Hello Eng-Kong

How wonderful that you are already celebrating a decade of providing training and education to Buddhist psychotherapists and counsellors! Congratulations on all that you have achieved.

I believe that perhaps the greatest healing tool is ‘compassionate presence’ – the ability to be completely present without judgement or need for a person to be any different from who/how they are. It’s so rare to find a safe environment in which we feel someone really ‘gets’ us; they understand why we are behaving/acting in the way that we are and remain compassionately supportive and non-judgemental. People generally aren’t ready to ‘move’ until they feel fully received exactly where they are.

This is both challenging to witness – at times – and perhaps even more challenging to ‘teach’ to another and yet you have achieved so much in doing exactly that in the past decade. Congratulations on all that you have achieved.

Buddhist principles lie at the heart of what we teach at Quest. The processes and education are readily absorbed by participants who are aching for profound principles to be explained simply and without jargon. I hope some of your counsellors and facilitators may feature among our professional teams in due course. At present we’re conducting 30 five day retreats and
10 three day retreats per year. Our work in PTSD in particular is escalating quite dramatically since more and more research is emerging about the tremendous healing power (for the brain) that yoga, meditation and mindfulness provide. In the past 18 months we have had more than 20 police with PTSD attend our retreats and more than half have returned to work and all of them have vastly improved upon where they were – to the point where their insurer will now pay for any police – and their partner – to attend a retreat at Quest. It’s gratifying to see that insurers – and the government – see the benefit of financially supporting programs that generate great outcomes.

I am very sorry that I have a previous commitment on the same day as your half-day workshop/celebration. I would have loved to have been there to share in the festivities and acknowledgment of your achievements.

Perhaps there’ll be another opportunity for me to see you this year Eng-Kong but if not, please know that you always hold a warm place in my heart and whenever our paths do cross, will be a delight for me.

Warm regards
Petrea