

## JOURNEYS TO WELLNESS XII, OCT. 26, 2024

### COMPILATION OF FEEDBACK SHEET (20), EMAIL AND TEXT RESPONSES

Total attendees 76

1 We feel so blessed having the opportunity to attend and listen to such meaningful and memorable gathering of deeply engaged and spiritually gifted members of our community. Bravo for inspiring others to light the path with such mind blowing aloha and perseverance.

Bev and Walter Chow (text)

2. The event showed me that forgiveness is a big renunciation. I thought about it and realized I had grievances that I had difficulty letting go. The event showed me my own lack of forgiveness. It awakened me to something important. Thanks for bringing together such a diverse group of people.

Anonymous (email)

3. It was an excellent event set in a beautiful facility that let's nature in. It had a great keynote theme and the workshops were good. Would have been nice if I could have attended multiple workshops. Please have Dr. Caroline return with her workshop on energy tapping. How about charging more and have the event extended.

Loke Simon

4. The music by Hari Bayani and Jason Laeha, along with the tai chi demo by Corey Wong were what I liked most in today's program. Dr. Ryburn's workshop offered meaningful awareness that enlightened me and taught me practical tips on maintaining my balance. I enjoyed the watermelon.

Anonymous

5. I liked the speeches offered by the Awardees, and all of the music. The event gave a good introduction to spiritual energy fields. Loved the watermelon.

Anonymous

6. The best thing was the aloha spirit that I felt from the speakers and guests. It made a meaningful impact that I can implement in life. The workshop on udon was resourceful and fun. How about dealing with indigenous and oppressed communities in the future? The entertainment was great and the lunch delicious.

Raquel Runnels

7. I enjoyed everything- the speeches, entertainment and the lunch. You offered great selections. Would like to have future programs to feature more medically focused speakers.

Anonymous

8. The event was great from beginning to end. I liked the speakers' prospering our community toward peace. I am now applying myself to apply pono and ola into myself and my children. We need to encourage more from Generation X to attend. The entertainment and lunch were terrific.

Beverly Ann Ani

9. The keynote speaker, workshops and performances were excellent. I responded with active listening. The workshop with the speakers was well done.

Anonymous

14. I liked the entire conference. The panel did a good job. My workshop was well attended. The entertainment was beautiful. Lunch was great!

Ruey Ryburn

15. I especially liked the recognition bestowed on Puanani Burgess. The keynoter was hard to understand. The respondents were excellent. Corey's workshop stood out for the depth of his research. I enjoyed it, and wish we had more time. Be careful not to lose focus on your original mission. Adding community and `aina may make it too broad. Lunch was excellent!

John Houk

16. Everything touched my soul – each speaker, all the music, and the workshop. I mostly felt moved by the aloha spirit, love and kindness that we shared. I was inspired, hopeful, energized, peaceful by the panel and the workshop by Dr. Ryburn. Loved the lunch and watermelon. Everything was perfect.

Renee Peiler

17. Overall, the ambiance, healing words and knowledge gained was incredible. Energy healing by Ruey Ryburn was very insightful. Future workshops may deal with nutritional and psychological health. The music, dance and tai chi demo were fabulous. The lunch was delicious.

Charlene Arnell

18. What I liked most in today's program is how Rev. Matsumoto's responses smoothed out the anger expressed by H. Burgess. I wished Corey did more movement and exercises in his workshop. Loved the big voice of the singer.

Anonymous

19. I appreciated the over-all message of positivity and the potential for change. I responded with enthusiasm over the panel presentation. The entertainment was excellent, and the lunch was great.

Marialiana Stark

20. The comraderie stood out- inspiring uplifting talks, music, swaying. I was moved and touched by the speakers. Ruey gave a great presentation in her workshop. Only problem hard to hear in social hall in competing sounds. I wish for a speaker on forgiveness and a workshop on staying calm and centered in the midst of chaos. Wow to lunch!

Anonymous

21. The opera performance and all the tributes to Aunty Puanani were very beautiful. I was moved to tears. I was also very moved by the panel. This is my first time coming and I enjoyed the program. Corey did a great job. It was a bit hard to hear him due to the shared space with the other class. I'd like to chance to attend multiple full-length workshops. Mahalo for the bento and watermelon.

Blythe

22. The keynote speaker was great. He gave me perspective on how to view the world/Hawaii and reality. I enjoyed Corey's workshop. Future topic for speaker I suggest intersectionality of gender, ethnicity, class. Entertainment was uplifting and emotional. Lunch was ono. Time management could be improved.

Anonymous

23. What we liked was the spirit of aloha and lokahi. There as much pono, joy and hope conveyed by the speakers and attendees. Corey's workshop was hard to hear because of distracting noises from the next workshop. But content was excellent. Future speakers may be Ron Mizutani w/PBS, Noe Tanigawa, John de Fries on the Aloha Spirit, Pono. Music was excellent, so was lunch.

Bev and Walter Chow

24. I learned the most from the keynote speaker. Tai chi- great performance, workshop was hard to hear. Lunch was very good. Have speakers speak directly into mike.

Stanton Lum

25. What I liked most were the people and the connections. The panel was heartfelt. Corey Wong's workshop was excellent. The entertainment was beautiful. I suggest a break in the program for bathroom and drink use.

Nancy Piper