

She explained to me a little about Neurofeedback and what happens when she connects the electrodes to my frontal lobes and then the back lobes. Alpha Theta, Alpha Theta resets and different settings over a period of 40 sessions has made significant emotional events occur in my life and has made me a stronger, healthier, happier, self-assured person than I ever EVER thought I could be.

On a scale of 1 to 7, 1 being much better and 7 being much worse, I have gone from all 7's to 1's and 2s. It's almost like being in harmony with yourself now if you are honest with your answers and the data uptake sheet or you are only cheating yourself.

I like to wake up and get out of bed...I make the bed, I make coffee, I feed all the animals and I practically cannot wait to leave the house to go to something!!!!!!

I clean the house, cook, can, sew, finish my homework on time.

When I talk to my parents or my sister I don't lie anymore and tell them I am fine, and life is great! I am honest now and let them know when something is bothering me, or when I do need money, or when I have had a rough day.....I don't cover up my feelings anymore. I don't pull any punches. I tell it like it is.

I am able to help my husband around the farm, cutting down trees for firewood, cleaning out the chicken coop, getting the hay shelter ready for more bales coming in before winter.

I am able to complete my to do lists. I am able to go to COSTCO by myself. I can communicate with myself.

I am a vessel of enlightened qualities and can accomplish whatever I set out to do. People don't hurt me anymore, I am no longer rejected. I don't feel guilty about past decisions that I have made. I go back to places in my head over and over again. I don't dwell on situations where I had hurt people or where people were hurt. It's done. It's over. I am here in the moment. Yes, I still have those days...yes I still get angry in certain situations. I am not a saint! But the days of total impatience and unforgiveness and lack of empathy and blaming myself for everything are over!

I can get through a day and know that this is the most important day of my life!

Thanks Dr. Lora!

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