

Dear Audrey,  
When I came to you initially it was because I felt out of control, specifically (well, only really) with food. I came because after years of trial and error trying to address this issue, it had become clear to me that the roots were much deeper than an article in Self Magazine could go in terms of helping me. I knew that this problem was an outward manifestation of some inner issue, but I didn't know yet what.

From the moment I walked into your ~~office~~ I had a good feeling. As we spoke, I was more and more sure that I was in the right place.

The exercises in "traveling on my timeline" were extremely enlightening to me. It was incredible to me that I was capable of such abstract visualization/feeling, especially after my previous failed attempt at hypnosis! When I left that first day, while my outward issues were unchanged, I had a sense of hope for what was to come. I was so confident that I told my mom, grandma, and best friends how excited I was.

Our second session was extremely interesting for me. Throughout the session, my conscious mind kept pulling me back to my gurgling stomach, distracting me (or so I thought) from our work. When I admitted this to you, instead of attempting to push it away you embraced it as a sign of where we needed to go, and lo and behold, it was all part of the process! I left that day feeling good about what we had done.

When I woke up Wednesday morning, I didn't realize it at the time, but I was already acting differently. The first thing I did was call my mom (it was her birthday), and I was just incredibly happy and bubbly. I thought that ~~the~~ nice conversation with my mom was the reason I had a ~~jump~~ in my step leaving for school, but it turns out there were many differences I noticed as the day went on.