

FROM ILLNESS TO WHOLENESS: FEEDBACK SUMMARY (26 Oct '08)

Workshop Date: 12-19 Oct '08, Location: Sri Aurobindo Ashram, Delhi

1. Describe your overall experience at the program

- MINDBLOWING!!
- The group part of the retreat has proved best for me. It broke through a barrier and instantly we felt a liking for each other.
- Great!
- Continuing to add even greater depth than I thought possible. This seems to be a journey which will never stop. Am I complaining? Absolutely not ... ☺
- Great – we will miss no opportunity to attend such a retreat again and again
- A powerful workshop; the grilling exercises have drilled something into me in a short span of 7 days. This intense inner journey at a quiet retreat was indeed the need of the hour!!
- Step by step, unwinding yourself and feeling the flow of energy

2. What new ideas or perspectives did you gain about yourself and/or your illness?

- It takes nothing at all to enjoy life like a child; All that limits us is within ourselves; The Divine grace is always flowing into us, it is for us to be open to receiving it.
- I had an aura of doubt and distrust; Limited belief in professional career; We can receive insights by feeling divine presence in our soul.
- Role of Values and Shadow Values; My hidden fears – their true meaning; Pathways to improvement at all levels
- Cancer need not be considered an insurmountable wall, it can be embraced with joy; I am too unforgiving of myself; I'm not prepared to get off the driver's seat
- Stress; Sharing; Forgiveness
- That I had been a child who had forgotten to grow, shift places, too undisciplined and lazy to see this; That unless and until I allow the adult in me to take the wheel, my life vehicle will not start moving; That in cancer lies the answer to my life pattern as unstructured and therefore directionless.
- Energy movements; Shadow blocks can be unwound or embraced; Attitude and personality change adds to your forward movement

3. List two behavioural changes that you will make as a result of this retreat

- Spend some quality time with myself and learn to say no to all the demands around me; Look out for Victim-Rescuer-Persecutor roles that I may slip into from time to time; Try and develop the ability to operate from Self and Higher Self, get centered.
- Will break the aura of doubt and distrust; Will practice to accept a person as such
- Step back, think and react; Act on the Action Plan
- Love myself and love and include all
- Control anger and art of forgiveness
- Become more punctual; start taking responsibility for my actions and life
- Rigidity to flexibility; aloofness to socialization (my behavior impacts the group or teamwork)

4. What about the retreat did you enjoy most ... and why?

- The 5 Elements dance because it very vividly indicated the missing element (air) in my life; it reminded me of my intense love for dancing
- The empathetic, joyful, spirituality and enlightenment
- Explanation of the various techniques and how it helps you introspect and then proceed further
- Everything ... need I say why!
- Fire ritual – group support; 5 Elements dance; Nilima & Vijay's hard work and kind-heartedness
- The movie for its creative inclusion, the visit to Kaaru for a peep into someone who took the road less travelled and the surprise dinner out was a generous gesture from you

- Observing others and sending my healing power

5. What did you enjoy least ... and why?

- NOTHING AT ALL. NOTHING WAS EXTRA OR REDUNDANT. ALL EXERCISES GAVE ME SOMETHING INVALUABLE
- Will have to think about ...
- People talking spontaneously in between was distracting
- Still thinking ...
- Course found little lengthy, suffered home-sickness
- Nothing
- I enjoyed and learned every moment of prolonged 7 days; there is a message, new dimension in everything.

6. What support and/or follow-up would you like in the future?

- More such workshops in other aspects of our lives – a yoga retreat maybe, a refresher workshop of 2-3 days
- To help me to face the surroundings again, which I have left 7 days ago
- Refresher course of 2 days on a regular basis, once in 3-6 months
- If possible, to stagger the 2 yearly retreats you do at 6-monthly intervals. That will give some of us a choice to do multiple retreats in a year, especially as you bring newer practices into the fold all the time
- Constant touch; transmit your spiritual energy and wishes through tele-messages
- Follow-up from my mentor/ coaches periodically, at least in the initial stages, till I am on the runway, gathering momentum
- I will try to be flexible and sociable

7. Any other comments (or suggestions for improvement)

- Some physical exercises like yoga-asanas may be incorporated into the day
- Will message you on email; currently cannot think of any
- Nothing
- Nothing
- Simply the best; personally, I'm not used to long sessions
- You need to get yourselves noticed in smaller towns as well so that more people benefit from this program of holistic healing