

What Workshop Participants Say about their IBT Experience



All of my life I have struggled with shyness and I think this has been one of the few times that I have ever been able to share things in a group that size and feel a level of comfort. Each person who was there was a special and unique individual. I learned a lot about myself and others and it is changing the way I relate to people. May the Lord continue to bless you and have His hand upon all you do. Sincerely, Cheryl

I wanted to thank you for such an incredible weekend. The guidance and facilitation that you provided truly changed my life. There are many images that will stick in my mind from the weekend, but one that keeps coming to mind is of you cradling participants while in the depths of their sadness... such a powerful and moving expression of love that you provide. Again, thank you so much for everything. You are amazing! Peace Always, JB

The workshop was a great experience, and I have taken full advantage of it. I have moved close to my children and I see them regularly. I have also found a new job that provides huge potential for my future. Everything that I addressed in the breath work seems to have come to fruition. I know it is due to me being open to the possibilities and opportunities. I attribute my capability to do so to you and the work we did. Thank you so much. I am forever grateful. Best wishes, JW

...And to you, dear Carol... there are no words to express the Thanks that I feel in my heart. We have been given such a gift from you and the other 'staff' this weekend. What a wonderful community in which to begin to heal! ~ Beth

... I had been taught that there are certain things that we (the depressed population) have to accept in life; basically that we are going to be depressed for the rest of our lives!...and I had accepted it; and was living in quiet desperation: having bouts of depression and sadness every once in a while no matter how many Mind Treatments I designed for myself, what medication I was on, or how much forgiveness I did...until NOW!

AND NOW! I am not only choosing to LIVE my LIFE everyday; I am looking forward to IT!!!!!!! For the first time in too long a time, I am actually excited about LIFE! I am no longer depressed; and when I am sad I experience it and realize that it is part of BEING here and honoring ALL that God has to offer! ~ JP

What an amazing experience. What an amazing woman you are. What amazing staff. What a joy it was for me to meet, experience and share with such wonderful people, both staff and participants. I am blessed. I am grateful I participated. I want more. I look forward to the next opportunity to see you, the staff and continue the journey. Thank you. The entire weekend has left me emotional, open for more. God Bless You. Sincerely, KH

Fabulous, So powerful. Goes right to the heart of the matter. Amazing and magical I feel stretched, expanded and healed .. Thank you for providing such a safe place. ~ Anonymous

The workshop was amazing and powerful and all the words will only diminish the power of the experience. The team was always at the right place at the right time with a lot of acceptance and love. The cherry on top of the cake is, of course, Carol - open, available, attentive and wonderful. I am privileged. Thank you, B.S,

I am grateful for the amazing experience and growth. Carol, you are a pathway on the journey to the life purpose for so many. I am so blessed to be counted as one of them. ~NM

I must thank you and your staff for what I can only describe as a lifesaving few days. I know that I have a lot of work to do but what a gift I received from my sessions ~TS

And so much more.....