

## RETREAT FEEDBACK COMPILATION

From Illness To Wholeness, 25 Nov – 02 Dec 07 Sri Aurobindo Ashram – New Delhi

### 1. Describe your overall experience at the Retreat

- I really didn't know what to expect and was just stunned at how applicable all of this was for a non-cancer patient. It was deep and introspective and probing and fundamentally changed many of my life-views and limited beliefs
- A unique and powerful experience indeed, both Nilima & Vijay were wonderful facilitators
- Refreshing, reinforcing and motivating
- The retreat has widened my horizon; the facilitators had a strong purpose, meaning and conviction in setting up the program
- Fantastic, inspiring, uplifting, soul-food
- I was very happy with all of the instructors, nice variety, and the way new concepts were presented. I especially liked the way you introduced shadow work, using different approaches. It was not new to me, but approaching it from different directions was good - makes it more likely that the message will get through fast.

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

- Fear, a product of the mind is the cause for so many illnesses. But it doesn't come from love or a higher consciousness and it is elective; We can choose to distress and internalize our fears or we can seek introspection, detachment, release and balance as a means to overcome fear
- I learnt to respect my cancer; I learnt there is a life beyond; Groups work well ... this one was awesome!
- I'll be opening up and channelising (sharing) my energies in a more structured/ consistent way
- I learnt to be free!
- Mind-body medicine link was new to me; shadow and values work helped me discover the inner clouds/ blue sky/ peace/ light and joy

### 3. List two behavioural changes that you will make, as a result of this Retreat

- Live my life according to the JAN philosophy which incorporates my values/ shadow values for internal balance; Push myself to bring out my gift to the world
- I will be compassionate; I will listen and understand
- I am better focused and motivated on my path/ in my journey
- I will strive to see everything on my way as enablers
- Self-discipline/ stay focused/ do the work; stay centred and rebalance constantly

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

- The positive attitude of our facilitators and the creative range of exploratory methods/ tools we used in uncovering and addressing fear/ illness management
- The group sharing, specially about cancer experience; also the moments of introspection
- I feel all exercises were interlinked well and were unique in their own way, so I cant say that I enjoyed one more than another, especially as I enjoyed it as a package ... thanks!
- I rejoice the fact that so many ups & downs can happen in 7 days, yet I come out in peace!
- The amazing pace and structure, the richness of the content and the amazing facilitation; each and every discussion brought resonance and value to one or more of the participants. Superb!

### **5. What about the Retreat did you enjoy least ... and why?**

- Some of the cancer-specific sessions were not relevant to me, but even these I found insightful; I personally would have liked more time on the shadow-value transformation
- Nothing ... when I look back, all was needed for what I am now.
- Nothing really; even the things I didn't connect with, helped me learn and clarify something about myself

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

- A check-in at 6 months, may be a follow-up workshop
- To be informed about any retreats anywhere and all info on cancer (medical or otherwise)
- Will keep in touch
- Share more and help each other
- The opportunity to continue working in such workshops in future

### **7. Any other comments (or suggestions for improvement)**

- Great format!
- Gratitude to the facilitators and group members
- I don't remember if you stated your goals for the workshop – you probably did. If the goal was to introduce people to various self-healing techniques - you did it. If it was to teach/ empower people with these techniques, I think it would be helpful to weed out a few and concentrate on repeating selected routines/exercises several times or daily to make sure that participants get enough practice, more time to ask for clarification, state/work out their problems with the practice, etc. This would make it easier to continue practicing at home.
- You both have done a huge amount of work to put this course together. I know that you will help many people through your work, and I am grateful for you allowing me to participate in the course.

### **FEEDBACK ON FACILITATORS: DR. RAMESH BIJLANI**

*"I really loved Ramesh's approach to spirituality. Straightforward and logical (which for a nebulous topic that is often hard to describe) is very helpful and refreshing."*

### **FEEDBACK ON FACILITATORS: NILIMA BHAT**

*"Fabulous. Fun, mystical, spiritual, engaging, probing, insightful. Warm, human, patient, forgiving, understanding, loving ... unconditionally so. Healing, even in company. A rich guide on this journey to spirituality."*

### **FEEDBACK ON FACILITATORS: VIJAY BHAT**

*"I loved your straightforward experience-rich stories and perspectives that brought theories to life. Extremely clear, a great spiritual guide; powerful, with your energy and ideas. Fabulous counterpoint to Nilima!"*

*"The retreat was an eye-opener. After attending the retreat, I tend to appreciate more the good things that have happened to me after my illness. I am now friendlier with the 'cancer' word, and I have the conviction that any illness can be reversed by changing our lifestyle."*

*"The retreat has given me a new vision, direction, a new way of looking at things happening around me. More so, it has given a new way of looking at Cancer and disease in general"*