

# Certification Testimonials

## 2019 Student testimonials (just 2 months into the course!)

**What I notice is the effortless nature of how lifelong patterns of limiting beliefs can drop away.**



Being a part of the facilitator training is a profound gift. Rudi and Jules provide a loving space where insights naturally arise. Hearing the insights of others spark my own deeper realisation of the grace, resiliency and wisdom that resides within each and everyone of us.

What I notice is the effortless nature of how lifelong patterns of limiting beliefs can drop away. There is a greater ease and peace within myself, my faith and in my relationships as I see the innate wellbeing we all have regardless of the circumstances. I highly recommend this training.

Debbie Milam. Author, speaker and facilitator

**This training has made an elusive teaching tangible, to experience it as an embodied learning and how to find your own voice to articulate it's impact.**

"This training is an amazing opportunity to work with Rudi, the man behind the 3P movie site, who learnt from Syd Banks, Dr Roger Mills and George Pransky, amongst many other first generation 3P thinkers. It is the course I had been waiting for and I cannot recommend it highly enough. It is well structured, with extensive resources and outstanding support.

Rudi & Jules have created a warm, safe space to explore this understanding to a deeper level, to discover what it means to experience it as an embodied learning and how to find your own voice to articulate it's impact.



I first came across Rudi's work around two years ago and felt like I'd come home. His wise words, skill and clarity made this elusive teaching tangible. This understanding has the potential to transform our experience of life in a truly profound and far reaching way and I am grateful to have had this opportunity to study with Innate Evolution."

Beth Soderstrom. Therapist

**To join this training was the best decision I have made in 60 years! I am getting personal and professional benefit.**



Walk the talk, that is what Rudi and Jules show in their way of unfolding the Three Principles for us. They both show the importance of the human encounter: the not to be underestimated value of the live transfer. Until now I learned some great theoretical examples, which we can use in our future facilitating. But nothing compares to the experience of sharing the wisdom and joy with them both and meeting with fellow-students - diving into the depth of insights in the principles - and I get the benefits, as well in professional as in personal life - of the best decision I made in my (almost 60-year) life."Highly recommended for anyone who considers to go deeper into the insights in the Three Principles and wants to share them!

John Verhoeckx,. Coach and therapist

**The format of the Innate Evolution Facilitator training works so well for me as a mum and many of us have let go of so much limiting and out dated thinking.**

**Rudi exudes compassion, joy, wisdom and such heart, it blows me away. He is a true space of love for us all.**

"The format of the Innate Evolution Facilitator training works so well for me as a mum with a young child. The online space allows me to be at home during the break times over the training weekends, and the evening webinars work well too. It is amazing that we have managed to build such rapport and community within our group even though we haven't met in person. The online space feels so safe to open up and explore what is true for us, and many of us have let go of so much limiting and out dated thinking.



Rudi is a truly tremendous teacher. As well as living the Principles he is so knowledgeable of how to teach and facilitate. He exudes compassion, joy, wisdom and such heart, it blows me away. He is a true space of love for us all. I have already learnt so much from him, and I know I will continue to learn so much more.

I am so very grateful that I found my way to this training which is of such high quality I can't recommend it highly enough"

Lindsay Krabbendam. Healer and therapist

**This course is overflowing with value and useful resources, comprehensive, and applicable to all different facets of sharing this understanding with others in any type of situation**



Being part of the Innate Evolution Facilitator Training has been a highlight of this year for me. The warmth, love, and connection that come from learning and sharing with an absolutely amazing group of people is priceless and a consistent reminder that I can be myself.

Rudi is a phenomenal Instructor/Leader/Facilitator/Friend, and I love the energy and sharing from Jules alongside him. Rudi has a gift of creating the conditions and atmosphere of sinking into that 'deep good feeling' that comes from this understanding, and I've found his ability to put the formless into words and share this understanding in a myriad of ways incredibly helpful in deepening my own understanding and in expanding my own ideas, concepts, and possibilities around sharing with others.

This course is overflowing with value and useful resources, comprehensive, and applicable to all different facets of sharing this understanding with others in any type of situation.

Chris Davies. I.T professional

**I have been noticing changes in my life and the impact this is having on my peace of my mind without any effort on my part.**

Although it's early days on the facilitation course (we are one weekend in), I have been noticing changes in my life and the impact this is having on my peace of my mind. Recently my house sale fell through the day before completion for the second time and I was depressed, angry, frustrated for about one day before my thoughts changed to acceptance and let's get on with the next viewings etc.



My friends have all commented on how well I've coped with the situation but it's been without any effort on my part. The support is genuine and heartfelt from Rudi and Jules and I feel incredibly lucky to be part of this group.

Yvonne Hayes

**'Going home' is not just words anymore, but an absolute truth and knowing. I am soaking up all the love that is a constant with me since starting, even when all around me is mayhem**



I am absolutely loving the course, I am soaking up all the love that is a constant with me since starting, even when all around me is mayhem. I've noticed that I bring my awareness to my thoughts, catching my thinking and just understanding it's just my thinking is happening more often. 'Going home' is not just words anymore, not just a description but an absolute truth and knowing. I'm getting so much more than I bargained for. You have to go for it! Thank you Rudi and Jules x

Kim Davis

**Rudi & Jules are truly beautiful, inspirational people. Their insight, warmth, generosity and passion shine through in everything they do. Whatever your reasons are for joining this course, you will find the answers you are looking for**

'This course is unlike any other learning I have ever experienced. From the very first session, you are introduced to the deceptively simple, yet deeply profound understanding which forms the foundation of the entire 9 month journey. A new understanding of how life really works, which gently reveals itself to be undeniably true and brings a new clarity and simplicity to every area of life. Rudi creates a safe space to explore this understanding, where you feel fully supported, accepted and valued. His unique combination of simple clarity, humour, honesty and practical real life examples make it a joy and a pleasure to learn and grow, even (especially) when your brain is still trying to catch up! Rudi & Jules are truly beautiful, inspirational people. Their insight, warmth, generosity and passion shine through in everything they do. Whatever your reasons are for joining this course, you will find the answers you are looking for (plus many more answers you didn't even know you were looking for!) and you will find them in the last place you would think to look - that's the best bit!. Rudi & Jules will take you on the most exciting, rewarding journey of discovery and you will never look back...'

Claire Holland

## **Pre-2019 facilitator Student testimonials when the company was called 'Innate Wellbeing'**

**As a therapist and coach I find I am achieving greater impact and results for my clients.**



Participating in the facilitator training has helped open up a world of possibility in all facets of my life. Having attended courses and participated in group webinars and 121 mentoring, the biggest changes I have experienced in my life are in how I deal with challenging circumstances. I feel calmer, more at peace and open. I feel more able to find solutions more easily and more effortlessly connect with other people.

As a trained therapist I already felt that I had a good grasp of how the mind works and a strong degree of self-awareness. However learning the Three Principles of how the mind really works with Innate Evolution has transformed the way I experience my life.

I experience more love, joy and creativity than I thought imagined, and the beauty is that it feels effortless. As a therapist and coach I find I am achieving greater impact and results for my clients. The key change has been in how I connect with my clients. I now go into session with new or existing clients with far less on my mind and a sense of creativity and possibility that makes even my most challenging clients a joy to work with. I can honestly say the training has been life changing for me.

Laurence Knott  
Transformative Coach & Therapist

**I highly recommend this program to anyone who would like to see profound shifts in their life and work situations.**

It has been an immensely rich experience of immersion into the three principles and the understanding behind them, gradually bringing me in touch with my inner wellbeing and my own wisdom. Their warmth, generosity and continuous support, coupled with their deep connection and insight into this understanding provides for a unique learning experience. I highly recommend this program to anyone who would like to see profound shifts in their life and work situations.



Tore Skatun, from Norway

**“It has been a wonderful year full of new learning and insights far beyond my expectations This is one of the best things I have chosen to do and I am forever grateful.”**



I have enjoyed the facilitator training immensely. My heartfelt thanks to you all for sharing from your warm hearts and your wisdom. For me it has been a wonderful year full of new learning and insights far beyond my expectations. Through a deeper understanding of the 3 principles my life has become more meaningful and it has given me a new direction in life.

I am less tense and frustrated, and I am living my life with much more ease and contentment. I enjoy life more! This is one of the best things I have chosen to do and I am forever grateful.

Kari Skatun, from Norway

**“ I have gone from being burned out and exhausted to creating my own practice helping others. I would never have believed it was possible to feel so alive and vibrant whilst living in a meditative space for much of the time.”**

I am experiencing deep gratitude and contentment most of the time. The Principles revealed in action have uncovered a grounded sense of well being and deeper, more powerful feeling of freedom and rest available to me. My circumstances have changed, sometimes in miraculous ways and I have experienced profound insights in both my work and personal life.



I have gone from being burned out and exhausted to creating my own practice helping others. I would never have believed it was possible to feel so alive and vibrant whilst living in a meditative space for much of the time. I feel more loving, quiet and calm and would highly recommend that anybody seeking inner peace look towards this simpleTruth about how we function as human beings.

Rudi radiates love, compassion and joy throughout their courses and retreats. The training have shown me how to live more in the moment, in a non judgmental way and how to share this new paradigm in psychology. My greatest joy is that there are no techniques or processes. No need to EVER explore my past history! There are many teachers of the Principles in the UK but I chose Rudi and because of his integrity, approach and loving kindness which is ever present.

Ann Ross  
International facilitator, coach and public speaker

**'The resources offered are priceless, every resource is a gem stone waiting to be uncovered**



I am a body worker and I have been aware that to a large extent people's thought systems has a direct response with tension being held within the body. With the training now I can just talk to them and many of their problems gets resolved Attending the facilitator Training has had a big impact and has been a life changing event. Any time I need support or need to chat to someone I can contact a mentor at any time. I can progress through the program at a pace that suits me. I feel completely included.

I would recommend the program to others because the resources offered are priceless, every resource is a gem stone waiting to be uncovered. Because this program very simply, clearly, and in an authentic way explains the nature of thought and how we think.. The innate evolution trainers have a grounded experience in the way they teach, they are honest and down to earth, they say how it is to them. Their dedication to the three principles and getting the message out their is humbling..

Rupert Crocket  
Bodyworker

**“It has been the best investment I have ever made in any course (and trust me there has been a lot ) as I am now on a path of transformational change that I have always been searching for.”**

At the start I had some thoughts about whether I would get as much out of it being an online course, but after the first retreat that was blown out of the water! I've noticed that I can have much more compassion for extremely difficult people and my relationships has improved especially with my girlfriend.



What I really love about the innate evolution trainers are the way they are coming from a really authentic, genuine, honest place .. their openness to their human side comes across as showing their real self. These qualities along with the fact their understanding of the principles has deepened so much in the last couple of years and their unstoppable passion for genuinely caring and wanting to be of service has given me not one shrewd of doubt they are perfect match with helping me along my journey.

Rich Slater  
Therapist

**“By trusting my intuition I get things done quicker and with more ease. In busy times I feel less stress and keep enjoying the work.”**



I experience much more love and connection, as well with my husband and kids as in other relations. Taking decisions – which was always rather difficult - has become much easier now that I trust on intuition rather than my intellectual mind. Without trying, I noticed that I do much less reflecting on past situations and conversations than I use to do. This has brought much more peace and quietness in my mind.

By trusting my intuition I get things done quicker and with more ease. In busy times I feel less stress and keep enjoying the work. Not having too much on my own mind makes it easier to be open minded to the people I work with, which is very beneficial in the policy processes that I support.

While continuing my business on a normal level, I started coaching and doing workshops to share the understanding of the principles. I am very curious where this path will lead me further in the future.

The innate evolution trainers are great teachers, as well as very loving and compassionate people. They have a very rich understanding of how the Principles work in our lives. There is enormous richness in the way they share their insights. They share very openly how the principles work out in the day to day small things of life. But they are also able to point us to the spiritual truth of existence.

Annelies de Graaf from Holland  
Consultant environmental policy and strategy planning

**“Life just became easier and more effortless, in all areas of my life. I started to open up to the possibility that life could really be light, fun and actually full of love. I found it easier to make decisions, I worried less, and started to laugh more! With facilitating you are not told what to do or how to do it, but rather you are supported to find your own voice and in your own way.”**

The deepening of this understanding over the year enables you to have more confidence in sharing your own understanding in your own way, something that I find invaluable. You are not told what to do or how to do it, but rather you are supported to find your own voice and in your own way.



The support and connection with other course participants is lovely as you are all going through the same journey and often have the same questions and stories to tell - this creates a sense of family which is great during periods of transition.

Rudi is a fabulous human being and has a unique way of creating a space where you feel safe, supported and loved. He does not present themselves as an expert there to teach

and tell, but rather as a facilitator - sharing his experience and understanding in a way that supports you to gain your own. He is compassionate and deeply loving, always available to point us back to our humanness.

The year long programme with them has been one of the best things I have done! I am constantly pointing others in their direction because I know that everyone who spends time with the innate evolution people feels so good!

Mandy Spray  
Coach and trainer

**“When I sit with Rudi I experience a quietening of my mind, a sense of calmness and openness from which arises a clarity of understanding. I could not recommend him more highly as a teacher.**



Rudi is a teacher in the true sense of the word. He teaches from his own personal experience and the way he sees things. He carries no need for you to see it his way but invites you to make up your own mind. To come to your own insightful understanding. And he does this with his steady, sensitive, heartfelt and always honest approach, often laced with humour. Above all else, he embodies the 3 Principles understanding so when I sit with him I experience a quietening of my mind, a sense of calmness and openness from which arises a clarity of understanding. I could not recommend him more highly as a teacher. With love

Michael Brown  
Transformational Coach

**“Rudi is an incredibly gifted teacher He will change the way you see and experience life”.**



Rudi is an incredibly gifted teacher and has a beautiful way in which he shares the truth behind life. I have had the pleasure of being taught by Rudi many times and I always feel moved by what he shares. He is always willing to meet you where you are and shows up without judgement and creates a safe space for you to just be yourself. He also has a wonderfully curious nature which also makes learning with him a lot of fun. When I am with Rudi I know he has seen this understanding very deeply and shares from a deeply grounded place. If you get the chance to spend time with Rudi then I highly recommend it. He will change the way you see and experience life.

Sam Hurst  
Artist and public speaker

**Rudi really personifies Love. His teaching touches me more deeply than any other person sharing.”**

To me, there is no other person that I enjoy listening to, as much as Rudi. As a teacher, he explain difficult things in a very simple way, there were many aha moments clarifying things. There is structured and he uses a lot of really good metaphors where other teachers are more "fluffy". He is very honest and open really speak from your heart, from your own experience of oneness and love – and it touches me more deeply than what I have heard from any other teacher (including Syd Banks!).



Marie Engel

**“Over the last year I've been able to come off of three medications that I had been on for many many years.”**



I just wanted to share with you what a life-changing experience it has been for me to be a student in your facilitator training program. Over the last year I've been able to come off of three medications that I had been on for many many years. I've learned that I no longer am who I thought I was which was a sick person with many labels that had to take medication In order to get by in this world. Their authenticity and honesty has created a beautiful environment for all of us students to learn in and I feel blessed to be part of the lovely community that you

have created.

Essi Herman.  
Coach and facilitator

**“You will learn so much from this man as he lovingly and compassionately shares your journey with you”**



Rudi is one of the nicest people you could ever meet, so knowledgeable, yet so humble. Don't underestimate his unique talent in the way I fear he does. You will learn so much from this man as he lovingly and compassionately shares your journey with you, giving you more than you could ever imagine. A true gift from "God".

Cheryl Ford. Therapist