



INTELLIGENT LIFE

Healing Relationships

Tending to and mending our connections

WITH JEDDAH MALI & LOURDES AGUIRRE

The 'Healing Relationships' Event

Good relationships bring warmth, joy and connection into our lives. They can be a source of support, meaning and fulfilment. From intimacy with a chosen companion, to the selfless love of parent, to the sweetness of lasting friendship, relationships travel with us as we journey through life. And although we can love many aspects of life on Earth, meaningful connection with our fellow humans is particularly rewarding. It fulfils our desire to love and be loved, give and receive, see and be seen, hear and be heard. And crucially, relationships allow us to learn more about who we are from our experience of connecting with others.



How we relate says a lot about who (we believe) we are. We will look at how we can foster relationships from a steady, conscious sense of self, so we don't lose ourselves in the connection or get caught in unconscious behaviours. We will also explore our style of communication, what constitutes healthy boundaries and how comfortable we are with intimacy.

We will explore all types of relationships; from the formative relationship we have to ourselves and our body, to the ones that we have with our significant other, our parents and children and our wider family and friends. We'll also look at our relationship with life and death to see what kind of subconscious messages we are carrying in those areas.



In December this year, we are once again partnering with Lourdes Aguirre to host a special event focussed entirely on relationships.... so you can improve your knowledge and understanding, tend to your heartfelt needs and heal your past hurts.





The Healing Work

To achieve a comprehensive learning and transformation experience over the 4 days, we will use a combination of talks, exercises, constellation therapy and meditation. To support the main work, we'll also offer yoga, healing and integration sessions.

Intelligent Life specialise in the concept, practice and application of Natural Intelligence. We offer the specific knowledge, tools and guidance to help you understand, experience and operate from alignment with the energy of life. You will be able to access and experience for yourself the tremendous transformation that alignment with this energy can bring, and how it can empower you to make new, and conscious, choices.

The constellation therapy uses a small group settings to undertake 'field enquiries'. We set up the conditions to allow the field of Natural Intelligence to give us vital information about what is hidden from our conscious view. It is designed to access inherited physical, emotional and mental traits.

Supported by Lourdes' knowledge and training in shamanic practices, and Jeddah's ability to read and work with energy, they bring a highly developed expertise to the work of resolving and clearing personal patterns.

The Benefits

Combining conscious enquiry and spiritual insight with constellation therapy is very powerful. We are able to access and lift out patterns in our energy field that cause us to unconsciously repeat past habits. This work has an extended benefit in that we are able to resolve patterns that we've inherited from our current family system as well as our family line going back many generations.

The clarity and resolution that this work brings, allows us to dissolve active triggers, misunderstandings, old hurts, resentments and tensions. We can more readily step into the thinking and behaviours we wish to operate from. And the healing continues to deepen and integrate long after the sessions have finished.



The Facilitators



Jeddah Mali

FOUNDER & EXECUTIVE DIRECTOR, INTELLIGENT LIFE

Jeddah has been advising, mentoring and teaching for 35 years. As the founder of Intelligent Life, she is considered to be a global visionary and thought leader. Jeddah's work on Natural Intelligence as a catalyst for personal and collective transformation has been received in 62 countries around the world; in retreats, workshops, conferences and keynote talks.

She will set the context for the workshop by providing an overview of our soul's path, the obstacles we often face and how to reconnect effectively with our blueprint. She will also facilitate the energetic container for you to connect more deeply and profoundly with your own knowingness, as well as your guides and teachers. Jeddah's own team in Spirit will provide direct access into a state of remembering.



Lourdes Aguirre

SYSTEMIC THERAPIST & FAMILY CONSTELLATOR

Lourdes is a Mexican systemic therapist and family constellator with more than 25 years of experience. As the founder of the established Kamul Salud y Vida (Health & Life) Centre in Cuernavaca, Mexico, she has taught diploma-level courses, workshops and retreats both in Mexico and abroad.

Lourdes is qualified in many related areas of knowledge, from how to nurture and heal the physical body, to how to meet the quantum Self; using tools as Systemic Therapy, Family Constellations, Morphogenetic Fields, Bioenergetics, Transgenerational Analysis, Epigenetics, and Neurolinguistic Programming. Lourdes is a master of Shamanic Constellations, which integrates shamanic wisdom into this special type of constellation, without departing from the fundamental guidelines established by Hellinguer.

Our Location

The small town of Bacalar is situated on a stunning and unique lagoon. The 30-mile long lagoon is called “the lagoon of seven colours” because its waters range across seven shades of blue from deep indigo to bright aqua. The water is crystal clear, sweet and refreshing. The locals believe the lagoon is a sacred body of water with many healing properties.



Our venue

To facilitate healing of body, mind and soul, we have chosen a private and nurturing venue that will support the deep work of this event.

We will be staying at the beautiful resort of MIA, right on the lagoon waterfront. MIA is a much sought-after hotel for its comfort, tranquillity and elegance. It has an excellent in-house restaurant Hunab Ku, and head chef Pedro Sanchez will cater to all our culinary needs. For those of you who wish to add extra nurturing to your schedule, MIA has a dedicated spa offering massage and other holistic treatments.

This event has a participant limit of 37, and is expected to sell out, so book early to avoid disappointment. Once a particular room type is full, the link will no longer work, but you may choose another room type to continue booking.

Intelligent Life has booked the whole resort, so we have the entire space to ourselves; including the meeting rooms, restaurant, gardens, palapas and swimming dock.

The luxury accommodation is arranged in three different types, to suit all needs and budgets. All rooms have beautifully designed bathrooms, and every convenience.

The prices are inclusive of accommodation, food and tuition.



LUXE SAASIL

Shared room with 2 beds | Availability: 7 rooms

The Luxe Saasil offers a twin bed set up, for those who want to share a room. These rooms have an organic, curvilinear shape, with natural materials in the interior. Each room has a private deck overlooking the lagoon.

USD\$ 2,640

This rate is for shared occupancy in a twin room. By continuing to book this room, you are agreeing to share a room with another participant of the same gender.



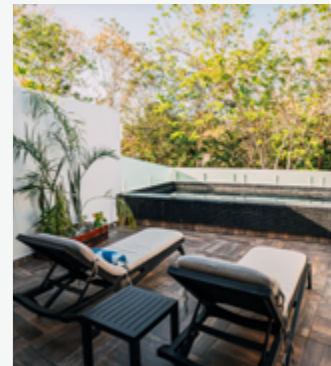
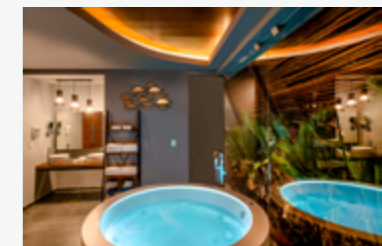
IXCHEL SUITE

Private standard suite | Availability: 7 rooms

The Ixchel Suite offers a king bed, and has a private rooftop complete with pool. Inspired by the great Mayan monarchs, the exclusive amenities and harmonious terrace are surrounded by nature. They offer comfort, modernity and luxury in a pure Mexican style.

SINGLE OCCUPANCY **USD\$ 3,570**

DOUBLE OCCUPANCY **USD\$ 4,620**



GRAND JEEX SUITE

Private deluxe suite | Availability: 16 rooms

The Grand Jeex offers a king bed in a spacious garden room, with its own jacuzzi. With a built area of 56m², the design of this room is inspired by the shape of a spiral. It has its own 15m² terrace, and direct access to the verdant gardens.

SINGLE OCCUPANCY **USD\$ 3,750**

DOUBLE OCCUPANCY **USD\$ 4,800**



Here's what previous participants have said about working with Jeddah and Lourdes:

I cannot express in words how much these two days meant to me. The setting that Jeddah and Lourdes created for this meeting is far beyond words. The energy at this conference was incredible. I was able to incorporate all my years of experience with Jeddah to meet up with the work of Lourdes, resulting in an incredible experience.

AH - UK

I want to say thank you for two wonderful days. I think its been the best two days of my life. This bliss, joy and beauty I experienced so continuously from Friday evening to Sunday was amazing. It was so intense and also so beautiful.

JE - SWEDEN

The time with Jeddah, Lourdes and their teams was a tremendous gift to us. They provided so much love and support. It was so wonderful.

IP - SWITZERLAND

It was a truly amazing experience! I didn't realize that a experience like this was actually possible. Lourdes team were amazing the family constellations were next level!! I will definitely becoming to another event/workshop! Jeddah didn't disappoint one bit I really appreciated her input to me personally as well it was a game changer. Shes definitely the real deal! A true shining light of the truth!

LS - UK

Event details

DURATION: 10am Saturday 9 December – 10am Wednesday 13 December 2023

ADDRESS: Carretera Chetumal – Carrillo Puerto, Frac. Seis, KM 42, S/N, 77930 Bacalar, QR.

TELEPHONE: +52 983 689 0005

TEXT: +52 998 221 4220

Getting there

NEAREST AIRPORT

Chetumal Domestic Airport, Quintana Roo, Mexico – 40 mins (incoming international flights change at Mexico City International Airport)

OTHER AIRPORTS

Cancun International Airport, Quintana Roo, Mexico – 3 hrs 50 mins

Reserve a spot

Terms & Conditions

Full legal terms and conditions will be posted on the Healing Relationships page of our website: www.intelligent.life/events-mexico2023

REQUIREMENTS TO PARTICIPATE

Please note the following conditions must be met in order to be accepted onto this programme:

- No alcohol to be consumed 14 days prior or during the programme
- No smoking tobacco during the programme
- No recreational drugs 6 weeks prior or during the programme (we cannot accept regular drug users on the programme)
- Have average health levels
- Have average fitness levels
- Be willing and able to participate in all the activities, therapies and exercises over the entire programme
- Demonstrate responsible thinking, speech and behaviours for self and group

CANCELLATION & REFUND POLICY

You may cancel your participation in the programme at any time before its scheduled commencement date by informing us in writing (including by email). If you cancel in this way, you may be required to pay cancellation charges.

If you give us your cancellation notice at least 90 days before the scheduled commencement date for the programme, we will try to replace you on the programme with someone from our waiting list. If we are successful in doing this, we will refund 94% of the price you have paid us for the programme (the balance of 6% covers administration costs).

If we are not successful in filling your place, we will refund:

- (a) 50% of the price you have paid us for the programme, if you give us your cancellation notice between 60 and 89 days before the scheduled commencement date for the programme;
- (b) 25% of the price you have paid us for the programme, if you give us your cancellation notice between 32 and 59 days before the scheduled commencement date for the programme;
- (c) 0% of the price you have paid us for the programme, if you give us your cancellation notice less than 31 days before the scheduled commencement date for the programme.

COVID POLICY

We will undertake to provide an environment based on accepted Covid guidelines. However, please note participants are responsible for their own preferred measures over and above these guidelines.

TRAVEL INSURANCE

Each participant must purchase their own travel insurance which covers them for travel to and within Mexico, all the activities of the programme, Covid related illness, delays and cancellations, and general illness and death.

WHAT'S NOT INCLUDED

- Individual travel insurance
- Inbound and outbound flights to Mexico
- Internal travel outside of start and end times of programme
- Food, snacks and drinks outside of meal times
- Personal purchases



INTELLIGENT LIFE

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