



Healing and self-revealing!

In ways I can't express, the Mopane' Leaders' Experience Retreat was both soothing and self-revealing. It isn't easy to pinpoint what needed to be changed or improved because it is still occurring in subtle ways and processes.

Today, I'm a different person. I'm content, healthy, and aware of my life's mission. Even though I still have good and terrible days, I no longer feel lost. Rather than battling life, I'm learning to flow with it. I began to accept responsibility for my behaviour and sought to comprehend the implications of my thoughts and feelings. If you want to self-heal, I feel you must accept this.

I've changed significantly as a result of the retreat. I've discovered more about myself and what makes me happy. It has had a significant impact on my physical, mental, and emotional health. There was even a spiritual awakening because of it.

What I've learned from my retreat experience!

We prefer things to have a limit as humans. It's important to know where we're heading, especially if it'll be challenging. In our thoughts, we have this image of perfection. It appears to be a definite aim that we pursue throughout our lives. It does not, however, exist.

'Change is unavoidable. That is undeniable.'

This means that no matter how effectively we heal, something else will always need to be healed. It's good to want completeness — a sense of wholeness — but this must be complemented with a sense of oneness. As a human person, it does not come from achieving perfection. I'm still working on my skills. It's critical to have pleasure in the process, which I do. It's a characteristic of the human condition that ensures we'll never be bored.

You don't have to be cured to feel whole, and our healing job as humans will never be complete. But, nonetheless, it is still possible to feel whole and happy, go beyond the physical body, our emotions, and our thinking, and have a total sense of belonging. This is the sensation I believe we're all looking for, whether it's consciously or subliminally.

Our soul is always attempting to guide us in this route. However, we become dulled and distracted and lose sight of the signs. Depending on the type of person you are, you can experience wholeness in a variety of ways.

My personal experiences of wholeness, healing and self-revelation have taken various shapes, but the sensation has been consistent. It's transcendental, meaning it exists outside of the ordinary and beyond the physical sphere. It's a feeling of calm, tranquillity, and joy. It's a place where all of my troubles fade away, and all that remains is love. It makes no difference what condition my body is in. It makes no difference whatever portions of myself are still in need of repair. That doesn't matter. These experiences, I've realized, have given me insights that have helped me better understand recovery.

"Huh!" I thought to myself after all the discomfort I felt at the beginning of the retreat. Why is this so? I'm not supposed to be doing this. All of my criticisms turned out to be important lessons that I didn't realize I needed.

NOW I KNOW! MANY THANKS TO THE EXPERIENCE RETREAT!!!