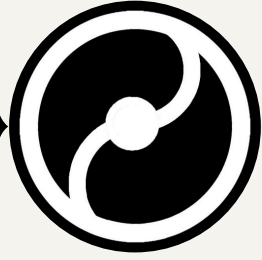


Luminous School of Creation



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

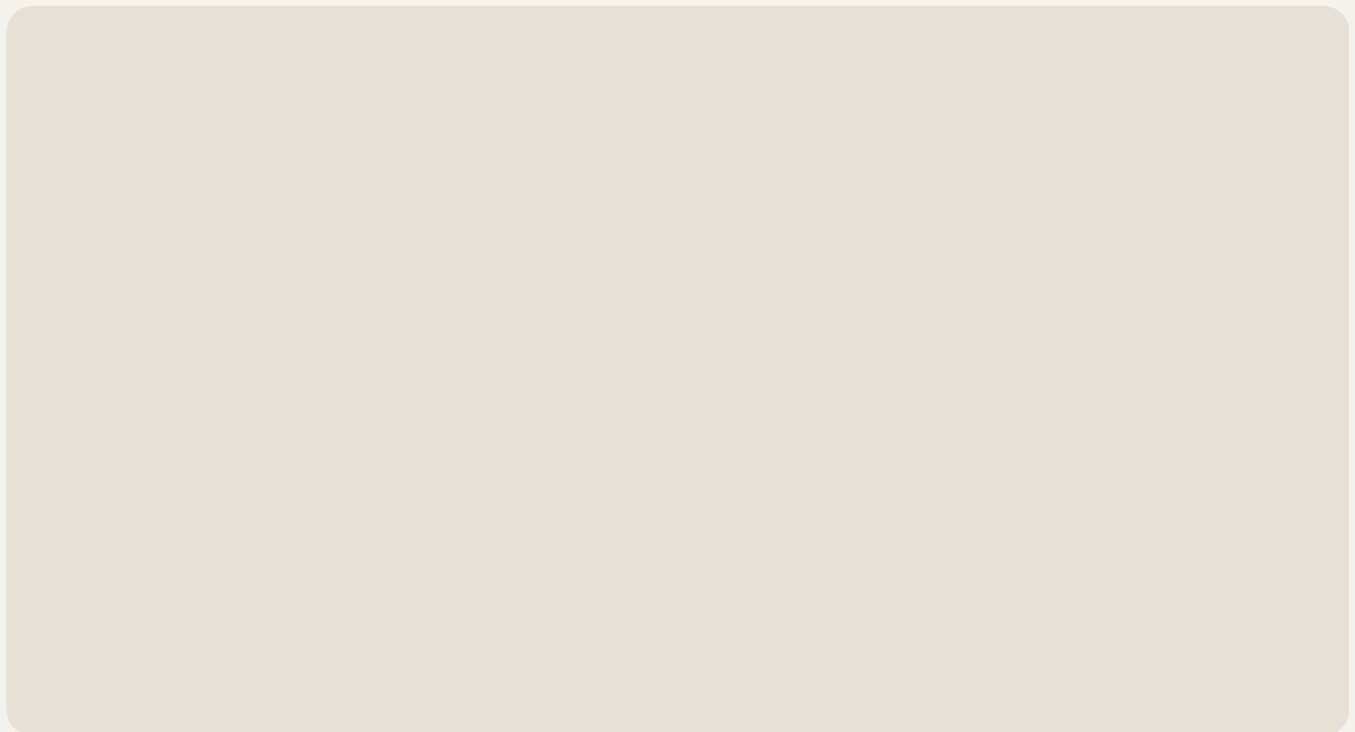
Remembering the Sacred Rules of the Game

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 3:

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 3:

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!

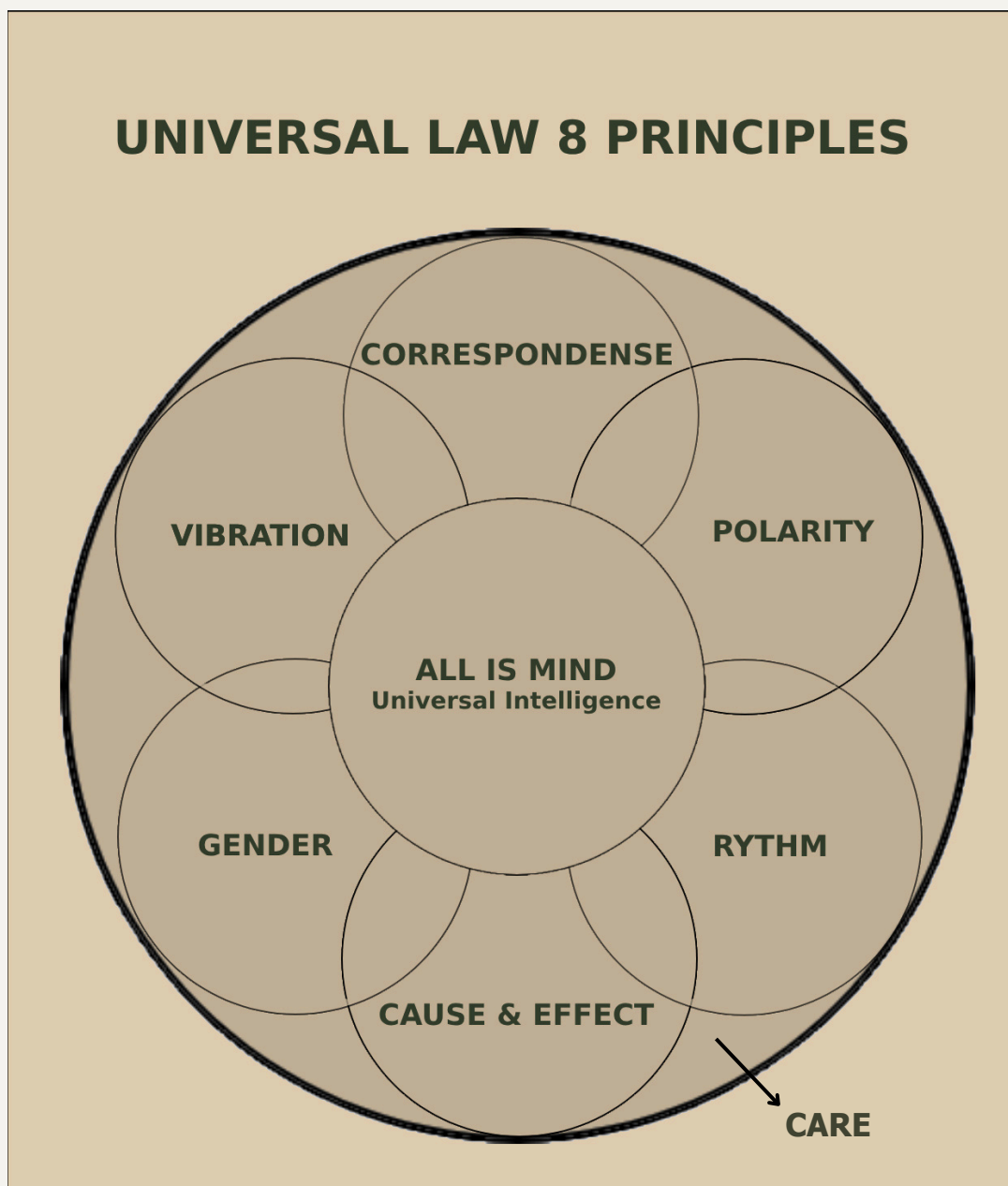
In Your own words, describe:

- *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 4: *Universal Law* *Principles*

Diagram Section:

Universal Laws Principles Visual



Insight 4:

Universal Law Principles

Remembering the Sacred Rules of the Game

Invitation to Reflection 1

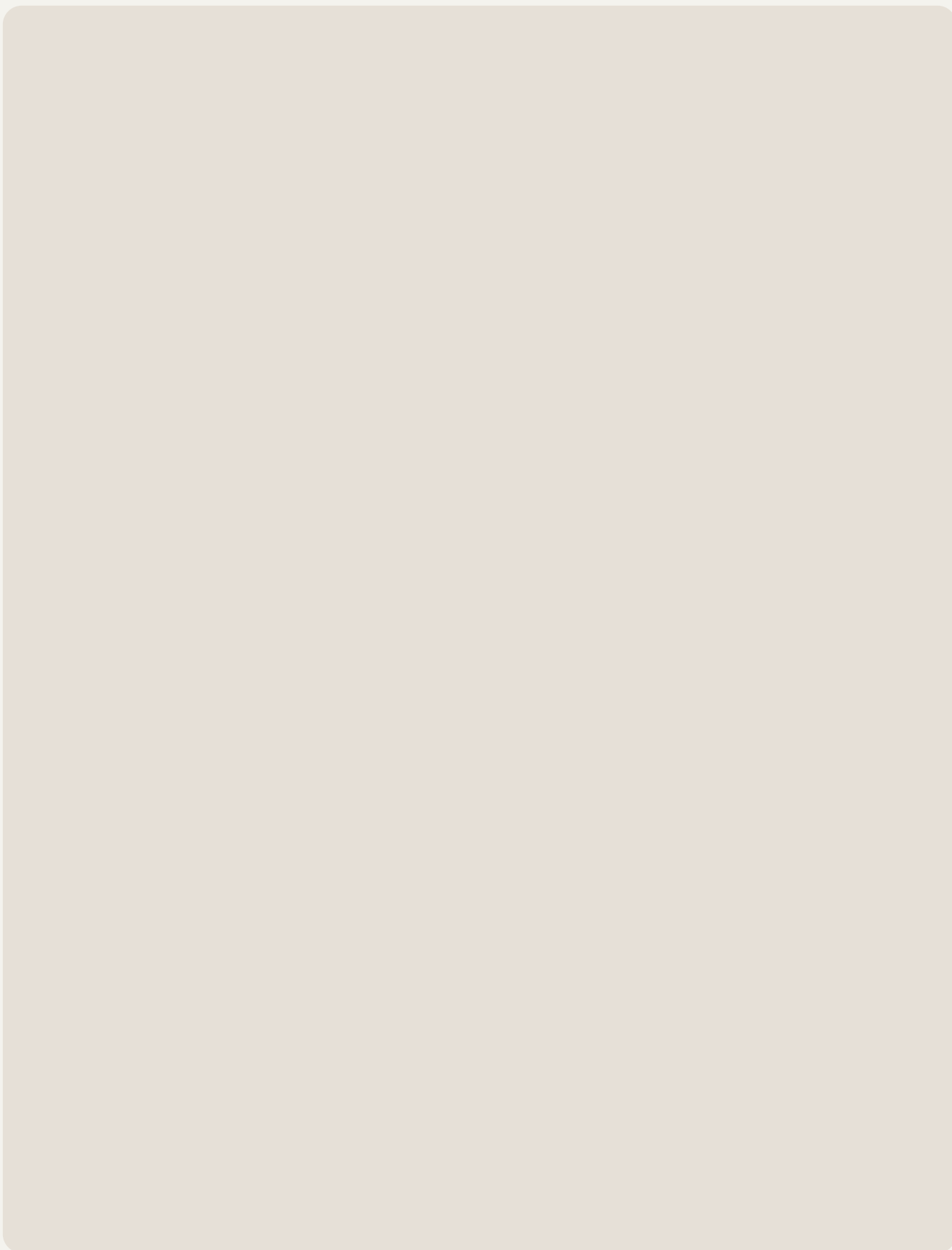
We invite You to take a moment of stillness. Breathe, arrive in the present, and gently reflect on Your current life – Your relationships, work, emotions, and inner growth.

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 4:

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 4:

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:

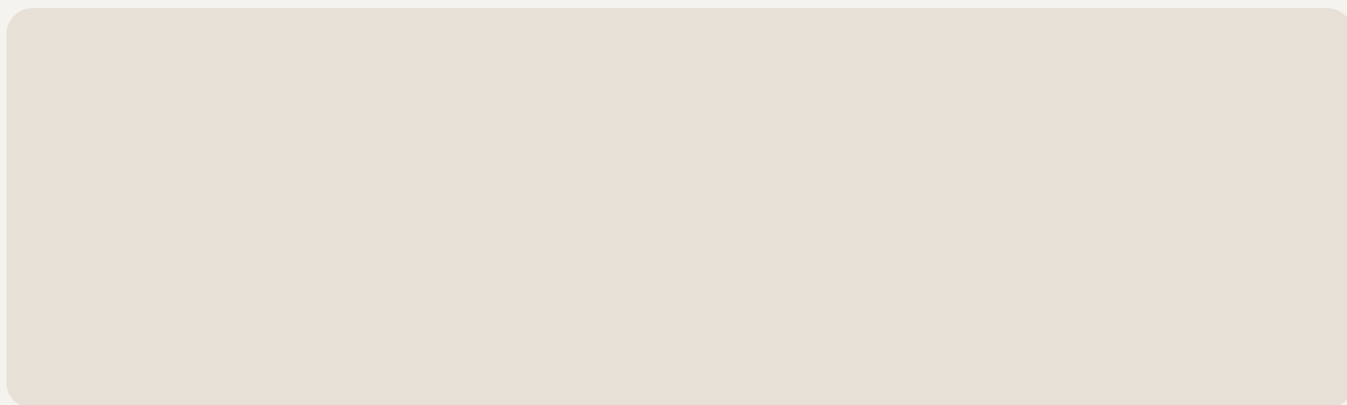
- *A time I chose **Love as Truth** (not comfort):*
- *A time I confused Love with fear or **ego**:*
- *What I now **know about Love** is...*

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.



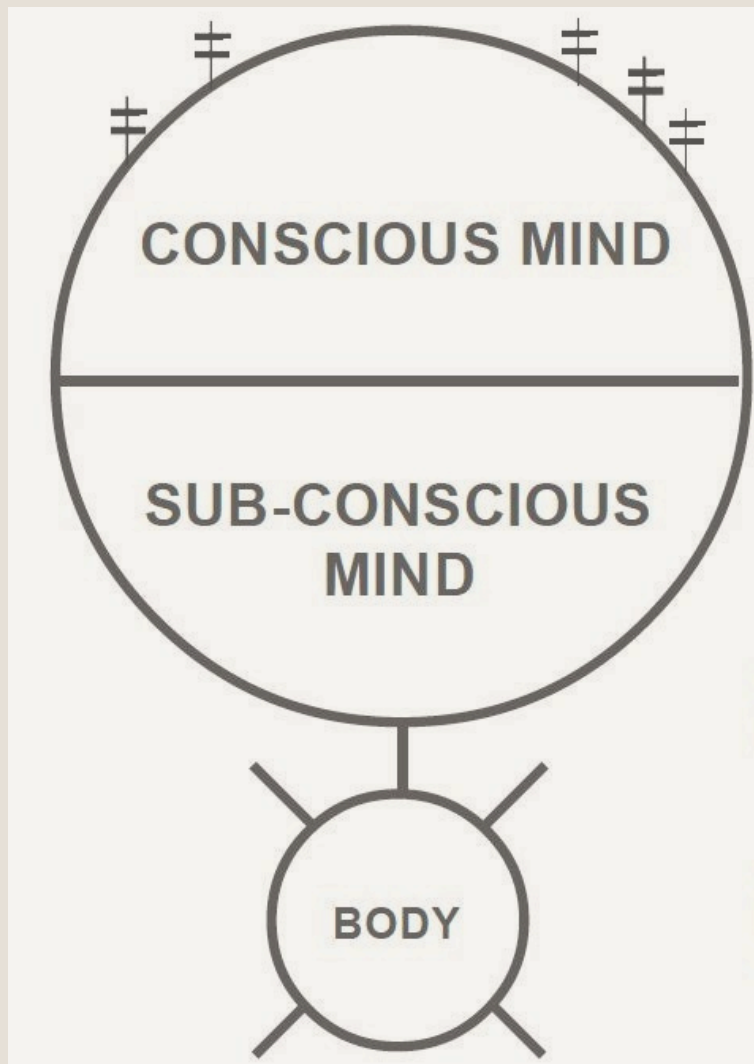
Insight 5: *How the Mind Works*

The Inner Trinity
Subconscious, Conscious, Superconscious

Diagram



SUPERCONSCIOUS



Insight 5:

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.”

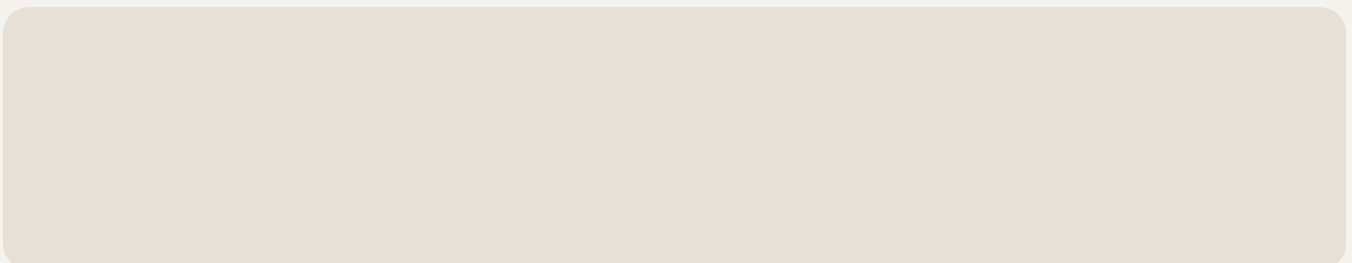
Superconscious mind (Higher Self, wisdom, intuition)

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 5:

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 6:

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:

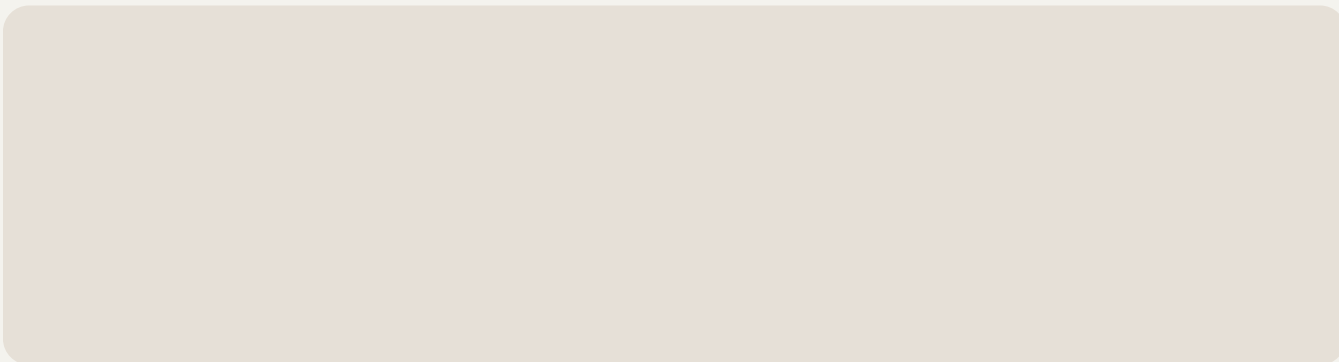
- *What am I **doing**?*
- *How do I **feel**?*
- *What kind of **energy** am I carrying?*
- *Who am I **surrounded** by?*

& 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 6:

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:

Connecting with Self

Returning to the 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 7:

Connecting with Self

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 7:

Connecting with Self

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?*

Insight 8:

Living in a 5th dimensional world

Connect with your multidimensional self

A Conversation with My Higher Self

This practice helps You build an inner relationship with Your Higher Self — the part of You that always knows.

Instructions:

- Sit quietly and place one hand on Your **heart**.
- Close Your eyes and ask silently:
- *"Higher Self, what do You want me to know right now?"*
- Don't force an answer. **Simply wait and allow.**
- A word, image, or feeling may arise. Whatever comes first — trust it. Write it down.

Reflection prompts (in I-form):

- *What message did I receive?*
- *How does it feel in my body?*

Insight 8:

Living in a 5th dimensional world

Connect with your multidimensional self

Shifting Timelines

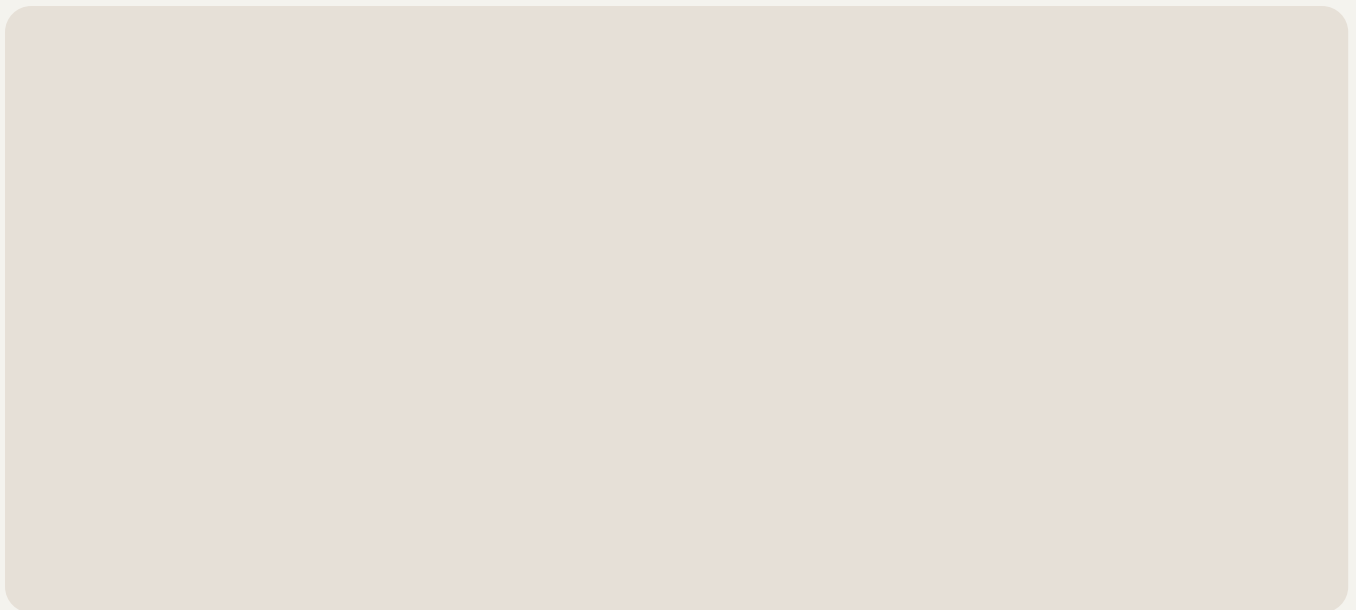
This practice shows You how powerfully Your focus shapes Your reality.

Instructions:

- Bring to mind a **situation** in Your life where You feel **stuck or uncertain**.
- Now imagine a **parallel version of Yourself** — already peaceful, confident, and clear in this area.
- Ask: *“What does that version of me believe or do differently?”*
- Write down one belief or habit You can begin to adopt today to step into that version of Yourself.

Reflection prompt (in I-form):

- **I shift timelines** when I choose: _____



Insight 8:

Living in a 5th dimensional world

Connect with your multidimensional self

Stay Connected – Daily Intuition Practice

This exercise helps You strengthen Your intuitive “muscle” by listening and responding to subtle inner guidance in everyday life.

Instructions:

- In the morning, place one hand on Your **belly**.
- Ask Yourself: “*What does my intuition want me to do today?*”
- **Listen for the very first felt sense** — even if it seems small (drink water, call someone, rest, take a walk).
- Trust it, and follow through without second-guessing.

Evening Reflection (in I-form):

- *What happened **when I followed** my intuition today?*

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

*Plan actions
according to my
work on Eleusis*

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Inspirations

DATE _____



S

M

T

W

T

F

S

Observations

Change Belief Routine

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

