

My solo retreat with Mikal was an incredibly rich and worthwhile experience. Having one on one teaching for a period of 10 days is very rare, and Mikal is very skilled at guiding effectively.

It wasn't always comfortable, but then we don't grow much in our comfort zone. Before the retreat I couldn't see how I could spend more time on the important things in life, because I was so busy. Now, having being back a few weeks, it's obvious that I really have slowed down, and that I really can make the changes stick.

The busyness still pulls me back, but I'm conscious of it much more quickly, plus I'm much more convinced of the need to stay out of it. Now I can really allow my true path to unfold before me, stepping into the flow and living my life's purpose.

Meanwhile everything else that needs to be done still gets done, but from a better place, a place of stillness and acceptance.

The retreat really did accelerate my growth and has changed both the way I look at the world and the way I am.

*Eli Soothill, Canterbury, New Zealand*