

Women's Reflections on their Warrior Monk Retreat Experience

"The Warrior Monk Training called me to sit still with my deep quiet nature and to be present to my soul voice. I experienced a beautiful blend of spirit and soul that led me to a more focused commitment to my life mission."

Marlene Nappa WW Leader

"With the Warrior Monk Retreat I was able to remember my sense of place in the world. I'll never again doubt that I belong - I matter."

Andrea Burlison WW grad

I attended WM in either July 2000 or 2001 in Canada. More than 20 years later it remains the single most powerful training I have attended. The experiences, milieu, and pacing all lend itself for a deep dive into soul work and life purpose. I am grateful and continue to call upon insights and discoveries from so long ago as they continue to play out in the here and now.

Mary Beth Dutch WW grad, Midwest

Warrior Monk was a wonderful adventure that guided me on an exploration of my inner soul and mind I'd not experienced, even though I'd done a lot of personal work previously, including years of deep women's work.

It helped immensely to demystify and solidify my greater life purpose and unravel some old limiting beliefs about myself. The tools that I learned have been woven into my life practice for years now and have enabled me to consistently come back to center when the world around me starts to swirl.

I was humbled by the experience and met some wonderful people who have turned into life-long friends."

Sean Ballard, Washington DC,

Warrior Monk is a retreat I have experienced three times – in Australia and in NZ - as a participant and as a staff member. All these immersions were different and enriching in ways that have become more alive in me as time has gone by.

I often return to the memories of times in the retreat — re- remembering when I arrived within myself, inspired by my own femininity to sink into knowing and to rise into leadership – first within myself and finally as an outward stepping into.

And mostly Warrior Monk has stayed with me as a time when I truly embodied the beauty and power of paradox in myself first, and then in our world.

Being able to do this real next-level work in a mixed gender environment was huge for me. I've done so much of my own personal work with women in Woman Within International, staffing and training as a Team Leader. As powerful as this work has been, I found a nuance of great potency and safety in WM retreats that allowed me to grow parts of me differently, and richly add to my work with women.

The touchstone of the archetypes of Warrior and Monk have been living in me to encourage a much fuller and rounder 'me'. WM is an integral part of the stepping stones of my 'waking up' and 'remembering'.

Dee Read, WW Sydney Australia

"To witness and be witnessed in a circle of caring people is a powerful experience when one dares to enter the realm of deep honesty and vulnerability. To be able do this in a safe space where we gather to share and strengthen mindfulness, curiosity of the soul, and community, is a rare gift to be treasured. At Warrior Monk retreat, I felt lovingly embraced as we were invited to explore the muddy waters of

the psyche and heart. Five days of focused engagement in a personal and collective healing process helped me reconnect with my clearer, stronger, more loving self that yearns to live a life of service.

The retreat gave me the opportunity to simultaneously surrender and take full control of the healing process, and return to the world with renewed love and conviction."

GINNA MALLEY CAMPOS, Puerto Rico

"My first experience with Warrior Monk, in fall 2015, was transformative in ways I never expected. I anticipated five relaxing and rewarding days. It's true that I was relaxed and rewarded, but during the retreat I was also challenged, uplifted, and opened to new potential for joy, presence, integrity, and honesty with myself and others. 2016 unfolded as a season of shedding what no longer served, embracing what was most essential, and stepping into a more effective, joyful, and mature stage of my life. Thank you for holding this work and nurturing my ongoing personal evolution.

The Warrior Monk retreat was important in my own development in part because of the people involved. I was invited to reflect and grow in an emergent, intergenerational community of men and women committed to presence, love, and collective care. The trust, respect, and even humor and lightness that permeated our shared space were vital ingredients in my own transformation.

The retreat was an important invitation into self-reflection, healthy discomfort, and joyous growth. The mixed gender context was especially helpful for me as someone prone to codependency in my relationships with men. In a super-safe caring community of tender, present men and women, I was able to look at the patterns that no longer served me or my loved ones. I've remained friends with many of the men and women with whom I shared the Warrior Monk Retreat, and perhaps most importantly I have become friends with my own authentic self."

MARNIE JACKSON, WA

My Warrior Monk experience was one of the most spiritual and soul-purpose transformational experiences of my life. The Warrior Monk Retreat is deliberate in its content, masterful in its presentation and culminates in universally wise and practical awakenings.

I have participated in many retreats doing solely women's work and some in mixed gender environments. And, I am grateful and whole-heartedly appreciative for the collaborative energies of men and women together at Warrior Monk.

The blending offered opportunity in a simulation of real-life community and container to dig deep while being supported in the mixed environment with supreme and protective safety for all. In these ways, individuals heal themselves along with their relationships, and in my opinion, humanity together as a whole.

KAREN JAYNES, Ohio

"I released more heart-break and shame and now know I create my own reality from a more grounded, loving and beautiful place."

GLORIA SMITH, WW

Warrior Monk was an elegant homecoming to my true self. Stepping into the magical serenity of The Whidbey Institute nurtured a slowing down, a turning inward and deep connection with others. An early morning serenading of an owl on the way to meditation was a reminder, again, to stop. The natural beauty surrounding us can and does transform our intentions, when we listen. The Warrior Monk experience is open to everyone. It is not about religion. It is not about gurus. It is a simple yet extraordinarily powerful journey into what matters most, for each and every one of us. To welcome a

new year with a fresh perspective about what I want to create with my life, and to be witnessed by others in my commitment to do so, fulfilled the meaning of true generosity.

Christina Monson, Nepal

“I can truly say that participating in the Warrior-Monk Retreat was one of the turning points in my life. From the moment that I sat down in the first circle with the other participants and staff, I felt welcomed and comfortable.

During the days of the retreat, there were daily sweet moments of being in touch with nature, soulful times of self-reflection, and many opportunities to share my feelings.

We did emotional and spiritual work, too—always with help from the staff.

A huge piece for me was finally being able, and willing—for the first time in my life—to formulate and public both short and long-term goals, without being afraid that they might not always work out.

I wholeheartedly recommend the Warrior Monk Retreat.”

Joanne Mahler WW, Midwest