

**Enlightenment Intensive**  
**26–30 December 2026**  
**Haus der Erde, Kirchzarten near Freiburg, Germany**



There are moments in life when something deeper calls.  
A quiet invitation — not from the outside, but from within.

An invitation to slow down, to listen, and to remember  
what is true beneath all the layers of doing, becoming, and effort.

This retreat is a response to that call.

In the stillness of winter, surrounded by the nature of the Black Forest,  
we come together in a quiet setting to look more deeply into our own experience.

The Enlightenment Intensive is not about learning more concepts or improving yourself. It is a  
unique retreat format in which deep self-inquiry meets silence, presence, and genuine human  
contact.

At the heart of the retreat are **dyads** — two-person contemplation exercises that combine  
meditation and communication in a precise and powerful way. In the dyads, we explore  
fundamental questions such as **Who am I?** through direct experience rather than theory,  
analysis, or belief.

No philosophy is taught. No belief system is offered.

Instead, the retreat provides a clear and supportive structure that allows each participant to look deeply into their own experience — again and again — until something real begins to reveal itself.

The retreat is guided by **Kjell Gustafsson**, who has been walking this path for more than two decades and leading Enlightenment Intensives since 2017. Participants often describe Kjell's way of working as steady, clear, warm, humorous, and deeply respectful — a presence that supports transformation without pressure.

Kjell lives in Sweden and works as a social worker and coach.

More information: [www.kjellgustafsson.com](http://www.kjellgustafsson.com)

In a quiet environment and within a well-held structure, this retreat offers the possibility to encounter yourself and others in an immediate and genuine way. You do not need to achieve anything. What is needed is only a willingness to be present and open to your experience.

Whether you already know dyads and Enlightenment Intensives, or whether this is your first time, you are warmly welcome.

## **What is an Enlightenment Intensive?**

An Enlightenment Intensive is a retreat format that combines deep self-inquiry with direct human encounter.

At its core are **dyads**: two-person exercises in which one person contemplates and communicates from their immediate experience, while the other listens attentively and without interruption. Then the roles change.

The aim is not discussion, self-improvement, or the exchange of ideas. The aim is direct experience.

Silence outside the exercises and a clear daily rhythm create a protected environment that supports depth, focus, and presence. Many participants experience the process as both simple and powerful, and report a new sense of clarity, freedom, and aliveness.

## **Organisational Details**

### **Dates**

26–30 December 2026

### **Location**

Haus der Erde, Kirchzarten near Freiburg, Germany



Photos of Haus der Erde and its surroundings (summer view).

## **Schedule**

Start: 26 December at 5:00 pm

End: 30 December at 2:00 pm

## **The retreat includes:**

- 3 full dyad days
- 1 half integration day
- meditation, dyads, walking contemplation in nature, breaks, and quiet time

## **Digital break**

No WiFi and no mobile network — a real opportunity to step out of everyday life.

## **Language**

The retreat will be held in English. Basic understanding of English is enough. Bilingual support is available. Dyads can be done in English or German.

## **Accessibility**

Haus der Erde is unfortunately not barrier-free. If you have physical limitations or special needs, please contact us. We will do our best to find a solution together.

## **Accommodation & Meals**

Simple shared rooms in a quiet and beautiful environment

Vegan, organic full catering included

## **Contribution & Registration**

### **Participation fee (self-assessed):**

€680–€950

Includes course, accommodation, and meals.

### **Early bird:**

€580 for registrations received by **21 September 2026**

(valid for the first 5 participants)

If the contribution is a barrier for you, please get in touch. We will do our best to find a solution together.

## **Registration & Questions**

Please email: [\*\*birgituhlein@googlemail.com\*\*](mailto:birgituhlein@googlemail.com)

With warmth and gratitude,  
Biggi and Kjell