

Retreat Alum (and Staff) Secrets to Healing

We asked reunion guests to share what has helped them heal over the years. May they inspire and help keep you on your healing path!

“Finding a place for the illness and keeping the illness in its place”

“Love is real”

“Healing is taking nothing for granted”

“Yoga has made a huge difference in my life”

“Find your tribe.”

“Gratitude”

“I read poetry outloud to myself”

“Deep focus; on healing. –Health heart”

“Light healing candles and be in silence”

“Healing music including Kirtan and vespers at all souls!”

“Get in bed with your cat...dog...child...friend.”

“Be surprised by joy-”

“Do what makes you come alive!!”

“I curl up with my dog and rub her ears”

“Healing=Presence”

“Watch Let’s Make a Deal ☺ (seriously)”

“Spend time in nature”

“Grow a vital mindfulness practice”

“-Live the moment. –Gratitude. –Be with people younger than you. –Exercise! Dance! Give back! ☺”

“Spend time just talking with friends and reading and writing in cafes...”

“Lawrence Leshoun’s Cancer as a Turning Point was very healing to me.”

“I try my best to greet a sunrise or sunset every day.”