

Spiritual Spa Participant Feedback

The following are verbatim comments that are quite typical and provide a taste of the Spa Experience and the heart and life change participants experience.

Experience of the Spa...

- I had no idea what to expect at this retreat - perhaps I expected group discussions, small group lessons and written "assignments". However, the format, presentations, music and tender care of the spa leaders provided a wonderful experience and I most appreciated that the format was aimed to give a more personal experience with God. I love it! The presentations were meaningful. I loved the gifts of singing and drama and appreciated the video clip of Bible verses. Thank you immensely and God bless you as you continue your awesome work.
- Content, presentation, thoughtfulness, caring, attentiveness, reflection time; speakers all great at presentation skills, music/singers, chocolate bars, "mock" tails – my roommate loved them! Everything else – stories songs, activities. Lunch was amazing!
- The music was beautiful--prayers being sung. The decor, scenery, and tables beautifully and elegantly done--set the Spa theme so well. The team was professional and effective--open, friendly and vulnerable.
- I have never had women I didn't know pray for me. Very powerful. I felt so loved.
- I loved being able to be still before God with the theme being his lavish heart. Being still during the rest time and just allowing His love to fill me. Being able to lay down my sins and struggles before Him and hear again how lavishly He loves me. So touching and truly personal and real
- Interactive process was HUGE! Allowed God to personally touch my heart. Loved the tools. Felt empowered to become a vessel. The process of HOW to surrender was taught clearly (I have control and trust issues). God's love penetrated every nook. Love the idea of further teaching. God downloaded practical step to take next with parenting my children.
- Loved every part of the experience. The talks, worship, lessons teachings, journaling, soaking, lunch, excellent in every way. Worship- Wow!! Especially liked the men speaking to women. Thank you thank you thank you. Exceed expectations!! Artwork!
- Suzanne's speaking thread through the retreat provides consistency and makes it flow. Friday night had great energy. The stories put everyone at ease. Sat. a.m. had stronger teaching element. Suzanne has a unique ability to command respect on stage and to create intimacy. She feels like a girlfriend talking. Speakers were placed by God. The right people were saying the right thing at the right time. Liked Suz/Carolyn interaction and got good teaching out of that. I also liked Suz/Jeanne. The different formats make listening easier. Liked the drama. Nice balance of listening, group interaction, personal time.

- The weekend was excellent! Thank you! God equipped you all with such detail and tenderness. Amazing!
- This retreat exceeded my expectations. Particularly the part of the men saying they were sorry; that made me reflect on my past and brought healing. The time for reflection and resting was awesome. The details around the whole place made the place look beautiful and welcoming. The stories of the women were encouraging. This was a great experience for me and I would highly recommend it to others.

Heart and Life Change...

- For me, the theme for this weekend was transformation. Things going from dark to light, ugly to beautiful, hurt to healing. I wasn't expecting this retreat to be like this but I was blessed by the time spent with girlfriends.
- I praise God because this was the icing on my cake (heart) of a work He has been doing since Dec. (some spanning my entire life). Confirmation of His love for me and it being unconditional and my hardened (fragile) heart had its shell broken and filled with true love, hence it is softening and now pliable heart to be motivated as He wishes and no longer will I hold back!
- I praise God because He showed me my areas of weakness I'm hardening my heart and I need to be more tender. Praise be to Him for showing me how I can become more Christ-like so I can eventually reach my ultimate goal of having my life be ALL for Him.
- Praise God because He softened my heart toward an integral person in my life. I actually heard a shackle unlock. Thank you for this amazing ministry and I will hold you up in prayer for the future of the White Rainbow project (India widow's charity).
- Community time, closeness with others and self, learning more about God and his love, ways, goodness, trust, comfort, confirmation. Lastly, but not least, the theme of God's LAVISH heart and his love to set us free was my greatest gift!!
- The Holy Spirit worked in my life by revealing some trauma in my past that caused hurts in my marriage. I can now get counseling and hopefully repair a damaged marriage.
- I praise God because He showed up for me this weekend! I realize I struggle feeling worth or even believing that His love is for me and during the rest time the ladies prayed things over me that were so specific -- God himself was speaking and loving me right there in that moment. Praise God! Thank you for being faithful vessels and verbalizing things to me!
- I praise God because he showed me that I need to forgive the men in my life. Let go of the bitter, angry feelings and stop criticizing them.
- I praise God because he showed me where to begin healing so that I can love more fully. Thank you for reminding me how important it is for me to take time for me.

- I was left with so many blessings but will treasure the visual of Suzanne with your arms out saying, “come home”. I was so moved when you said, “What is between you and God? Is anything preventing you from being close to Him? Do you have a particular offense against God?” I realized how much I am holding back from that embrace from God.
- I praise God because this weekend, He caused me to stop and take a long look at my relationship with Him and re-direct me to His path. He taught me how to forgive when I don't want to. He gave me a renewed hunger for Him. He gave me more energy to do His will. He made me feel loved, more willing to love others.
- I came away praising God for His personal touch through the women I met, the conversations, the opportunity to pray for these precious women as God spoke to me.
- I work as a Navy Sailor. Performance permeates every aspect of my life. I'm trained to see a direct link between the quality of performance/always seeing room to improve and my quality of life. I've been trying to run my own faith, to evaluate God's blessings on me as a direct correlation to my performance and constantly being chased by the guilt that I'm not being good enough, strong enough, thin enough, tough enough, hard enough; repeatedly I'm trying to do everything and every day what I do is not enough. Hearing about the way God fills us, works through us, and fills our heart to pour out -- my responsibility load just shifted. He takes care of me, whether I'm good or not and this might change my entire military career. I feel like this might be OK. I need him, not 30 other projects. He'll prompt on what needs to be done.
- I've struggled with a PTSD and been emotionally/financially depleted. The fact that you kept me engaged, listening and understanding. It (some of my struggles) happened to you and by explaining what happened during times of struggle -- specifics and how cleanse worked was so helpful! I've been to many efforts to "handle" PTSD (major trauma 20 years ago) and this is the FIRST I've FELT the solutions/the way. Thank you!
- God broke through my resistance, tenderized my heart to receive His love and to feel more free to love others -- I tasted the work of the Holy Spirit.
- I praise God because He calmed me, and touched my pain and soothed the injured places. I feel I have strength to face the circumstances of my life that inflicts these wounds – His strength & love.
- I praise God because he clearly came to me to where I have been and gave me clear direction to where I need to go next on my journey towards having a whole heart that can then be filled to overflowing.