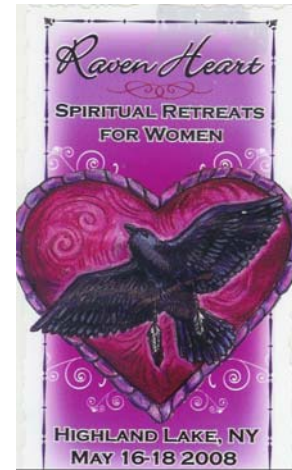


“A wonderful experience was had by all in attendance at every retreat I held. I thank all that attend and truly thank you for all your wonderful comments,” SuZen, Raven Heart Retreat Coordinator.

Comments below are from our retreat that was held in Highland Lake, NY May 16, 17 & 18, 2008.

- Opening wings and widening the span of others in a safe and sacred space. Thank You SuZen for bringing healing to the healers- *Irene*
- Hi SuZen, I found the retreat to be a great introduction to mysticism, intuitive practices and healing modalities as well as a celebration of the goddess within each of us. I enjoyed meeting all of you, an eclectic mix of gifted healers and practitioners, and you all made me feel things I was exposed to. *Thank You – Courtney*
- I had a great time at the Life Coaching Center’s first retreat. I felt very comfortable with the other women, like I found a place to belong, and my thoughts and feelings were honored. I especially got a lot out of the intuition exercises and found the sacredness of the weekend very soothing. It was just what I needed. – *Carol B.*
- Thank you SuZen for opening my eyes to how I project my own self-image & baggage onto the way I view others. I even did that to myself when we looked into our mirrors. This is a huge lesson for me. *Thank you, my teacher! - Linda*
- Dear SuZen, Thank you for all the love you bring into my life! Thank you for always being there for me and for loving me. I am honored and grateful beyond words to be counted as one of your sisters, on this retreat. I am very grateful to share my life journey with others. *Thanks so much, Sandy*
- Dear SuZen, It’s been almost four years knowing you. I am truly my higher self in this world with your help. It’s been great being an instructor at the retreat and assisting my sister’s personal growth. – *Donna*
- Thank You SuZen for teaching me to stand in my power this weekend. That is a wonderful gift as are the many things I had the privilege to witness during the weekend. – *Anonymous (One of Many Sisters within the circle)*
- I am grateful for you helping me to see that even when things seem to be at their worst the truth is the beauty is within me. The pure peace is inside me. Love, Kristina
- SuZen, you always make me “Think” and that is ironic to say but what I mean is you give me other options. That is the best. – *Melita*



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Comments below are from our retreat that was held November 7-8-9, 2008 at Kirkridge Retreat Center in Bangor, PA.

- First I want to say that to go on a trip for the first time in my life that did not involve my children, my husband or work was absolutely thrilling and exciting. To have an opportunity to go on a retreat gives you a sense of doing something solely or should I say "soul-y" for yourself. I realized that you can be so much more true to yourself when you are around people who don't place judgement. With people who are interested in coming into alignment with both their physical being and their soul. People who are looking to be approving of themselves and at the same time love all. What mind opening lessons we learned through American Indian and African rituals and beliefs. My favorite thing this weekend was...ah, hold on... I need to think about it for a moment. OH that's right...my favorite thing I did this weekend was EVERYTHING, ABSOLUTELY EVERYTHING!! I enjoyed walking the beautiful grounds in silence, walking the labyrinth, meditating with the group, playing the drums, singing, laughing, and don't let me forget my massage and having wonderful conversations during meal times without having done the cooking or cleaning up. What more can you ask for? I not only wear a smile across my lips, but I wear a smile in my heart!! SuZen, you are a woman of your word. The weekend was invigorating. My heart is 25 lbs lighter and much brighter. *Thank you for inviting me.* – *Lenora*

A photo from our retreat that was held November 7-8-9, 2008 at Kirkridge Retreat Center in Bangor, PA.



- What beautiful days we had, what beautiful people we had! The time spent with other women was so much more than I expected, the love and kindness that filled the room was remarkable. Thank you SuZen for everything. My life has changed, the strength and empowerment that I feel is AWESOME!!! Live, Love, Laugh!!! – *Cindy*
- The Retreat was an amazing gathering of powerful women working on themselves and others for these new times that we live in. Meeting old friends and making new friends we had fun while getting a great deal of inner work done. I am still in awe of the 'cultural flavors' represented. It was like we went from one end of the globe to the other - the energy was beautiful. – *Melita*
- The retreat was definitely a life changing experience. The location was comfortable and peaceful. The women were extremely supportive of each other and the programs SuZen chose to implement were Amazing! – *Trudy*
- Attending the women's retreat in November 2008 was an extraordinary experience. It was my first time attending this type of retreat and also my first time as a facilitator sharing my African heritage of venerating the ancestors and Orisa Oshun in this type of setting. Spirit, the angels, the ancestors touched me/us in a way that I hadn't felt in a very long time. I felt so connected to all of the women there. I felt honored to be able to share of myself and in the experiences of the other women. All I can say is that it was uplifting; it was inspiring, and just a wonderful event. Thanks SuZen for all your support. – *Tanya*

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Comments below are from our retreat that was held November 20-22, 2009 at Kirkridge Retreat Center in Bangor, PA.

- Dear SuZen, I am glad I choose to go on retreat. It was very inspiring, and uplifting to be in a peaceful situation. It enabled me to learn about myself and to meet new friends who don't judge. We all wish to help each other grow and change. It gave me a better insight of why I react in certain ways because of circumstances that I was not aware of. It was a great experience. *Thank you - Pat*

A photo from our retreat that was held November 20-22, 2008 at Kirkridge Retreat Center in Bangor, PA



- Dear SuZen, I will start of by saying THANK YOU!!!! Thank you for allowing me to realize that I am a good person/mother/wife...and to KEEP ALL NEGATIVE ENERGY AWAY!!!!!! I have learned that we are the pavers of our path in life too!!!! I really enjoyed the weekend and MISS everyone so much...I can't wait to come back. I have been keeping in touch with Pat and Beth too.. I emailed Pat the other day just to let her know that I was thinking of her and just to remind her that she is a GREAT person!!!! Once again SuZen, THANK YOU for allowing me to realize that it is better to have positive energy rather than all that negative energy...*love ya - Emma*

- Good Morning SuZen, I had such a great release of anger and hurt. I came home with feelings of forgiveness and love in my heart. I can deal with whatever comes my way because I saw the courage in many of the women whom we shared feelings with. I realized that I am a strong and special woman. The weekend of Nov 2009 will stay in my heart 4ever. *Thank you again for all the lessons and for being the special human being that you are! - Terri*
- Hi Sisters, I just wanted to thank each and every one of you for the great weekend. I am thankful that our paths have crossed on this great journey. I am sure they will cross again soon. Hopefully SuZen will plan something for the spring!!! I wish you and your families a wonderful holiday and remember always "I LOVE ME" *Love - Amy*
P.S. Mother I feel you under my feet, mother I feel your heartbeat!! I can't get it out of my head....
- Good Morning SuZen, I am feeling really good. The weekend really empowered me. I always had a pretty good sense of self, but now I am feeling the spirit of all of my surroundings in me now as well. I learned so much about myself from the other women and the teachers. I am staying positive and not letting negative people bring me down to their level. I am bringing the spirit, which I learned, to all who meet me. I am staying in the light. *Thank you for all your time, effort and love. This year I am also thankful for me. Love - Rochelle*
- Dear SuZen, We had an absolute WONDERFUL time. It was a great learning experience for all of us. Not only were the teachings enlightening but also the women we met were extraordinary! I have taken home much more than I could ever have imagined. I will be continuing on this great journey and will meet again soon with all of my new sisters. I hope that we can do this again in the early/late spring because I believe a year is too long. I thank you from the bottom of my heart for helping me find the way. *With LOVE!! - Maria*

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- Good Evening SuZen, I had a wonderful time. I am a different woman today. I still have dreams and desires that I am hoping will turn out in my favor, but in the meantime I am a lot happier inside. I Am!!!! So, all of the effort that you put forth has paid off for me. *Thank you & I can't wait till next year you are great!! - Diane*
- Dear SuZen, I just wanted to THANK YOU for a wonderful experience...It was the perfect continuation on my journey to becoming "more" of myself.... I loved everyone at our retreat and feel as if our particular group was brought together for a reason. Thank you for providing us with a safe place to grow. At this particular time the strongest emotion I am feeling is gratitude - to you, to the group, and, most importantly, to myself. *Have a wonderful Thanksgiving....Teresa.*
- Dear SuZen, I have been on many spiritual retreats in my life and this one was the best I have experienced. The land is alive with love and light. The energy was that of heaven on earth. I did not want to return. The staff was professional, full of energy, and spiritually enlightening. A five star retreat. *Namaste' MaryBeth*
- Hi Suzen, I want to thank you for organizing the Raven Heart Spiritual Retreat in Bangor Pa. It was an enriching experience for me. You invited people who have a good mix of spiritual interests and talents. You gave us all the opportunity to learn and grow. You actually forced some of us to grow. Thank you for giving me the opportunity to share Jin Shin Jyutsu and with the people who attended. I probably wouldn't have volunteered on my own. The drumming and dancing and chanting were freeing. And who would believe that bones could tell so much truth. I loved all of the outside activities. What is the place of boulders called? It is really magical. It was great to learn more about the people that I already know through your center and also to meet so many new people. I think about all of the women who were new to this type of retreat (myself included) and it was wonderful to see how we all blossomed and grew in those few days. Pat was the best roommate. It was good to see her developing trust and confidence in herself. I also look forward to exchanging sessions with Amy and Carol in the future weeks.
Thank you again - Mary Ann