2018 Pranic Living Post Retreat Survey

Would you define the workshop as a life changing event?
67 responses

- Yes: 91%
- No: 9%

Which year did you do your process?
68 responses

- 2015: 45.6%
- 2016: 48.5%
- 2017: 10.4%
- 2018: 9.0%

Have you experienced an expanded awareness since?
67 responses

- Yes: 89.6%
- No: 10.4%
Have you experienced reduced levels of stress since?
67 responses

- Yes: 76.1%
- No: 23.9%

Have you experienced an increase in your overall state of happiness?
67 responses

- Yes: 74.6%
- No: 25.4%

Have you experienced an a stronger sense of spirituality?
67 responses

- Yes: 82.1%
- No: 17.9%
Have you experienced an increased sense of meaning?
67 responses

- Yes: 71.6%
- No: 28.4%

Have you experienced an increased sense of being present in the moment?
67 responses

- Yes: 89.6%
- No: 10.4%
Have you experienced what you could define as a shift \ continuous awakening?

67 responses

- Yes: 76.1%
- No: 23.9%

Have you experienced an increase in universal synchronicity and your connection with your true self?

67 responses

- Yes: 76.1%
- No: 23.9%
Have you experienced any healing during the process or have you felt an increase in health and vitality during or since the process?

65 responses

- Yes: 83.1%
- No: 16.9%

Have your life changed in a way that gave you more free time after your process?

66 responses

- Yes: 62.1%
- No: 37.9%
If you have reduced your food intake since your process, by how much would you estimate the reduction has been?

68 responses

- 0%-20%: 22.1%
- 21%-40%: 16.2%
- 41%-60%: 27.9%
- 61%-80%: 8.8%
- 81%-100%: 25%

How many times a week do you eat solid food for a meal? (assuming a “normal” size meal rather than a snack)

67 responses

- 0: 40.3%
- 1-5: 16.4%
- 6-10: 13.4%
- 11-15: 6%
- 15+: 23.9%
How different is this from your diet before the workshop?
68 responses

How many times a month do you dry fast?
68 responses

Do you feel that your sleeping patterns have changed?
68 responses
What was the most valuable change in your life as a result of your Pranic Living Workshop? Sample responses

- To realize I could overcome everything.
- Complete healing.
- Spiritual awakening.
- See life differently. More openness spiritually and more focus.
- Not having to eat - stop judging myself and others
- Deeper levels of inner healing plus a glimpse of expanded freedom.
- More grace, ease, flow, and acceptance.
- Gave the body a rest.
- Gaining insight into my food addiction / and better relationship with my body
- I drink less water and eat less food.
- Learning about food and my body,
- Change in perception regarding food and, societal programming
- Much deeper and deepening connection with all of life.
- Manifesting my dreams daily
- To know that i don't need to eat for energy.
- Gave the body a rest.
- I now know who I really am beneath all the layers of personality and know I can get back to seeing my true spirit if I put my mind to it.
- Learning to really forgive. And more awareness. And attracting more and more things that I want. :)
- I usually observe more than emotionally participate in my life
- My Power/Others Power as well
- I'm on very high vibration connected with my higher-self most of the time and all the things that comes with this.
- The understanding that it is possible to live and eat less
- OMAD diet
- Food is joy and NOT a need for nutritional
- I decided to fully enjoy when I eat something, and to be okay when I don't eat.
- I don't need food, more confident,
- Noticing the different types of hunger
- I gained the ability to reprogram my habits and beliefs
- Finding my true self. More love and happiness.
- I take more responsibility for my present reality
- More energy, I feel myself spontaneously, connection with every other individuality
- Who I am
- Release of old ideas, memories and habits
- Losing attachments to food and other material possessions
- Not having to depend on physical food as nutrition
- The spiritual connection, manifestation, meditation, limitlessness, etc.
- Eating patterns
- Got to know Ray better and keep in touch with his video
- Increased psychic ability
More control over everything, freedom, decisiveness and control over **everything**!

**Breaking down belief system**

**Still quite early to say because it's still evolving. Presence**

I felt the energy from the earth’s core for the first time.

**So far, the freedom of not needing to eat and living off of Prana. I just finished 2 weeks ago and still finding out what's to come.**

**Daily practice of Five Tibetans on slow deep breaths**

Ha ha ha... sounds funny but using the bathroom less

The expansion I've had in my freedom from food has spilled over into every other part of my life!

**How I think about food**

My relationship with food: I consume much less & I am more aware of my emotional consumption

**Having more energy**

Realizing/seeing my belief systems

**Identify less with fear**

*i feel more freedom in general**

**More time less attachment**

Hard to point out a single thing, the workshop was a "logical" step on my path

**Shift in consciousness**

**More overall sensitivity, consciousness, awareness, understanding**

**Spiritual connectedness**

**That we can survive with significantly less food**

**Pushing through limiting beliefs and perspectives around what truly nourishes and sustains our bodies.**

I had some insights that came gradually after the process. I am not sure how much the process contributed to them, but I think it "loosened" things up a little. Another valuable change is the more relaxed and, I think, healthy attitude to food.