

EMBASSY
OF THE
FREE MIND

Jacques
Theron

The Mysteries of Europe

A Journey to the Sun's Zenith


Programme overview 2026

The Sacred Journey *Breathwork* Roadmap Europe 2026*

30
APR
MAY 7 - 21 - 28

🕒 19:00 - 21:30

The Path of Initiation - Four Online Modules - Academy of the Free Mind




THURSDAY

26
JUN

🕒 18:30 - 23:00

Shamanic Breathwork - Workshop Embassy of the Free Mind - Amsterdam



FRIDAY

9
JUN

🕒 19:00 - 21:30

The Mysteries of Europe - Workshop Embassy of the Free Mind - Amsterdam



TUESDAY

1
JUL

🕒 19:00 - 21:30

The Mystery Pantheon - Workshop HeelHuis Healthcenter - Zutphen




WEDNESDAY

13
JUN

🕒 10:00 - 18:00

The Journey of the Initiate - Breathwork Intensive - Eemklooster Amersfoort



SATURDAY

14
JUL

🕒 PERSONAL EXPEDITION

Alpine Mythology - Exploration & Offering - Switzerland




TUESDAY

14
JUN

🕒 10:00 - 18:00

The Mysteries of Rebirth - Breathwork Intensive - Eemklooster Amersfoort



SUNDAY

24
JUL

🕒 12 DAY PROCESS

Via Francigena - Pilgrimage to the Holy City of Rome - Italy / Lazio



WEDNESDAY

*Contact us for more info about shamanic weekend ceremonies & other celebrations in Portugal, Germany, Belgium & The Netherlands

A Journey through European Mystery Traditions

*from Amsterdam
to Rome*

The Sacred Geography of Europe

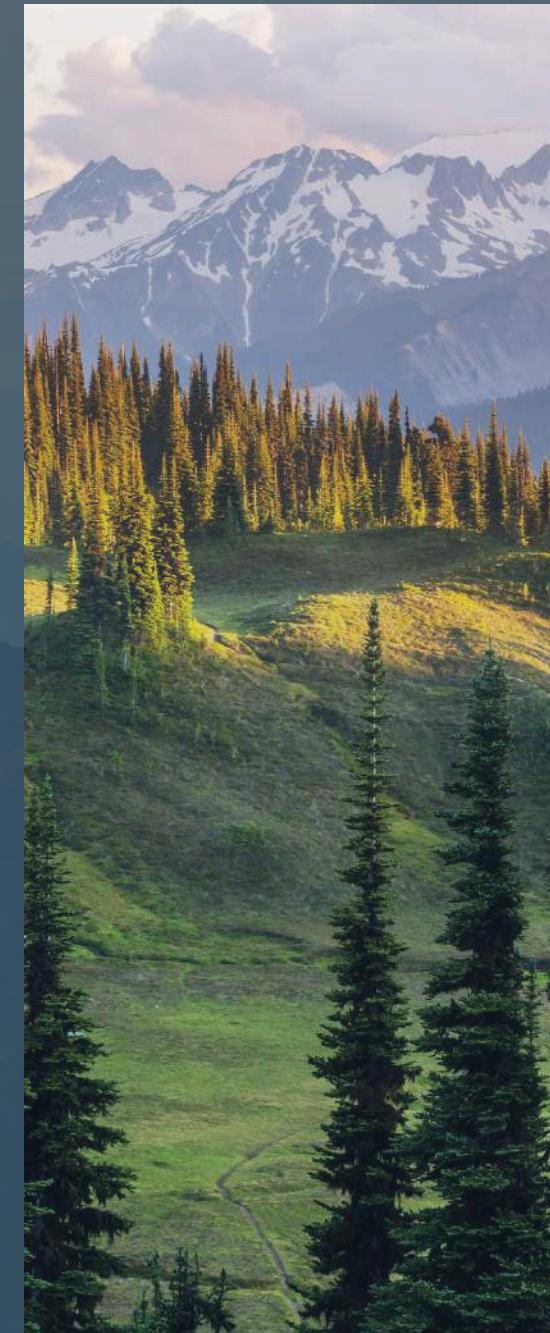
Following a mythological interpretation of European geography, in the summer of 2026 we will undertake a Sacred Journey across the continent in order to honour the sacred places of power. We will travel south-east, along the line from the alchemical centre of Amsterdam, via the Alpine Massif to the Holy City of Rome – the age-old civilisational nexus of Europe.

Long regarded as a sacred realm of the gods and the source of Europe's great rivers, the Alps form a geographical and symbolic centre to the continent. The south-easterly direction relates to walking towards the source of the Sun, of exploring the power of the growing light. In this pilgrimage we strive for the light – finding new ways to cultivate it in our future.

Rediscover the Spiritual Technologies of Our Ancestors

This summer we have mapped out a diverse programme, and warmly invite you to join us on a journey back to our deeper roots—rediscovering the ancient spiritual technologies of our ancestors and bringing them back into living experience.

Through our workshops, ceremonial weekends, and the Pilgrimage to Rome, we will explore both theory and practice, engaging directly with these traditions through experiential learning. Especially those related to the creation of sacred space, ritual, chant, and ceremony in places of power, to experience how these ancient forms still resonate and transform our lives today.



The Sacred Geography of Europe

The Journey to the Sun's Zenith

The ancient peoples read mythology into the land and geography—just as they read the stars—and attributed meaning and magic to their environment.

Travelling from the Low Countries south-east toward Rome, one passes through corners of France and Germany and enters the sacred heartland of Western Europe: the Alps of Switzerland. In sacred geography this mountain massif forms the meeting point of the north-south and east-west axes.

The Four Directions

The directions of East, South, West and North relate to the wheel of life and the journey of the Sun through the day and through the seasons of the year.

The East represents spring, where the Sun is born and reborn – where all new cycles and transformations begin. Geographically, the East, in the European context, is Eden, and the road to exotic far-off civilisations and great riches. The south relates to the zenith of the Sun, of growth and fertility. The West relates the realm of the vast Atlantic Ocean, of the unknown and of release. The extreme north is the realm of cold and death, as well as the preparation for rebirth.



The Alps – The Sacred Heart of Europe

Perhaps the Alps once held a mythological fame for ancient peoples similar to that of the Himalayas for the Hindus: the highland home of the gods and goddesses. The Alps form a central hub between Europe's peoples and civilisations, and as the source of the Rhine, Rhône, Po and Danube they remain the life-giving waters of Europe.

In this south-eastern pilgrimage we seek the light—finding new ways to carry it forward into the future.

Amsterdam – The Alchemical Gateway

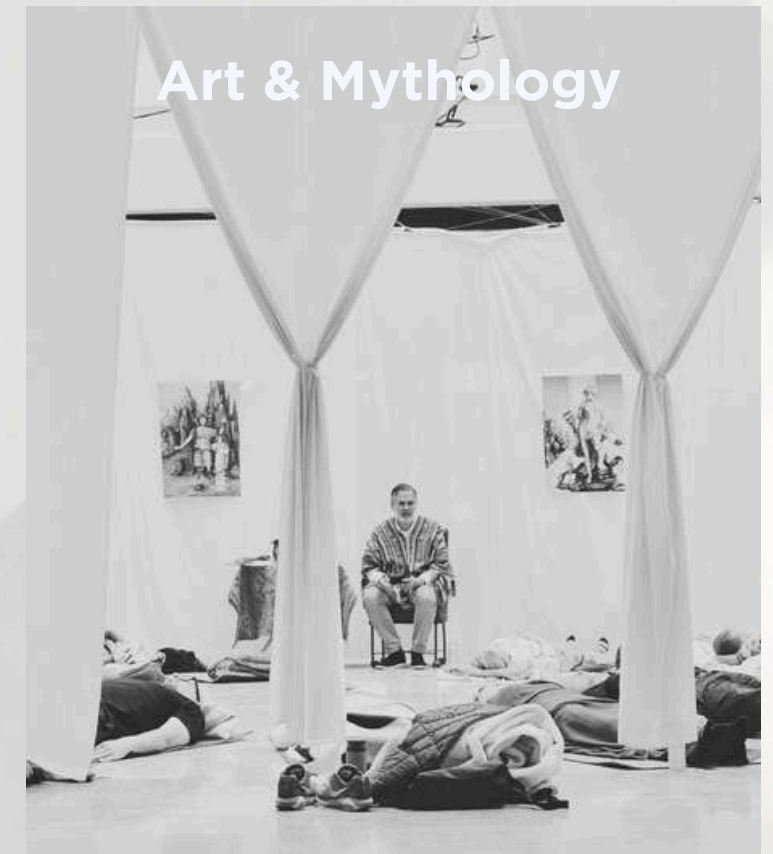
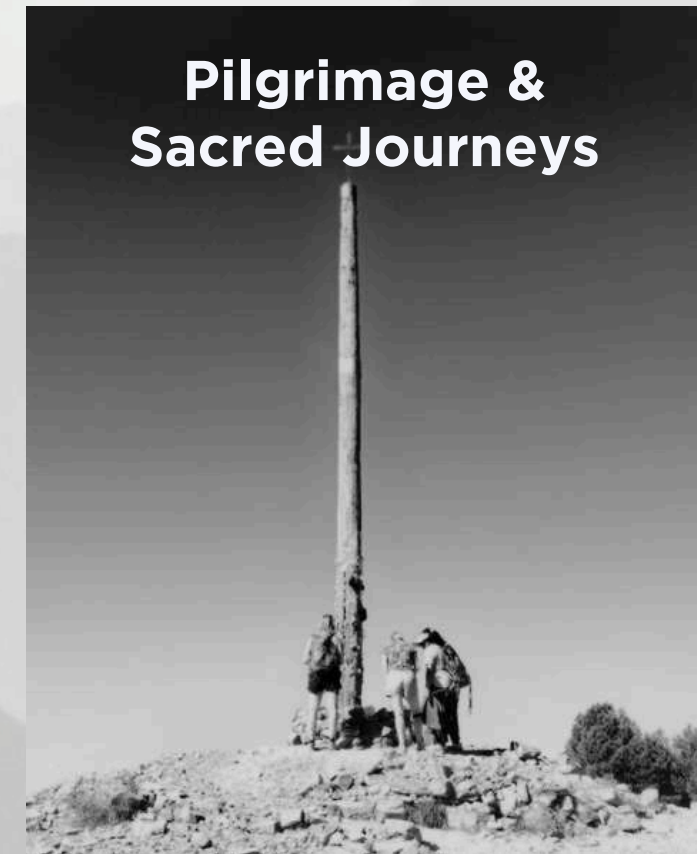
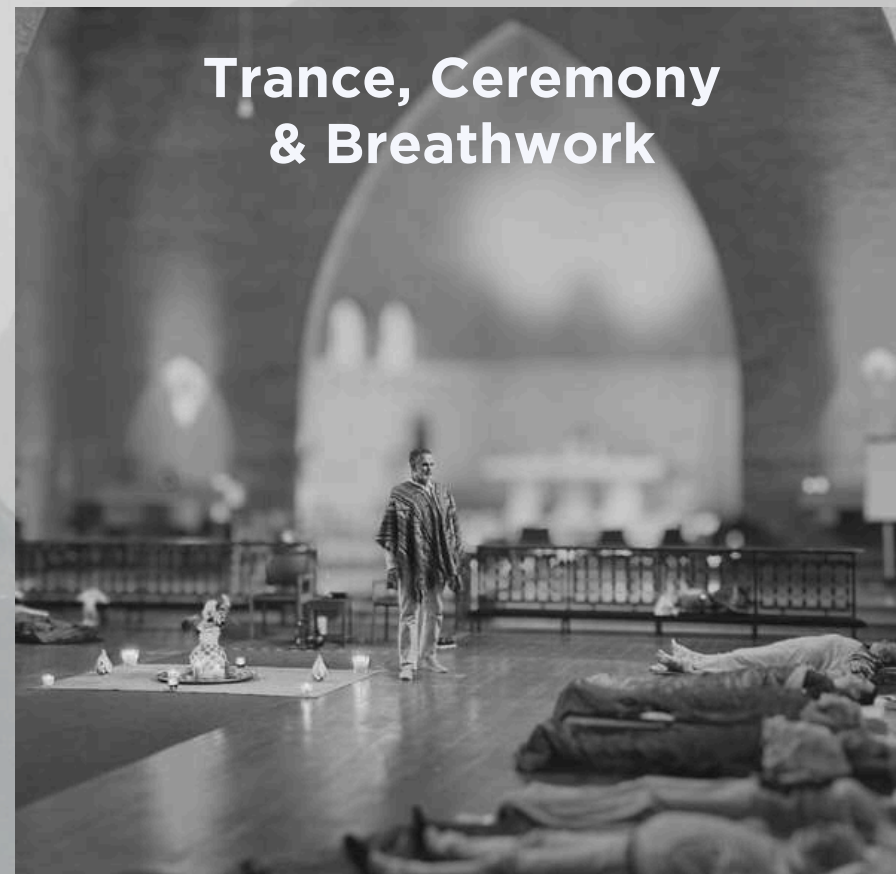
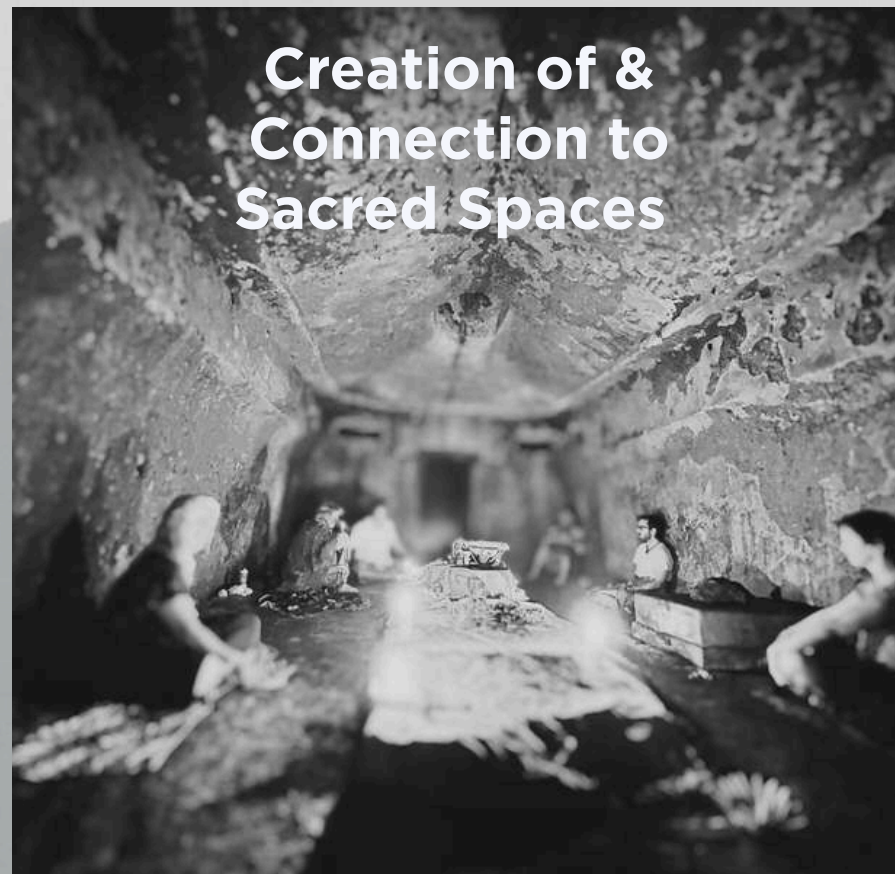
Our journey begins in Amsterdam, a city that in the early modern period became one of Europe's great centres of intellectual freedom. Philosophers, mystics and scientists gathered here, turning the city into a crucible where ideas, traditions and cultures could meet and transform. Through its publishing houses, works on philosophy, science, alchemy and Hermetic thought spread across Europe beyond the limits of religious orthodoxy.

Today this spirit lives on in institutions such as the Embassy of the Free Mind, home to one of the world's most important collections of Hermetic philosophy and Western esoteric thought—and a place where this living tradition continues to inspire new journeys of discovery.

Practices & Methodology

The Path of Living Practice

The Mysteries are not a philosophy but a living practice. Through ritual, pilgrimage, and breathwork, we cultivate a state of presence in which the sacred becomes tangible. Each practice serves as a doorway: to deepen awareness, to align with divine order, and to embody transformation.



The Crisis of Belief

Where do we come from?

In our contemporary world—particularly within Western societies—we confront a profound crisis of belief. Amid external civilisational upheavals, spiritual confusion, and widespread indifference, traditional orthodox religions are increasingly rejected. In their place, many turn to exotic spiritualities, often adopting them in superficial ways that remain disconnected from their own cultural and ancestral roots. This disconnection from our heritage results in a loss of soul—a fragmentation of the self. Compounding this is the overemphasis on intellect and science, which has displaced the intuitive, emotional, and creative faculties essential for personal fulfilment, meaning, and inspiration.

Exploring Our Roots: The Past as a Foundation

To embark on this journey, we must first ask: What are our roots? Where do we come from? Our inquiry includes pre-Christian shamanism in Europe, as well as the esoteric traditions that followed in the wake of Christianity. While Christianity absorbed and integrated certain native European practices and beliefs, our focus is on uncovering the "what," "where," and "how" of ancient European nature-based and shamanic spirituality. This exploration reveals a rich tapestry of traditions that predate dominant religious paradigms, offering timeless insights into harmonious living with the natural world and the cosmos.



Beyond Reconstruction: A Forward-Looking Approach

Our aim is not solely to gaze backward or adopt a "reconstructivist" stance, replicating ancient practices without adaptation. As a society, we stand at a crossroads, facing pivotal choices about our spiritual direction. The past provides a vital foundation, but clinging to it rigidly risks stagnation. Instead, we must evolve these traditions dynamically, ensuring they resonate with contemporary realities while preserving their essence.

Reclaiming Our Soul: Relevance to the Modern World

To truly reclaim our soul, we need to rediscover and develop these deep-rooted spiritual practices in ways that are relevant to the modern world and its unique challenges—such as environmental degradation, social isolation, mental health crises, and cultural fragmentation. This involves bridging the ancient with the present, adapting shamanic and nature-based wisdom to address today's needs without diluting its power. By doing so, we foster a spirituality that is alive, practical, and transformative, empowering individuals and communities to navigate the complexities of modern life with renewed vitality.

The Path of Initiation

Four Online Modules

Building a Foundation for the Journey ahead...

This transformative online process sets up the key pillars in constructing a contemporary Mystery Spirituality — rooted in ancient European mythology, initiatory practice, and the Hermetic arts.

We will delve into the ancient Mystery traditions that formed the spiritual foundation of European civilisation, from the Eleusinian mysteries to mystical Christianity. The Greek concept of "mystērion"—the hidden knowledge revealed through direct experience—evolved from shamanic roots into sophisticated ritual practices. We will also look at how early Christianity adopted the language and imagery of the Mystery religions, particularly in the shared symbolism of rebirth and holy sacraments found in both Dionysian and Christic traditions. In both spiritual paths, the directive to "die before you die" embodied the core practice of spiritual transformation.

In co-creation with the Embassy of the Free Mind, this course marks the beginning of a deeper inquiry into our European spiritual roots — leading towards a live programme in Amsterdam (June 2026), a pilgrimage to Rome (July/August 2026), and a multi-year partnership dedicated to further exploration and experiential research.

Course Details

- Format: Teaching · Breathwork Practices · Q&A
- Dates: April 30 · May 7 · May 21 · May 28, 2026
- Time: Thursdays, 19:00–21:30 (CET)
- Language: English
- Access: Online Live sessions + recordings (incl. guided breathwork)
- Fee: €195 (full programme) – **Session 1 is Free, an opportunity for you to determine if this course is right for you.**



[Reserve your free spot today and take the first step on the path](#)

EMBASSY
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Programme



Module I – Elements of a Modern Mystery Spirituality

- Crisis of belief and authentic spiritual experience
- Nature spirituality and the Sacred Journey framework
- Rome as a symbol of European unity

Practice: Conscious Breathwork · 44 Breaths · Cosmic Tree

Module II – Nature Spirituality & Shamanism in the Modern World

- Five Elements and the Cosmic Tree model
- Human nature, divine nature, and Genius Loci
- Eleusinian Mysteries and sacred sacraments

Practice: Rebirthing Breathwork



Module III – The Journey of Rebirth – Exploring the Face of the Mysteries

- Greek archetypes and the living pantheon
- Tarot and the Hero's Journey as a Map of Consciousness
- Universal patterns of initiation, death, and rebirth

Practice: Heaven & Earth Breathwork

Module IV – Mystery Pantheon: Alchemy, Astrology & the Art of Transformation

- Hermetic cosmology: planets, stellar realms, Primum Mobile
- Sacred geography and pilgrimage in Europa
- Vision, Future Self, and cultural transformation

Practice: Future Tapping Breathwork



The Mysteries of Rebirth

Modern Initiation process *Eemklooster, Amersfoort*

Breathwork Intensive – Weekend 13 & 14 June

Step into the sacred atmosphere of a historic monastery church and embark on a powerful journey of inner transformation.

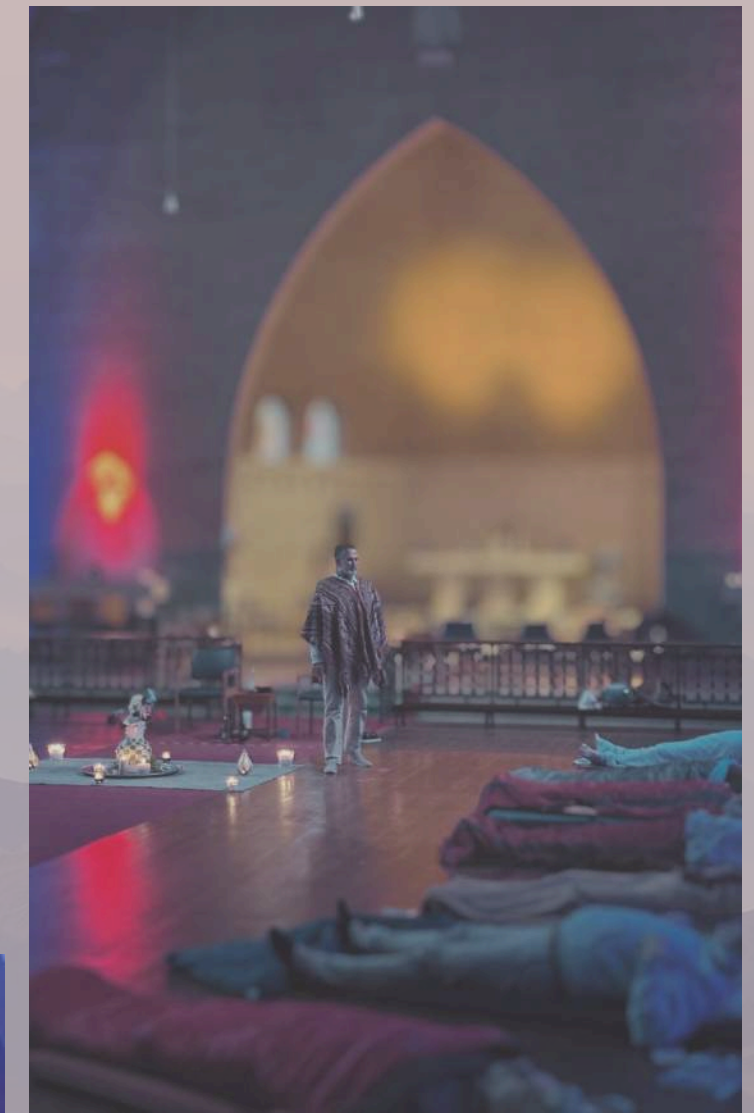
After last year's inspiring gathering, devoted to the power of our ancestors and the family system, we return to the beautiful chapel of the Eemklooster in Amersfoort. Through ancient wisdom, shamanic teachings, and immersive breathwork practices, this weekend explores the initiatory path from ego death to spiritual rebirth.

Guided by conscious breathwork, sound, ritual and deep integration processes, you will be invited to release the old self, awaken deeper awareness, and reconnect with the future you are here to become.

Workshop Details

- Location: Eemklooster, Amersfoort
- Format: Teaching · Breathwork Practices & Ceremony · Q&A
- Date: Saturday, June 13 & Sunday, June 14 2026
- Time: 9:30 – 17:30/18:00
- Price: €395,- (weekend) or €210,- for a single day
- Language: English (Dutch translation available if needed)
- Breathwork: Cosmic Tree Breathwork, Future Tapping Breathwork, Holotropic / Shamanic Breathwork and other practices

On this weekend workshop, the Saturday and Sunday workshops are free-standing offerings; although maximum benefit is gained from participating in both, as they form an interconnected process. [More info and tickets, click here.](#)



The Mysteries of Rebirth

Programme Overview

Femplooster, Amersfoort

Saturday Workshop: The Journey of the Initiate

This immersive day introduces the ancient map of transformation: the Five Elements, the Three Worlds of shamanism, and the Tarot as a symbolic map of life's initiatory journey. Through teachings, ritual, and powerful breathwork sessions—including the Cosmic Tree Breathwork and a ceremonial session accompanied by Icaros and live instruments—you will explore how ancient wisdom can guide your own process of transformation.

The sacred resonance of the monastery church creates a powerful field for deep inner work, communal practice and expanded states of consciousness.

Sunday Workshop: The Mysteries of Rebirth

Sunday is dedicated to the deeper process of death and regeneration. We begin by exploring the essential question: "What in me must die in order for something new to be born?"

Through an extended Holotropic Breathwork session, participants enter a powerful trance state that supports emotional release, healing, and spiritual connection. The experience is integrated through mandala drawing, reflection, and guided process work, before turning toward the Future Self: envisioning the life and consciousness that wish to emerge. The day culminates in Future Tapping Breathwork, aligning body and nervous system with the future you are choosing to embody.



SATURDAY – June 13th 2026

THE JOURNEY OF THE INITIATE

Arrival & Tea – 09:30

Morning – 10:00-13:00

- Opening Circle
- Teachings of the Ancient Path: The Five Elements - The Three Worlds - The Path of the Initiate
- **Cosmic Tree Breathwork**
- Energy Practices & Sacred Chanting

Midday – 13:00

- Lunch & Sharing

Afternoon – 14:00–18:00

- Tarot – The Map of the Initiate's Journey
- **Breathwork Ceremony with Icaros & Live Instruments**
- Closing Circle

SUNDAY – June 14th 2026

THE MYSTERIES OF REBIRTH

Arrival & Tea – 09:30

Morning – 10:00-13:00

- Opening Circle
- Future Self Process
- Envisioning Spiritual Rebirth
- Creating Sacred Space
- **Future Tapping Breathwork Ceremony**

Midday – 13:00

- Lunch & Sharing

Afternoon – 14:00–18:00

- Reflection on Ego Death & Rebirth
- **Holotropic Breathwork Journey**
- Mandala Integration
- Closing Circle



[FOR TICKETS AND MORE INFORMATION - CLICK HERE.](#)

Via Francigena in Italy

Pilgrimage to the Holy City of Rome



Embark on a transformative walking pilgrimage to Rome, traversing the breathtaking countryside of Lazio before exploring the historic and sacred city of Rome.

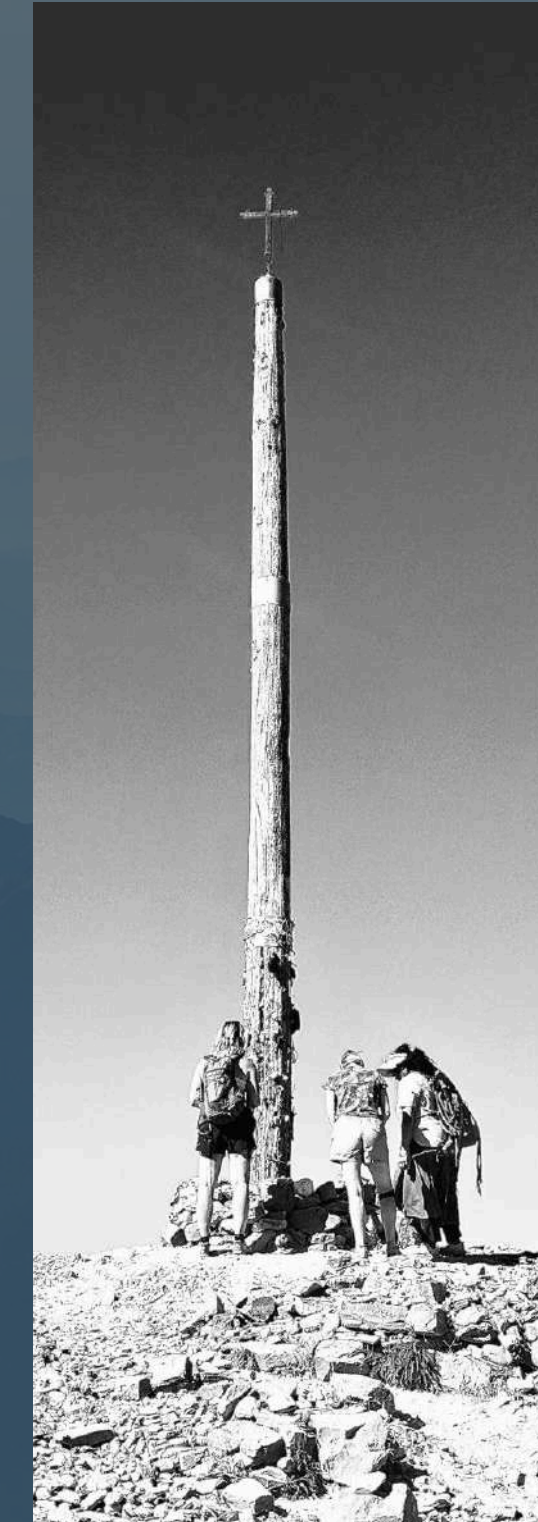
Starting in the Orvieto region, north of Rome, we will cover approximately 15 to 20 kilometres each day until reaching our destination. We will explore the region's revered springs, holy caves, and ancient ruins that will enhance our spiritual journey. Engage in daily rituals such as breathwork, meditation, group sharing sessions, and water breathwork while indulging in Italy's rich artistic heritage, architectural wonders, and exquisite cuisine.

Dates: 24 July to 6 August, 2026. The initial 11 days of the pilgrimage will take place in the Italian countryside, followed by 2 days dedicated to processing activities in Rome, encompassing sacred sites within the "Eternal City."

Accommodation: we will stay in apartments and B&Bs – pilgrim refuges are limited on this route, but may be an option if you are on a tight budget. Approximate price: 50-100 euros per night, depending on where you choose to stay.

Facilitation: 1,400 euros. This includes preparation meetings (via Zoom), daily group spiritual processes in Italy as well as an overarching spiritual facilitation with archetypes. Included in this fee will be the rental of a group car and processing spaces, where necessary.

[CONTACT US FOR MORE INFORMATION OR TO JOIN THE PILGRIMAGE](#)



Roadmap Europe 2026

A Sacred Journey from Amsterdam to Rome

Pilgrimage to Rome

- “Via Francigena” Group Process - 24 July To 6 August, starting in the Orvieto region, north of the the “Eternal City”
- Daily rituals and an exploration of the region's revered springs, holy caves, and ancient ruins

Sacred Journey to the Swiss Alps

- Exploring several sacred places
- Making offering - molded pottery shrines (working with crystals)

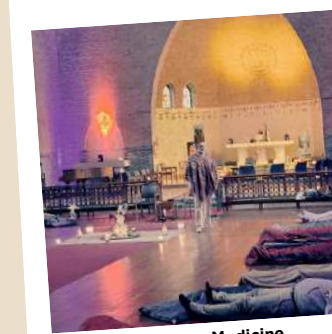
European Shamanic Ceremonies

- Germany: Frankfurt
- Belgium: Bruges
- Portugal: Alentejo

Breathwork & Ceremonies in The Netherlands

- Co-creation with Embassy of the Free Mind
- Breathwork Intensive: Eemklooster 13-14 June
- Workshops in Holistic Health Center HeelHuis

Vision Board



Ancestor Medicine
Eemklooster '25



Cosmic Tree Workshop
Embassy of the Free Mind '25



Camino de Santiago
Group Proces '23



Shamanic Ceremonies
Belgium '25



Personal Pilgrimage
Rome '24



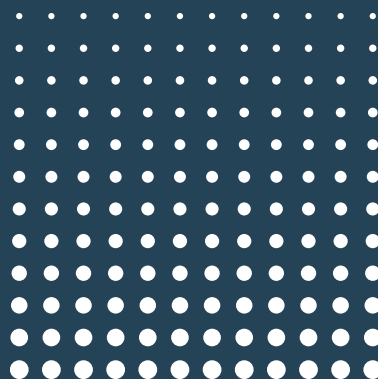
Exploring the Alps
Hallstat '24



Sacred Journey Breathwork
Eiffel weekend '25



Shamanic Ceremonies
The Netherlands '25



Jacques Theron

Jacques was born in Australia in 1971 and has since lived in South Africa, France, and currently resides in Brazil. Based in São Paulo, Jacques leads regular pilgrimages, ceremonies, and retreats worldwide - including in the USA, South Africa, Brazil, Asia, and Europe. His commitment to spiritual growth is a lifelong path, and his passion is to share the wisdom he has gathered to facilitate transformation in others.

Since 1995 he has guided seekers through the symbolic landscapes of Tarot and mythology, while facilitating Conscious Breathwork for healing through trance.

Since 2008 he has focused on shamanic practices, which create sacred space, allowing connection to personal healing and vision, to the Earth and Spirit. His quest for authentic spiritual connection has caused him to train extensively with Peruvian and Brazilian shamans, practice rituals in the temples of Nepal, Bali and Japan, as well as walking the pilgrim paths of Italy's "Via Francigena" and Spain's "Camino de Santiago" several times.

Jacques is an artist and the creator and illustrator of the "Classical Mythology Deck"; he also authored "Living Mythology" and "The Building Blocks of Tarot". All his works seek to combine ancient wisdom with contemporary practice — inviting seekers to explore the divine forces that continue to shape our inner and outer worlds.

Academically, he holds degrees in Architecture (B.Bdg.A), Psychology/Languages (B.A), and French Literature. In addition to his formal studies, he has extensively explored astrology, the Tarot, mythology, shamanism and comparative religion.



Jeroen Berndsen

Jeroen's path has been a deep exploration of what moves people, communities, and the dynamics of transformation. What began as a career in organisational development has evolved into more of a spiritual vocation: guiding others through meaningful transformation, both individually and within organisations.

Since 2008 he has supported public and private organisations in negotiating change; projects have included the transformation of the Netherlands Police, the Municipality of Amsterdam, and the Fire Brigade.

His academic foundations lie in Business Economics (strategic management), cultural and organisational anthropology, and change management. A sabbatical journey through the Himalayas in 2018 — traveling across Nepal, Bhutan, and India — opened the doorway to a more contemplative search. A profound Rebirthing Breathwork experience in Costa Rica in 2022 deepened this trajectory, followed by pilgrimages across Europe, Asia, and South America, including the Camino de Santiago in Spain.

These experiences have expanded Jeroen's practice with studies in philosophy, conscious breathwork, systemic work, and spiritual practice. He is a certified teacher in Tibetan Healing Yoga (Lu Jong) and the Five Elements. In recent years he has facilitated — together with Jacques — annual programmes and workshops in the Netherlands and Germany, creating spaces where people and organisations can reconnect with vision and the deeper purpose of their lives.





You are welcome to join us on this

Journey

**When you change how you breathe,
you change your life**