

# The Spiral Path

December 13, 2000

Michelle Bastian-Matthews  
38 Miller Ave. #142  
Mill Valley, CA 94941

Dear Michelle,

Since the retreat that my colleague, Donna Hale and I facilitated in August in Mt. Shasta, I have had an amazing number of wonderful emails from our participants. This group really came together well during the retreat session, but I am most impressed at how they are staying connected to one another throughout these past months. There is a continuing of the enthusiasm of the weekend, amplified by a feeling of support as time moves on and their life conditions shift.

I really want to thank you for bringing in the key element to this long-term positive effect with your use of the video cam. The on-going pictures and personal quotes that you sent by email, are doing an outstanding job of reinforcing the benefits and insights that they received in the workshop itself. They are clearly getting more than one weekend's experience, and they are loving it. As you may know, they are taking the initiative to do a follow-up gathering at one of the members homes, and have invited Donna and me to attend. Obviously, our visibility is higher with this group, and helps keep our work fresh in their minds.

This experience has led me to consider doing more of this kind of contact and reinforcement after the retreats and seminars, as it both benefits the attendees and enhances my own marketing efforts.

I also want to commend you on your very, very sensitive handling of the camera during all phases of the workshop. Your presence was extremely non-invasive even during the times when people were sharing personal information. I heard from several members that they really appreciated your tact and patience during the work. The pictures you captured were really beautiful and very moving, and evocative of the whole tone of what went on that weekend.

It was a joy to work with you, Michelle, and thanks again for bringing a new tool of transformation to the workshops.

Sincerely,



Carol Adrienne, Ph.D.

