

They tested the transformation

A one day seven step program for any issue.

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I met Louise in May 2005 when I responded to an advert about weight loss. I was having a particularly bad period as a diabetic with very high blood sugar levels. My initial meeting was to go through a process of hypnotherapy whereby I was talked through how to heal myself and view myself differently. I don't remember much as I was in a deep hypnotic state. But I do remember the feeling of deep relaxation, peace and self acceptance I felt that first week.

On the subsequent second and third weeks we discussed why I ate too much and the wrong types of food. Then under a Time Line Therapy type technique, again under hypnosis I was taken back in time to when I was aware the problem had started. For me it was an exact point I could point out. My mother was an avid gambler and at times would blow the housekeeping. Then the cupboard would be quite bare. So when there was food I used to gorge on it for fear of there not being more soon. Louise helped me to understand this fear of lack of food and taught me techniques of how to eat and what type of foods to eat etc…

On the third session we discussed my morbid fear of death. I have always been involved with death, initially as a minister of religion and then as a medium. Although I knew we all die sometime, I have always had an enormous sense of depression and foreboding that it could be today...every day! Louise took me through hypnotic technique to periods in my life where this was made obvious. It started in my childhood when I had peritonitis. I was waiting for the operation and the doctor had come in to see me and my mother and said it was very serious.

When I left, I asked my mother 'was I going to die?' she hesitated before trying to reassure me. I think the reality of the possibility sunk in to her at that time. But it also left me with a deep seated fear. Then over many experiences during my life this was made more real, for example; when I was diagnosed with high blood pressure and then diabetes. Through some sort of technique Louise took me back to each situation and we dealt with it by focusing right in then standing way back from the situation and seeing it as small as it really was.

Finally, by doing the transformation during which I was advised to do yoga and other exercise and eat correctly, I have lost about two stone in weight. My average blood sugar has gone from 8.6 to 5.8, which is about average. I have absolutely no fear of death and truly believe I will live to a ripe old age! My doctors have taken me off most of my diabetic medication. My life has genuinely changed. I will always be grateful to Louise for her help.