

Hello, Claudia Skye here.

I hope this gives you a sense of the experience you might have during your retreat.

What is the Stargate like?

To most people as well as myself, this 45-acre large gem of mostly undisturbed land is incredibly beautiful and feels sacred as well as powerful. *It's diverse with a natural river, several shady tree groves, red sand stone cliffs and canyon walls, native grasslands and 360 degree views. Due to the measurable natural energy or ley lines which run through the property, it has several potent power spots which activate energies within you and me.*

The Italian style off-the-grid villa was remodeled in 2023 and has 7 bedrooms, 6.5 baths, a couple of community spaces, 2 full kitchens as well as a treatment room and two patios.

There is Wifi, however we recommend not planning on bringing your computer as well as using your phone only when needed. Electric power at night is somewhat limited. Hot baths or showers are not a problem... and there is always the Little Thompson River which runs year-round for a refreshing dip.

While this place is very peaceful, serene and expansive, you will be able to see and hear people on neighboring properties as well as their life-stock.

There is the beginning of a small regenerative, bio-dynamic farm and food forest on the property for self-sustainability. In the near future, a free, holistic school for children of all ages will also be hosted at a good distance from the retreat spaces.

What is "nature-bathing"?

It's the most natural way to deeply restore your body, mind, soul and spirit. *It literally creates an ongoing relaxation into the magic and energy of the natural world – the water, the soil, the trees, flowers and grasses, the rocks and landscape. Hearing the birds and insects, feeling the sunshine and breeze on your skin, smelling the fragrance of the environment – being part of it all, taking it in has been proven to help with mental-emotional and even physical dis-eases and is growing in popularity in many places around the world.*

What is the lodging like?

You can book a private room or you can share your space if you like. *Kitchens are shared. Some rooms have a private bath, some come with a shared bath room. Please reach out for details.*

What about food?

Food is part of the medicine. *We have the great fortune to have a top-level chef cook three fresh, organic and very local nutritious meals for you each day. Let us know your needs so we can accommodate them.*

What kind of people work with you?

I've facilitated a healing space with people from all walks of life in the 30 years I've been a holistic medical professional. *The clients that come back are the ones who understand that they are the ones who have to face their often suppressed and rejected reasons for why they are struggling in some area in their life, and who are committed to transformation – here and now. I recommend going all in, however you can also come and relax with a lighter commitment to the inner healing work.*

Do I come alone or can I bring people?

Either one is fine. *You can come solo and stay solo and even silent if you wish during your stay here. You can come with your own group or join others, depending on what is happening and available during your stay. Everything is possible. You can bring your team or colleagues and deepen your connection through this work, where the more personal work is done 1:1, some sessions or ceremonies are done together. Let's talk about what you would love.*

How do I get to the Stargate property?

You can drive yourself or be picked up at the nearby Boulder Transit station (RTD Table Mesa 30 minutes from here. There is a direct bus connection from the Denver International Airport which takes 60 minutes to Boulder.). Let us know how we can support you.

What is the overall intention for this work?

Total well-being is what I'm passionate about. *In my own life and assisting thousands of people in the 30 years of professional work in the realm of healing, I have seen how we tend to operate from a lower level of self, of consciousness, clarity and personal power than is natural and native to us. Life experiences and circumstances tend to lead us early on into a form of sleep. We forget our true and greater selves, and we fit ourselves into boxes, labels and positions that are foreign and restrictive to our vibrant Soul and expansive spirit.*

At this time of the great shift on Earth, we are asked to re-member ourselves, and to live as the intelligent, capable and benevolent stewards of Life we are created to be.

What is the purpose of my sessions with you?

The sessions with me serve as a catalyst for deep transformation and soul remembrance once you realize that something in your life wants to change... *in your health, your relationships, your work life, your habits or level of freedom and happiness, your relationship with yourself.*

What are sessions with you like?

They are unique each time and can include one or more of the following holistic healing methods: *setting of sacred intent and how to let it guide you in your day-to-day, intuitive guidance, acupuncture, somatic trauma energy release with mental-emotional integration, shamanic healing, Qi Gong energy healing, pathogen clearings, healing ceremonies.*

What are healing ceremonies?

Healing ceremonies are guided opportunities to connect with the forces of Life, with the natural and spiritual world, to call in, feel and embody more of who we are. *I work closely*

with the elements of water, fire, earth and ether, with the mineral, plant as well as animal kingdom, as all things are inspirited and an integral part of Life – as are we. Deep fulfillment and greater awakening typically follow when we enliven our relationship with the natural world and open to higher guidance.

Is this a religious practice?

No, it is non-denominational and for all and everyone who wishes to feel more alive, joyful and clear. It's a very simple and intuitive way to connect with Life, and to feel oneself as an integral and essential part of it.

What kind of results do you usually see or hear about?

This is what some of the clients I've worked with say:

*"In just a short time working with Claudia, I was **freed of my limiting beliefs, fell in love with myself again** and jumped back into the driver's seat of my life. ... **exceeding all of my health goals ... reignited my marriage ...set out in new business directions.** Total transformation from the inside out." ~ Aaron*

*"Therapy, self-help books, ... truly nothing has helped as well as the process in which Claudia takes you through. **At 52 years old, I'm finally discovering myself.**" ~ Debra*

"This has profoundly assisted me in remembering who I am and why I'm here. Take a hold of this work and let it come home. It will bring immense gratefulness and knowingness into your life." ~Lisa

*"I have been through a lot of programs before in personal and spiritual development, but Claudia brings **a level of depth that I have never experienced before, esp. in healing.** A skin condition I had for years is gone, and I had my first **6-figure year in my business.**" ~ Kevin ("EVOLVE with monthly sessions)*

*"I was in a very dark place, defining my happiness through my corporate job and pleasing other people, and projecting my own unhappiness on the people I loved the most. Claudia's guidance allowed me to **awaken my authentic Self and restore self-love** into my Soul. My **relationships are stronger than ever**, I show up in my workplace like never before, I have reconnected with my Divine Feminine, I have been guided **back home.**" ~ Meredith (12 weekly sessions)*

"My husband has noticed a noticeable difference in how I handle myself in difficult situations, my ability to keep calm where I otherwise would have spiraled. I have found an inner peace through ups and downs I didn't know I was capable of. My perspective on life has been shifted profoundly. Life is truly beautiful!" ~ Carrie

"The coaching program combined with support and motivation from Claudia was just what I needed to make my vision my reality. She's intuitive, kind, a great listener and extremely inspiring. I love working with Claudia and look forward to continued learning and healing with her." ~ JJ

"... surpassed anything I could have imagined! The new level of understanding of the laws of the Universe and mastery of these important skills has been completely life changing." ~ HK

"The content, delivery and support of the program was amazing! I set my goal to increase my income to \$250,000 and reached it within 6 months!! I developed a sense of empowerment as well as a toolset that helps me achieve both my personal and professional goals." ~ AP

"Before I started working with Claudia, I often felt overwhelmed, helpless and inadequate. Ultimately, I lived in fear of my own potential. During a year of working with Claudia, I learned incredible tools and a completely new perspective that changed my life. I feel empowered, I now know that the "impossible" is possible, my financial situation has changed for the better, I experience peace, I continue to receive positive feedback from my community about how I have changed and I am hungry for more." ~ ZC

"Claudia created a wonderful and inspired space for all of us to learn, reach and grow beyond what we believed was possible. The practices I learned and the techniques Claudia introduced me to are things that I can do regularly and will use the rest of my life. Taking her course has changed my life and allows me to listen to my Higher Self and be more aware of what matters to me. When you know better you do better." ~ AW

"Claudia's program came to me at a time in my life when I was struggling with self-esteem and financial challenges that were tied to a job loss in the later stages of a professional career. I felt lost, in crisis, and losing faith in my ability to succeed. Claudia provided a sound structure of support that helped me catalyze a shift in believing in my own potential, in paving the way to a new exciting career and to the power each hold to manifest prosperity. I'd recommend this experience to anyone wanting to break out of old patterns and enrich their own life experience." ~ GG

"Within a year of working with Claudia my life went from a hazy blur to clarity and a sense of purpose. She helped me tap into my innermost desires in the context of career, love and relationships and money. I learned to incorporate enlightening exercises into my daily routine that help me replace self-doubt and negativity with gratitude, love, forgiveness and positivity so that I can follow a path that leads to my true potential. I've shared some her exercises with my family and it has made a huge difference in our sense of purpose as a "team". I've gone from

survival mode to starting a part-time business, volunteering at organization that give me a sense of fulfillment and spending lots of time with my amazing family!" ~ AM

Can you give me a taste of what you are about?

Everything is not just possible, but with the right use of our energy completely achievable.

Life happens for, through and as us. *When we learn to live in harmony with instead of resistance to what is, we are able to guide our experiences more gracefully and skillfully – fertile soil for a meaningful, rich and peaceful existence and world.*

Emotional intelligence and physical health. *Having the energy and capacity to follow through is essential. A detox, reset and recharge of your physical, emotional, mental and energy body is highly relevant on a regular basis if we want to live a quality life.*

Owning triggers and growing because of them. *When we can turn our challenges, stress and triggers into wisdom and strength, we transcend the “unwanted” and liberate massive amounts of bound up life energy which is now available for us, and no longer works against our dreams.*

Knowledge and understanding is power. *We can't initiate and carry out change unless we realize the need for it and have the wherewithal and tools to actually do it.*

The right mindset changes everything. *For example, no longer feeling guilty or ashamed for wanting something you want can bring about a massive transformation in one's life.*

Knowing how to know the ideal next step is important. *It's something you kind of remember. This is about how to access information from one's own higher mind and how to use the creative component of one's energy, in other words, how to live in alignment and integrity with what you want, and then create the experience of having it.*

Staying course during challenges instead of falling back into old patterns is a real feat and ongoing test. *Having an accountability partner who can share illuminating perspectives, practical tools as well as guide you in revealing your very own life lessons as well technology for healing, change and manifestation (which you already have inside of you) to yourself, that is very powerful.*

Trusting yourself. *This is one of the toughest and most rewarding master lessons – trusting oneself unconditionally.*

Why do you do what you do?

Our work is not work for us, it's just us being with people, sharing what is wholesome, beautiful and natural to us. *I'm carrying out my life-long calling to be a bridge between the challenges of the physical world and the world of spirit and subtle energy, the realm of unlimited possibilities aka the quantum field, from where we create our experiences in life, knowingly or not. Ultimately, this is for my son and all the children of the Earth.*

Can I also work with other practitioners during my stay?

Yes. *You can choose from the soon to be posted and regularly updated list of available and experienced local practitioners which include modalities like body work, acupuncture, cranio-sacral therapy, yoga, sound healing, Just be in touch and let us know so we can arrange what you would like for you.*

If you have more questions for me, please don't hesitate to BOOK A 30-min EXPLORATORY CALL with me.

