

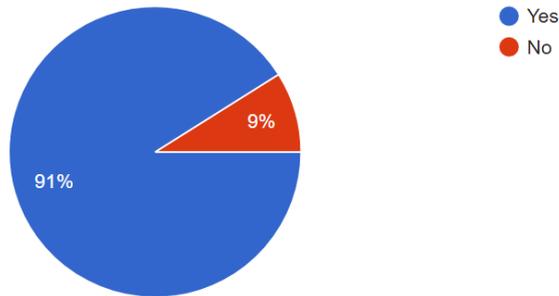


# 2018 Pranic Living Post Retreat Survey

Would you define the workshop as a life changing event?

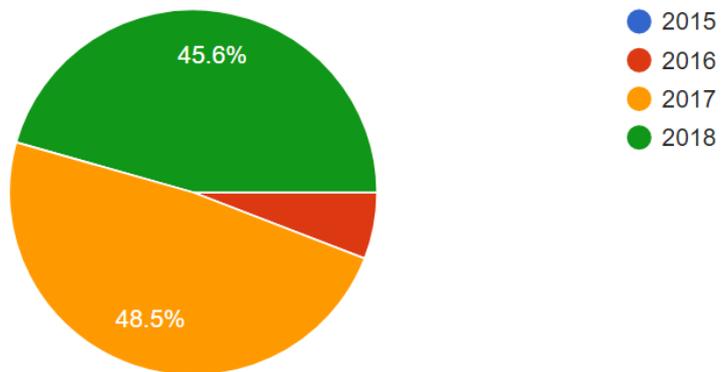


67 responses



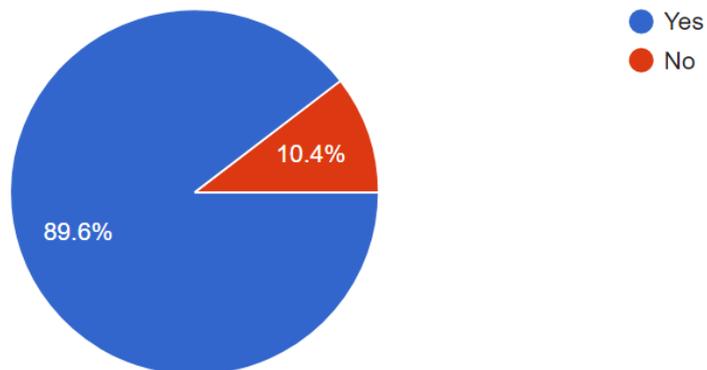
Which year did you do your process?

68 responses



Have you experienced an expanded awareness since?

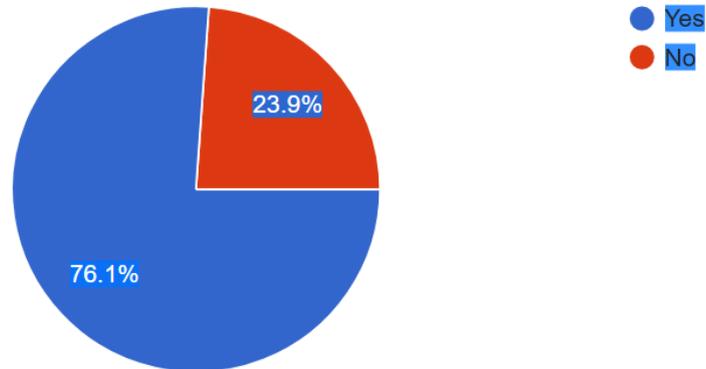
67 responses





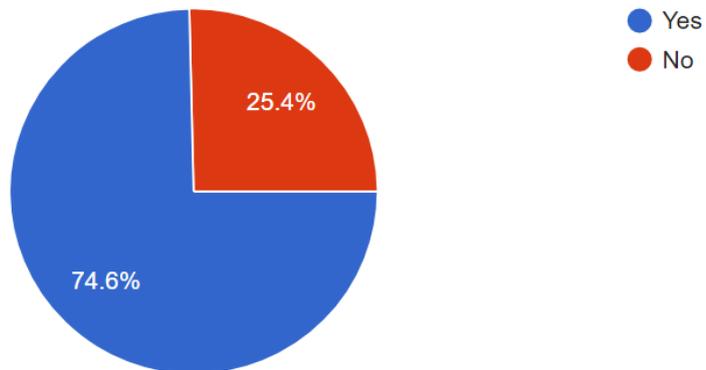
### Have you experienced reduced levels of stress since?

67 responses



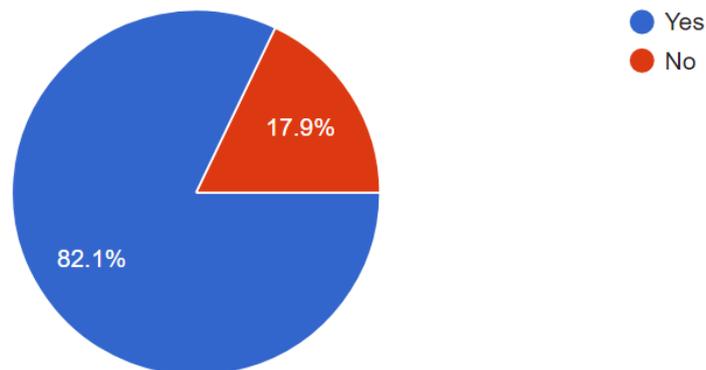
### Have you experienced an increase in your overall state of happiness?

67 responses



### Have you experienced an a stronger sense of spirituality?

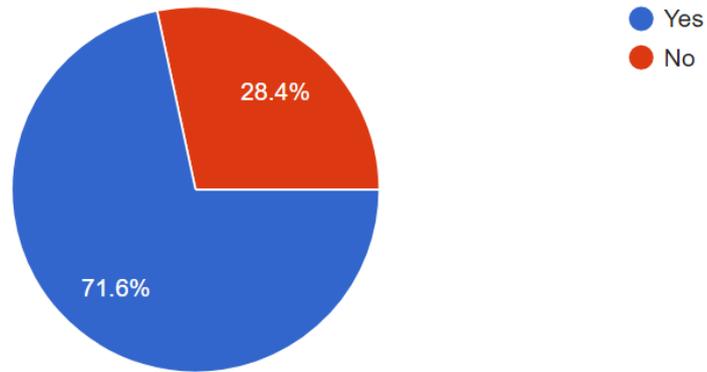
67 responses





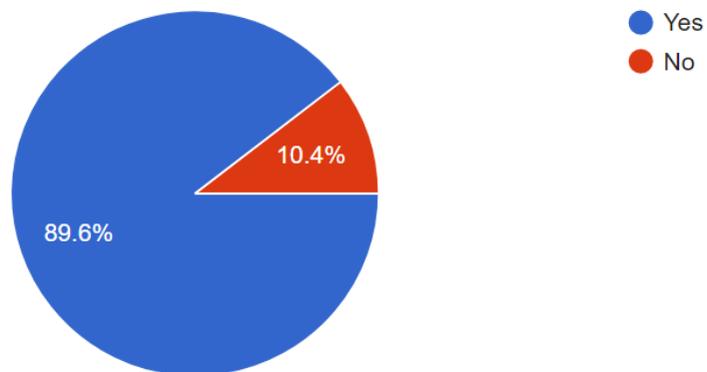
## Have you experienced an increased sense of meaning?

67 responses



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

67 responses

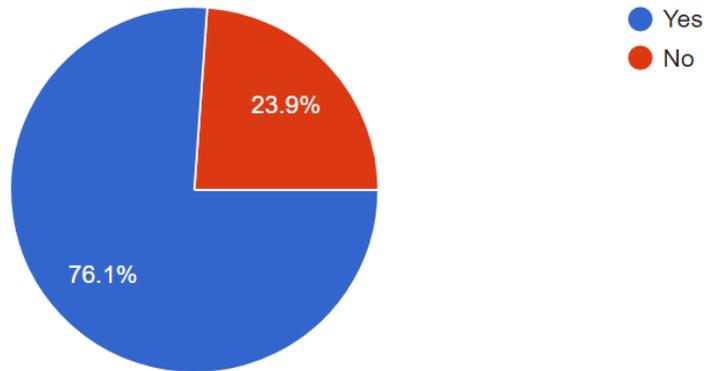




[www.raymaor.com](http://www.raymaor.com)

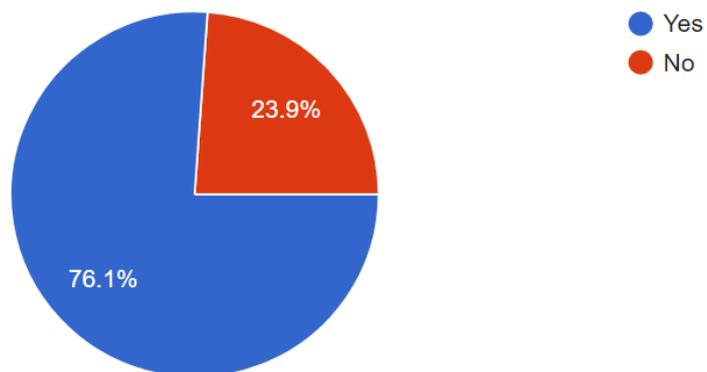
Have you experienced what you could define as a shift \ continuous awakening?

67 responses



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

67 responses

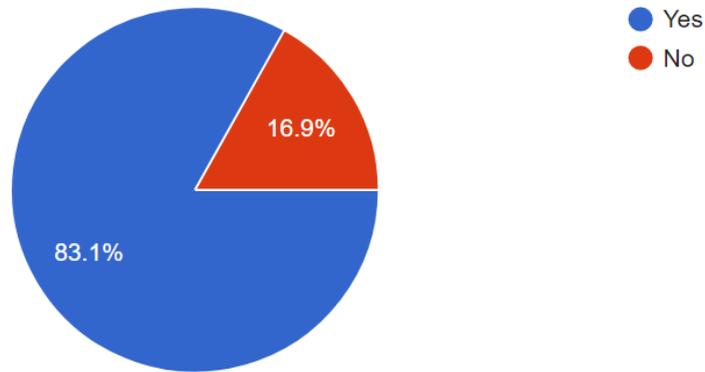




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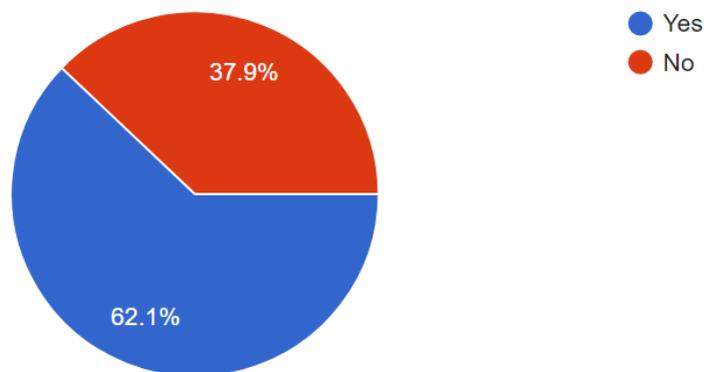
Have you experienced any healing during the process or have you felt an increase in health and vitality during or since the process?

65 responses



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

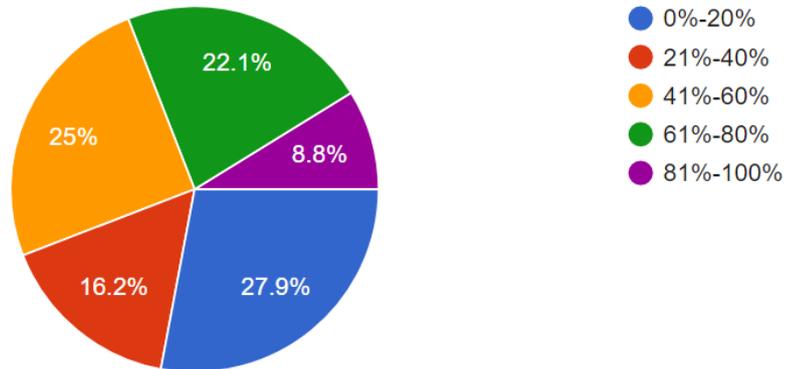
66 responses





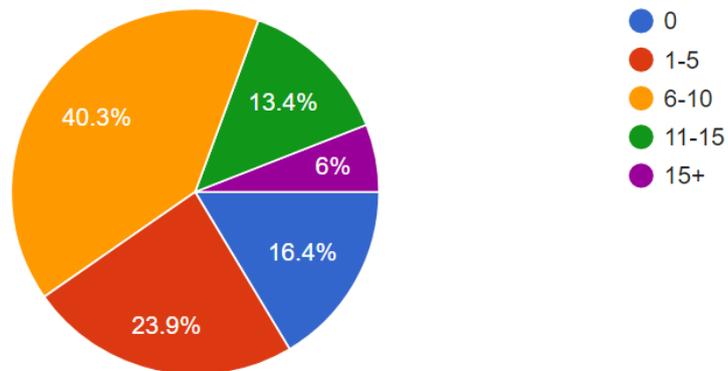
If you have reduced your food intake since your process, by how much would you estimate the reduction has been?

68 responses



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

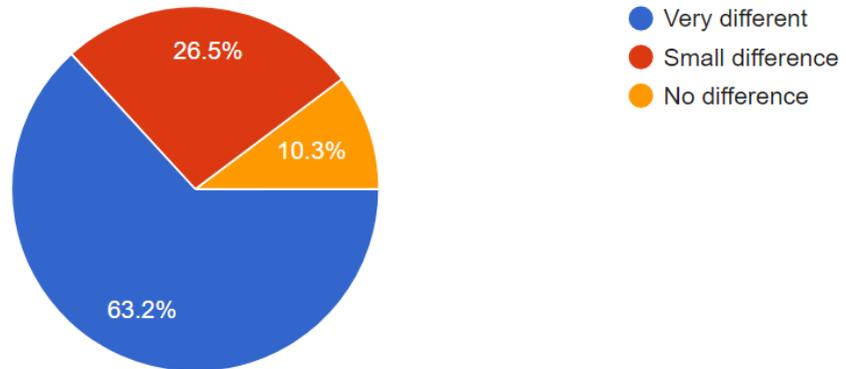
67 responses





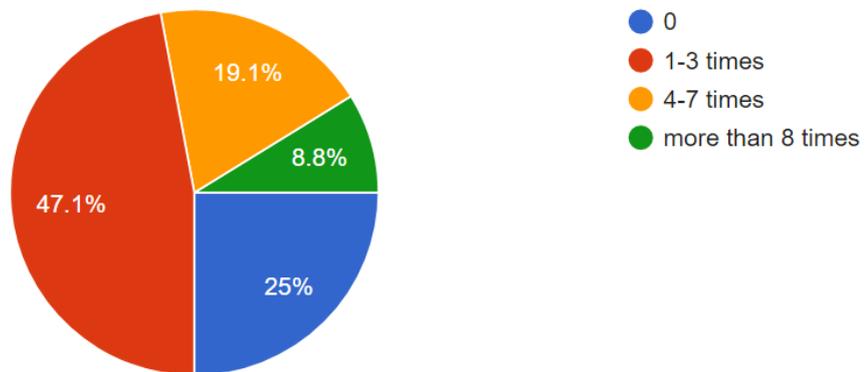
## How different is this from your diet before the workshop?

68 responses



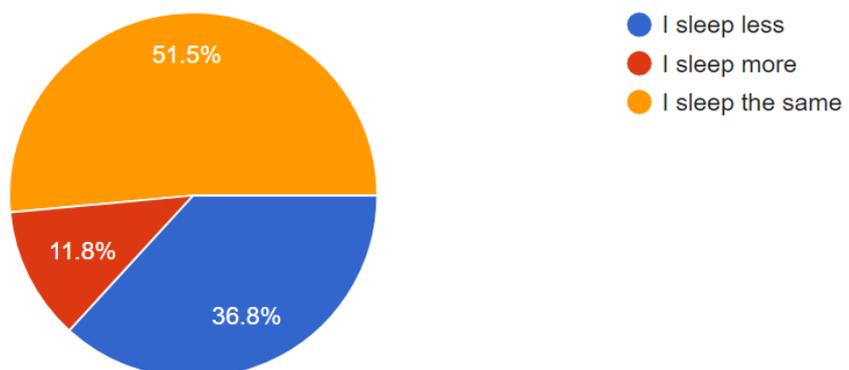
## How many times a month do you dry fast?

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.