

## 2016 Fall Retreat Survey

40 people took the survey

### 1. Do you think you will go to the Awakening Together 2016 Fall Retreat in Colorado Springs?

**Answered: 34 Skipped: 6**

Yes, it is likely that I will go. - 12

Not sure yet. - 13

Most likely not. – 9

### 2. What is the likelihood that you will go to the Fall Retreat if this person(s) is a retreat leader?

**Answered: 36 Skipped: 4**

	<i>Highly Likely</i>	<i>Likely</i>	<i>Not Sure</i>	<i>Unlikely</i>	<i>Won't Come</i>	<i>Total Responded</i>	<i>Total HL &amp; L</i>	<i>Total U &amp; WC</i>
Amoda Maa	6	0	13	6	1	26	6	7
Brent Haskell	11	7	7	5	0	30	18	5
Bob Fergeson	5	1	14	7	0	27	6	7
Gina Lake	7	3	11	6	2	29	10	8
Jeff Foster	10	8	6	4	0	28	18	4
John Mark Stroud	7	4	14	4	0	29	11	4
Lincoln Gergar	2	2	17	5	1	27	4	6
Mari Peron	5	3	14	6	0	28	8	6
Miranda Macpherson	9	4	11	5	0	29	13	5
Nirmala	1	4	14	6	1	26	5	7
Gina Lake & Nirmala	5	4	12	7	1	29	9	8

Nouk Sanchez	8	4	7	8	3	30	12	11
Regina Dawn Akers	20	7	3	3	1	34	27	4
Robert Holden	5	3	13	7	0	28	8	7
Stacy Sully	3	2	11	9	0	25	5	9
RDA & Stacy Sully	10	4	9	4	0	27	14	4
Suzanne Marie	5	4	12	4	0	25	9	4

**3. Is there someone you would really like to see as a retreat leader that is not listed above?**

**Answered: 23 Skipped: 17**

Mukti	1
Chris Celine	1
David Fishman	2
Matt Kahn	3
Ted Poppe Jr.	1
Peter Russell	1
Michael Murray	1
Cynthia James	1
David Hoffmeister	1
Jennifer Hadley	1
Judith Coates	1
Richard Rudd	1
Joey Lott	1
Michael Langford	1
Myron Jones	1
Patti Fields	1
Mojo	1
Cate Grieves	1

**4. What is the likelihood that you would go to the Fall Retreat for this experience?**

**Answered: 36 Skipped: 4**

	<i>Highly Likely</i>	<i>Likely</i>	<i>Not Sure</i>	<i>Unlikely</i>	<i>Won't Come</i>	<i>Total Responded</i>	<i>Total HL &amp; L</i>	<i>Total U &amp; WC</i>
More clarity on ACIM	6	4	9	6	6	31	10	12
More clarity on NTI	8	10	5	5	2	30	18	7
Enhanced clarity shared from the speaker's direct experience	18	9	3	2	0	32	27	2
Coaching to help lead you to your own direct experience	14	10	6	2	0	32	24	2
Traditional Satsang, where the teacher answers questions from the participants	7	11	8	4	2	32	18	6

Being in the presence of one who is clear regardless of the retreat format	14	8	10	2	0	34	22	2
Some unstructured quiet time for silence, walking, & being alone	12	11	7	2	2	34	23	4
A silent retreat	5	6	8	5	8	32	11	13
Unstructured open time to be with & play with one another	8	7	9	6	1	31	15	7
Open time with optional activities (Hiking, Sight-seeing, Spiritual Movies, etc.)	11	6	11	3	1	32	17	4
Healing Guidance (Root Cause Inquiry, Choose Again process, or something similar for working through issues & letting go)	12	11	7	4	1	35	23	5
Teaching, followed by time to contemplate, & then coming together again to hear from everyone's clarity	13	14	4	1	3	35	27	4

Facilitated circles where a topic is given, participants work alone & in groups to deepen clarity regarding the topic, & then share as equals	11	6	7	7	3	34	17	10
Time allotted for participants to share from their own talents (E.g., Yoga, music, guided meditations, Oneness Blessing, etc.)	9	5	14	4	4	36	14	8
Group meditation (especially at the start or end of the day)	16	10	4	3	1	34	26	4
Meditation instruction and guidance from a meditation teacher	7	11	9	2	1	30	18	3
A musician as part of the retreat	11	11	8	2	1	33	22	3
Musical participation (E.g., Chanting, singing, simple instruments)	10	6	12	3	2	33	16	5

## 5. What would you like to share with us regarding what makes a retreat meaningful for you?

**Answered: 28 Skipped: 12**

1. Opportunity to be around like minded people for fellowship . Stimulate positive experience .
2. Maybe not a complete silent retreat but several days of complete silence for contemplation and deep meditation. Hearing the teaching for the day and then meditating on it. Clearing blocks would be great as well.  
The dynamics of group interactions in "sharing groups" is too much for a retreat where someone wants to go within.
3. Flexibility would be helpful. One may attend, but feel, at times, that it is important to be in quiet while others are attending satsang, etc
4. Visiting with friends
5. JOYning & Equality
6. I want a retreat where I can connect with others and share an experience of oneness
7. I just want to say that I don't feel I could travel alone, which is the main determiner of whether I'd go or not.  
Thank you for letting us participate in this way. <3
8. What makes it meaningful is not generally known until it's happening or over.
9. Speakers who inspire and touch my soul.
10. Dynamic speakers that keep my attention
11. Being in presence of Light, as each seeming participant and teacher gives and receives in the space and time devoted to that sharing.
12. Setting is most meaningful, it's gotta have the right vibe. A small/intimate group, it wouldn't be the same with 100s in the audience.  
Intrigue.... presenters/topics that push the envelope, spark the imagination to the point of bewilder.
13. Deeper awakening
14. Sincerity, small gathering or 1:1 time with instructor.  
Participants are respectful and not permitted to pontificate at expense of students and instructor. ( Im working on patience ;)
15. I like would enjoy having toe retreat recorded to relisten to the teaching and hear my insights that I forget often when I am surrounded,  
it seems, by the world I see.

16. since I live alone, except for my dogs, my take on a "retreat" might be a little different ... "retreat: to get away", I'd love to meet folks in person, while attending a workshop like what this sounds like to me. <3
17. discussions, meditations, chanting etc.
18. Communion, fellowship, mighty companions, experience, love, joy, clarity and FUN :-)!!!
19. Cannot afford retreats and travel.
20. Balance of group time and solitude makes retreats most meaningful for me.
21. Drop all proper nouns relating to God, Jesus, Soul, Holy Spirit, Ego, etc....Be real about what is happening about right now.  
Not be afraid to speak from any point of "ownership"....suffering, joy, anger, etc. No more lectures about scriptures of any kind.
22. A teacher who inspires me to reach beyond my current level of understanding.
23. Food
24. That each person be included and a sense of sharing equality and unity be promoted I the consciousness of the retreat
25. no
26. Time to contemplate, direct experiences from the speakers
27. A focus on ACIM. An ACIM teacher who is awakened or very clear.
28. Variety, especially if the retreat is a week long like this one is.

**6. If you went to the 2015 Fall Retreat in Colorado Springs, is there anything you would like to share with us about that retreat experience?**

**Answered: 15 Skipped: 25**

1. I went to all 3 and found them very helpful. Order was perfect. Would like to see Regina and Bentinho again.
2. Sometimes I believe people already know the answers to questions they ask. It might sound strange to say that but that's how it seems at times.  
What if they asked the question but then contemplate and allow the answer to actually come from them? Just an idea.
3. I did not go.
4. Didn't go.

5. I liked that we had outside activities, some variety in our days. Glad there wasn't too much sitting  
6. Loved most everything. Didn't care for the added in group sessions from persons with personal skills but is because it's not my thing.

Likes the time outdoors.

7. I had trouble staying connected to Jan's slow talking

8. It was profoundly helpful and challenging at the same time, as I was guided there to deepen my experience of waking up and accepting Reality.

Very grateful for it all...teachers, companions, setting, activities...all involved. Grateful.♥☺

9. It was awesome! Extremely well coordinated/executed all-around, super fantastic setting.

My first spiritual retreat ever, it was quite moving for me, stepped thru some barriers. I joined A-T as a direct result, its mission is sound but it also just feels right.

Loved getting outdoors in the afternoons of Regina's sessions; I'm an outdoor fanatic so that was a welcome surprise!

Newcomers to Bentinho's sessions were a trip/delight, I talked with many of them, unbelievable some of their journeys...

if the 2016 retreat could pull in that sort of diversity, that'd be cool,

it's important to continue to broaden our reach. Witnessing the hands-on guidance by both Regina & Bentinho was dramatic; I actually FELT the magic.

10. It was great. Met all my needs and goals

11. There are so many. An opportunity to more deeply integrate the wisdom already within me by being around the energy of others on a similar path.

The opportunity to share the writings that had come thru me. Opportunity to connect with others & see in person other ways of practicing &

traveling the path & journey to awakening we are all on. I used the retreat to visit my brother on Colorado Springs So much healing happened and it was so helpful to be around all the others healing moments cause I know I am not healed alone.

12. I enjoyed all of it. My only suggestion is that instead of the offerings of the participants, which in this case consisted of Laughter Yoga,

a "Journey Dance" type experience, Oneness Chakra Clearing Meditation and Blessing, and another movement thing



that we didn't get to being offered as a block, to spread them out throughout the days of the retreat.

13. It was perfect.

14. didn't go

15. I love the variety at the Regina Dawn Akers retreat. There was deep teaching, fun time and fresh air.  
I LOVED the morning meditations. After dinner, I like to do my own thing.