

Freedom from depression

"Louise taught me how to work with my memories"

Before I meet Louise my life was up side down, felt stress, disorientated, emotionally down, lonely, in a desperation stage and extremely extremely sad nearly 24/7 thinking of what happened to me over the last six year. All these feelings did not want to go away from my mind and life and I did not know what to do to move them away from me.

I am 34 years old and lived with my ex-husband of 31. During this time I felt un-love, lonely, unvalued and lost in my life time. His love for friends was more important that my place on his life. His childhood, family issues and work environment took part of this relationship to end.

I meet Louise and with her transformation techniques, I start this journey of felling calmer, happier about myself and more positive.

She helped me to release the sadness that I felt for many years, was very emotional. She taught me how energy works and how to realise negative energy and fill up of positive energy. She helped me to look my previous experiences and I realised the impact of them in my life until that day. She taught me how to work with my memories and how to realise the feeling and over come to them.

When I finished the sessions, I felt calmer, like a big bag was lifted from my back and of course happier, in more control of my own life and positive about me. The memories and thoughts did not come back but now I know how to deal with them if they come back.

I was unsure if it will work and how could it work on the stage I was. I follow the program to the maximum, every detail it is taking into account and has been brilliant I can not describe it. It is so into me mind and me body that it is difficult to explain. It happens so quickly that I could see differences on my own behaviour; my wellbeing came to the surface and opened different ways of thinking. I am so glad to find Louise and thank her to share her great knowledge with me.

Sandra Marcela Barrero Paez