



## SQ Testimonials

August 1, 2009-March 10th, 2010

With amazing grace I was given the opportunity to spend 6 months at Creacon. At first, I didn't even know why I was there or how I had been blessed with this chance to be in such a wonderful and sacred place for an extended stay.

I fell into the rhythm of life there and saw how I needed to learn discipline and what that means to me. Meditation became necessary

to be able to get still and go within.

Seva became a big part of my day and to know what that devotion is in all its various forms. This has taught me many life skills that I can now take with me and draw upon as needed.

I had many revelations along the way. I was taught many teachings and how to apply them to the lessons and challenges that came along. I changed in ways I couldn't put words to and often didn't recognize myself or who I was becoming.

I realized that all of us on the program together were teachers for each other and for me to see myself in the mirror. I include the staff at Creacon as well and thank all of them for the roles they played.

They were all reflections of me.

They are me and I am them. We are one.

This was a chance of a lifetime to truly get to see myself in ways I don't think I ever would have and to finally learn what it is like to Love myself, see my own perfection, open my heart wider and acknowledge my self worth. I believe I will be learning this for as long as I live.

Derek was always there with Love, compassion and support and as my guide to steer me back on course or share words of wisdom. He is an amazing teacher and guiding light. I wish to be able to walk the talk as he does.

To him I will be eternally grateful.

After 6 months, I will bring everything that I learned with me out into the world as I begin the next phase of life.

I am now seeing the magical beauty in everything.

Namaste,

Lori Rafalof