

Out of the Blue Feedback 2014

Nicky:

This is an extraordinary way to unlock the grip of depression. The work is so deep and accessible and provides an exquisite vehicle to your soul. Your heart longs to sing it's song and this seminar unlocks the words. Simply fabulous.

Donna:

Great processes – went deep, really pulled the rug from the withdrawal – really pulled it and out went the suffering and in came freedom. My mind still doesn't believe it and that is okay cause my body has a direct experience of the truth of it and my mind will catch up. Amazing

Rosina:

One of the best workshops, that has really helped me to understand being in touch with my feelings. I am so grateful to understand how to be open to my feelings, to all the wisdom that is within me and to understand that there is not true "story". This has been a life changing workshop for me.

Dominika:

The workshop will open you to deep freedom, the essence of yourself. It will take the veil and dissolve the black cloud of depression that prevented you from seeing the beauty of life

Joan:

A fabulous workshop. Loved the processes and how it opened people up, all makes sense. Depression is cured at the level of the heart and soul by going deep. It's a magic formula, well done for devising it you are well ahead of the medical professionals.

Sandra:

Kevin is so pure and truthful. This event gave me so many insights and let the light within me shine again. I learned to face fear and darkness.

Petra:

I came to this event thinking I could probably experience just a little "lightness" because I don't actually suffer from depression, but the whole weekend blew me away. I realised that I don't need a label of clinical depression to benefit from clearing blocks that stop me feeling good about myself and life. I feel like a big shift has happened in me and am feeling very positive about all that is about to come

Carole:

As a newbie to the Journey this was challenging yet a really useful introduction. It has given me a better understanding of depression. The models were easy to understand and the presenting was authentic, honest and open. A very refreshing presentation style.

Emma:

Fantastic weekend which helped me unblock and release so much. To access deeply buried emotions and release them was beyond therapeutic. To realise I have a choice regarding depression was very enlightening and to be able to access and know my own answers was amazing.

Brendan:

Gave some clarity to the chaos I was experiencing in my life and made me realise I was suppressing my own feelings to my own detriment and that I had a lot of false beliefs that I was able to consciously remove and replace with new healthy ones.

Louisa:

A fantastic weekend with some deep unearthing and recognitions of the game and story that I have played and that has kept me stuck in life. I feel I have broken the ties that have kept me from living and participating in life A truly brilliant learning and teaching.

Kirsten:

It has been an epic weekend. At times it felt extremely overwhelming and fed my fear story of not being able to do this sort of thing. The people I worked with were so supportive I feel there have been real shifts and realisations that I am very grateful for. Thank you for the bottom of my heart.

Angela:

This is the most extraordinary Journey event I have attended in the last decade. The collective "aha" moment when we all got how our stories run our lives. My gratitude for Kevin's seeing honesty and absence of ego creating a safe environment so I could let down my defences and open. What a celebration I cannot wait to read the book. Words feel inadequate and I hope that I can express my gratitude by living a more authentic joy filled life as a result of this weekend. I cannot recommend it highly enough.

Kathryn:

Out of the Blue blasts the myths, labels and lies about depression out of the water. I highly recommend this experiential training to all those suffering under the cloud of depression and those that are simply not living the life they'd love.

Jan:

What a revelation. Insightful beyond imagination. Whether suffering depression or not the lessons are huge and a must for anyone looking for direction in life. Inspirational in too many ways to count.

Fiona:

I am so grateful for this amazing workshop- the experience to dive deep and uncover the strands of life which collectively have plunged me in to depression. I have suffered from lack of sleep for 14 years and have just experienced 2 full nights of sleep. I have spent £1000's on new furniture, beds' pillows, mattress, covers, feng shui, remedies, dietary advice, homeopathy none of which made a difference until this.

Dawn:

Transformational. Clear clarity to understanding the "why's and how's" of depression. Then gently taken through to finally finish with the binds which have kept me prisoner. Left in pure awareness and gratitude.

Ben:

It has been enlightening and I feel I can go forward and put things in place to really truly experience life and not just a watered down version.

Juliette:

As I have dipped in and out of depression for over 40yrs I was invited by a friend to this weekend. I have to say I was trying to talk myself out of it as I was scared of what I had to face.. more pain! The future I feared as I felt if things came up from my past they would tip me down the hole again. I had to come face to face with my greatest fears and I am so thankful for coming. I have experienced my rage and fears and got through the other side. I now have the choice to really give my life hope for the future. To be able to express and be open and not to withdraw, to express love and joy and not let it bypass me. Thank you for the opportunity and gift of living not existing.

Jan:

Kevin's teaching cuts right to the core of patterns that keep depression in place. He has the ability to explain everything with seeming simplicity that all the pieces of understanding fall into place. Accompanied by deeply healing process work this has been an extraordinary seminar of the deepest clearing and clarity.