

To Whom It May Concern,

There are times in life when a person feels like they are bogged down and he or she is so overwhelmed by their current circumstances that they don't exactly know how to take the next step. Even when that person musters up enough courage to take a step, they feel like it was a step forward knowing that life will eventually push them two steps backwards. It feels like trying to swim across a river of mud.

That was me when I heard Gayle on Paul and Paula Grenier's Heart of Wellness program on WDRT radio. The discussion resonated very strongly with me especially when it gravitated towards reaching into my subconscious to try and make adjustments there. Force and sheer willpower were simply not working and as I was seeking another way, Gayle appeared.

At the initial appointment, Gayle and I had a brief discussion about me, my concerns and the process. I must admit that I had slight nervousness because hypnotherapy isn't mainstream, but I was very open to whatever the process would yield. I believe that openness was an asset and I believe that it is what opens the door to superior results. We started immediately after that brief discussion.

During the session, I felt like it was more of a guided meditation than hypnosis. I can't say that I ever felt like I was "under a spell". In other words, I was never out of control or in someone else's control like you see on TV shows or YouTube videos – I was simply observing something about myself that I wasn't aware of on a conscious level. The information gathered in those observations is the basis for identifying subconscious blocks to personal progress. We then worked on removing those blocks.

Gayle's intuition and guidance during the process is one of the huge values of the experience. When one is overwhelmed and stuck in the mud, it's often difficult to see far enough in front of your own nose to know a direction to take. Gayle provides that and gives you tools to use at home that will help sustain that direction and clarity.

I left the first session gaining some helpful insights, but I wasn't sure that anything "happened". I was wrong. One of my concerns was weight loss driven by anxious eating. Acting on the intuition, I called a friend on the way home who was thinking about working on his health and by the time I arrived, I had an accountability partner for that process – just the thing I was looking for.

Another real world concern was with my job, which currently has a poor healthcare component and an environment/culture that has grown rather toxic. Before I left Gayle's office, she looked me square in the eye and told me not to be surprised if new job possibilities arrive quickly. Within days, I had two solid connections to two very diverse, but intriguing jobs. I'm happy to say that later today (a month after the initial meeting), I'll be signing an offer sheet for the position that's the best fit for myself and my family.

It would be very easy to file this under the label of coincidence, but I can't buy that. What happened is just *too* coincidental to be coincidence. It's a matter of intention, being open, using the tools and

guidance given and following up by acting on intuition. It's a way of getting out of the river of mud and living your life skillfully.

In the end, I can't recommend Gayle and her services highly enough. Her care and intuition are second to none and she is also one of those rare individuals that makes you feel better about yourself by just being around her. Awesome skills, guidance and care!

Jeff K.