



Guided Self Healing

What People Are Saying!

Guided Self Awareness™ *Kripalu Retreat Participants*

Guided Self Awareness™ (GSA) days are experiential training sessions designed for everyone, in all walks of life, who want more access to their inherent wisdom and love.

“Most interesting was the power of the group – energetically, the karmic connections, the gentle acceptance – willingness to witness each other’s healing was beautiful. I really loved it. Personal growth in a group experience – deep, powerful and complete. It has changed my worldview and how I will live my daily life from now on. Very transformative.”

– College Administrator

“Kathy and Andy’s extraordinary caring was genuine...this translated into an atmosphere of safety for the group members to take risks to grow. I gained a sense of renewal, of wonder at the brilliance of our inherent wisdom and the permission to trust the process. I have learned to explore my source for guidance.”

– Mother

“The individual healing sessions and the practices taught for interventions were meaningful. I have made significant progress in my personal healing.”

– VP, Investment Banking

“I feel more pure, more resilient...more accepting of myself, and more awestruck about the importance of being a parent”.

– Artist, Mother

“Most meaningful: the small group work, the tools we left with, and the personal interactions with people. The workshop reconfirmed the idea of what we see as pain is what is there to help us.”

– Substance Abuse Counselor

“It was powerful to experience an intense energy that emits unconditional love, support and wisdom... It was life changing. I can take what I learned and use it today. I would like to integrate this into my work.”

– Physical Therapist

“I gained a lot: techniques for my own self healing and work that I could pursue with my students... stuff to look at and explore within myself.”

– High School Teacher

“It was powerful listening to everyone’s stories and observing many transformations that took place for many of the participants in the group. I have learned a number of tools that I will take home and try to use to continue my healing and enlightenment.”

– Real Estate Broker