

Participant Life Change Survey

A Preliminary Survey of Life Change in Participants from the U.S. and Latin America as a Result of the Use of Capacitar Practices—June, 2002. Joan Rebmann Condon, M.A.

The following results are from a survey conducted in the Spring of 2002 of people who have participated in in-depth Capacitar trainings:

Practices Most Used by Participants on a Daily Basis after Capacitar Training

Practice	Percentage
Breathwork	55%
Meditation/Centering	54.8%

Practices Most Used Overall (daily, weekly or less, monthly or less, as needed)

Practice	Percentage
Tai Chi	94.6%
Breathwork	94.6%
Meditation/Centering	91.3%
Acupressure	89.2%
Fingerholds/Emotions	87%
Visualization	86%
Self Massage	82.7%
Work with Chakras	81.7%
Pal Dan Gum	72%
EFT/TFT Protocol	67.7%
Pain Drain	55.9%
Polarity	49.4%

Percentage of those who say Capacitar has changed their life: 67%

Use With Other People

97% of respondents have used Capacitar practices with other people.
88% of respondents have taught or teach the practices to other people or groups.

Educational Level of Respondents: 41% have an advanced degree

General Impact of Practices on Body-Mind-Spirit

Impact	Measure	Percentage
Emotional Outlook	Improved or Greatly Improved	93.5%
Mental Outlook	Improved or Greatly Improved	89%
Spiritual Outlook	Improved or Greatly Improved	93.5%
Physical Energy	Improved or Greatly Improved	89%

