



AUGUST MEMBER SPOTLIGHT



Lisa

When I first came to CGI, I was looking to work on a number of physical issues, find a way to increase my energy level and learn to balance my life but never expected to embark on a journey that has literally transformed my life. And after making Dahn yoga part of my life for the past 9 years, I began to notice changes not only in the way my body felt, but also in how I interacted with the world and began to uncover my true potential. As I continue to grow, I have become inspired to delve even deeper into finding my true purpose and self through various workshops and programs, such as CGI's Shim Sung workshops and the Tao Holistic program.

My experience with The Tao Holistic program has been one that has given me the ability to remove the blockages that have been holding me back in my life. We met a once a week for 2 hours and began with a group discussion about what we had experienced since the last class; what awakenings we had (if we had any), how we were handling our emotions and had we been watching ourselves. Our discussion was followed by a lesson centered on key principles, coupled with physical practice to awaken our true selves by opening up the blocked areas of our energy & spiritual bodies. I experienced different sensations in each of my three bodies; physical, emotional & spiritual and with each session, became more aware of my true self.

This experience over the last 7 months has been nothing short of life changing. Physically, I am much healthier and have much less pain in the areas of my body that brought me to CGI and Dahn Yoga. I have greatly improved my "reason" for eating; I now eat for nutrition and not for comfort and have eliminated other bad habits like nail biting, watching too much television and procrastinating. Emotionally, my brain is much clearer and is no longer cluttered with as many meaningless thoughts. My ability to deal with others has also improved, both personally and professionally.

Having had such an amazing experience as a result of this program, it has been extremely important to me to help others improve their lives. So many people can benefit from this program - especially those with low self esteem, those who have constant voices / thoughts in their head, individuals with physical pain and those who want to find out who they really are. I am proof that someone can change; I was resentful, controlling person with addictive behaviors and now I am peaceful, happy and easier going. I enjoy myself and my life.

