see these cycles more clearly.

What is seen no longer needs to repeat in the same way.

### **Questions**

(Stay with reflection, not solutions.)

- What situations or dynamics seem to repeat in my life?
- Where do things often end, break, or collapse in similar ways?
- What feels unfinished, unresolved, or familiar across time?
- If this pattern could speak, what might it want to be seen?

# *Insight 9a:*

## *Connecting with Self & Mother Nature*

Returning to present & Earth

### *Back to Center: The 3×3 Reset*

Whenever You feel overwhelmed, distracted, or disconnected, Your breath is the fastest way back to presence. This simple 3-minute practice (3×3 Method) helps You shift from shallow, reactive breathing into conscious, connected flow. Step by step:

1. Sit or stand still.
2. **Inhale** slowly for **4** counts → **Hold** for **4** → **Exhale** for **4**. (Repeat **3 rounds**.)
3. Switch to **Box Breathing (4-4-4-4)**. This builds awareness and balances the nervous system. (**3 rounds**.)
4. Place one hand on Your heart and begin **Heart Breathing**. Imagine breathing in and out through Your heart space. (2 minutes.)
5. Stay still for a moment and **notice any shifts**.

Reflection prompts (write in I-form):

- *What thoughts quieted down when I focused on my breath?*
- *How did my body respond?*

# *Insight 9b:*

## *Connecting with Self & Mother Nature*

Returning to the Present & Earth

### *Grounding Practice*

This exercise reconnects You with the Earth and with the wisdom of Your physical energy body.

Instructions:

- Go outside and **take off Your shoes.**
- Walk slowly, barefoot if possible. If not, place Your hands or skin on a natural surface such as grass, a tree, sand, or earth.
- With each step or touch, say silently to Yourself:
- ***"I am here. I am held. I am part of this Earth."***
- Allow Your senses to open. Notice the wind, sounds, scents, textures, and temperature.

Reflection prompts (in I-form):

- *How did grounding change my energy?*
- *Was there a moment I felt deeply connected or emotional?*

# *Insight 9c:*

## *Connecting with Self & Mother Nature*

Returning to the Present & Earth

### *The “I Am” Practice*

This exercise helps You connect with inner stillness and anchor Yourself in the present moment.

Instructions:

- Sit comfortably and close Your eyes.
- Focus gently on the **space between Your thoughts**.
- Don't try to stop thinking — simply let thoughts drift by like clouds.
- Keep returning to the simple awareness: *“I Am.”*
- After 5–10 minutes, place one hand on Your heart and ask:
- *“What is most true for me right now?”*
- Sit with whatever arises, and let **Your inner knowing speak**.

Reflection prompts (in I-form):

- *What came up during the silence?*
- *Did any image, word, or feeling surprise me?*

# *Key moments and Realizations*

My Breakthroughs, Treasures & Key Moments

## List of Key Moments

Here we invite You to write down Your important moments and realizations during the Eleusis workshop — and Your Arrival within Yourself.

Date	Moment

# Daily

## PLANNER

DATE \_\_\_\_\_

• • • • • • •  
S M T W T F S

*Plan actions  
according to my  
work on Eleusis*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

*Observations*

*Change Belief Routine*

*Inspirations*

*Reminders*

# Shine Bright!



Welcome!

You have arrived — on a journey with us that awakens Your inner power and allows Your light to shine.

This path invites You to live fully on this beautiful planet, in service of the higher good.

The next step is the Sacred Wedding — the Hieros Gamos. It is the union that connects You, Luminary, with Your inner balance and prepares You for the deeper unfolding within our Inner Circle programs & Human Circles.

See you at the best time!

Enjoy everything you perceive, feel and do!

*Sotiris Zafeiris*



*Marieke Rodehorst*

