

Flower Energies Testimonials

From: Lisa Christie

Date: Tue May 2, 2006 5:10 pm

Subject: Re: Hi Kat and everyone!

This is AMAZING!!!! Kat, I haven't felt this good in 20 years!!! My anxiety is GONE!!!! I want to kiss you!! I am finishing day 11 on aspen/scleranthus/vine/whitechestnut today and I can honestly say that this last week has been the best I have felt in a looooooong time. And, I know it has to be the flowers because NOTHING in my life has changed in fact some things are worse!) except that I am completely able to be in control of my thoughts...i.e., something goes wrong (thats life, right) and I would begin a progressive spiral downward if I had been feeling alright before... I would become discouraged, then feel rotten, which would lead to more crappy thoughts, feel worse, and so on until I wanted to die and felt my life was completely hopeless. For an entire week or more, I have thought, oh dear, crappy whatever is happening, but I am able to say to myself, I dont want to feel bad, and I just 'let the negative go'... and it WORKS!!! I can stay balanced and not see-saw up and down like a yo-yo! I am soooo excited and grateful and amazed! Needless to say, I have converted to muscle testing!! I never would have picked that combination for myself, or more likely, the chances of coming up with those four flowers together (vine??) through analyzing myself would be very small. And the time we can save helping others! Just think of it! Are you having results like this with everyone you are treating? I know it's been 3 months since I started on the combinations you tested for me, but compared to 20 years of complete misery what is 3 months? Here's another thought...the idea that we cant control what happens to us, but we can control how we react to what happens to us, is a concept that I have been trying to actually put into practice for over 10 years.(You should see the books.) But I have never been able to do it before. I didn't even really think it was possible. But now, there is this subtle shift in my mind... and all of a sudden, its EASY. Like I have broken out of prison. This must be how people say things like.. "just dont eat so much and you'll lose weight", or, "just discipline yourself", and making changes seems so easy for them!!

But for me, it is like I have been chained up and was not free to do anything else.. Can anyone else relate to this? BTW, I have been trying to get my next combination for myself and my husband, but I cant get consistent yes's and no's. What I mean is, I double check and I get no when before I got yes. I guess it just takes practice? Or should I just stick with the first answers? Any ideas? Please test for us again.

And Kathy, THANKYOU, SO SO SO much. I cant even express how I feeling right now. I have hope!!!!

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Wed, 23 Aug 2006 18:42:48 +0530

Hi Kat,

Interesting. Good to know that I was not alone, who did not want to spend so much time on doing the tapping. And we found you, rather forced you to do something for us. So, this is basically your own creation and you reached to this stage one step at a time, literally. Keep it up, you're doing a great service. Even now I run the vial without SUDS, I'm still not comfortable with it.

Now I remember, my formula of Bach flower finished about a week ago. But I take Wild oat and Gentian 1-2 times a day. Is there any formula required now? How do you judge? If you ask me

about my health, it is much better. Physically, I've lost 15 lbs. of weight since March, I've started eating regular food, but not fried etc. Last week all those problems, bloating, pain in the liver area, came back on one morning suddenly. Later I realized it was all because of some forthcoming stressful events, so I sort of comforted myself and ran the vial 'inner child' and it was all gone. Professionally, I've started concentrating on writing next book, but still not completely satisfied. Hope that will also improve. All this improvement was because of your kind guidance.

Just be in touch and keep guiding people like me.

Thanks

Vibha Gupta

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Hi Kat

How are you?

Your suggestion the flowers worked very well because I felt feeling or symptom as if I could have a stroke, after I took for three days those feeling or symptom disappeared completely.

Thank you very much.

Heloneida