

## **Testimonials**

### **From Belinda Lewis – 11-05-07**

In March 2006 I had an ME relapse which left me in a very weak state physically mentally and emotionally. I began having Alphabiotic sessions with Graham in October 2006. After only a few (5 or 6) sessions something changed. A change from within.

I felt differently mentally and emotionally and lighter in my body – like I was holding myself more upright and felt more confident. This changed my outlook, which in turn made me view my physical condition differently. The confidence made me feel more like myself from my healthy days.

The inner changes have continued where I feel I have strengthened and observe a corresponding increase in feeling more able to deal with my physical condition. I just do not focus on it. I have become stronger physically and as my inner strengthening has increased my body has changed. The inner process which began last October is now working its way into my physical body. When I look back to myself pre-october '06 I can hardly believe who I am now, the benefits of the non-physical have strengthened me on all levels.

I am not yet fully well but accept that each part of my healing is building my body back to strength. It took me a long time to get ill and out of balance, but is taking a shorter time to get me out of this imbalance and back to health. This feels like a process that really works from the centre; from the inner to the outer. In feeling the inner changes I am aware of how much the inner needs healing and that this is the place to concentrate. The physical body naturally follows.