

Hi John,

Would also love to share that the session with you is still fully with me. I said it before and I'll say it again; I feel like all the bullshit vibrations were sifted out of me. And I still feel that. Feeling much more calm and not overwhelmed at all by my long 'to do list'. (Quite magical. I'm down for magic! :)

I was able to fire an employee yesterday who frankly I should've fired a year ago because he treats the other staff emotionally poorly. And, yet, I wasn't all caught up in my own emotional baggage and insecurities like I was before in becoming clear that it was best for all for him to be released out of our nest. SUPER COOL. I still love the guy and have a heart to help him, but I don't feel obligated like I did before.

The feeling of PRESENCE that I feel now and since Friday is such a gift too. I always enjoyed every second of being with my kids (well, OK, maybe not when they're throwing a temper tantrum... but ALMOST all the time), but again, since Friday its amped up a huge notch for sure.

And my wife, we have a great overall relationship but we both still get triggered at times, and yet, since Friday, I have felt zero trigger from her previously triggering actions. At least twice, she's said something that could've easily bated me into a quick verbal jab and yet, both times,

all I felt was a small smile from within (Don't worry, I didn't let her see me smile as that would've been more triggering for her).

All in a day's work, for you I suppose, and yet, magical and so profoundly appreciated. I'm super at peace.

Thank you again, for sharing your crystal-gong-vibrational magic. I'm so full of gratitude right now that I have tears welling up in my eyes... and that's not normal for me to do while typing an email LOL ;)