

August 29, 2007

A friend encouraged me to see Dr. Whelan. I am so grateful she did and that I had listened !

For 5 years or so, I have suffered serious depression and suicidal thoughts. My body ached and I had little desire to do anything at all. My family was very concerned as this was not the way I was, or how they knew me.

After 5 sessions my depression left !! What a relief – as I was becoming fearful of myself.

Now I have had 10 sessions in all and the changes that have occurred for me are phenomenal !!

No depression, I go to the gym and my workouts feel effortless. My arms, neck and legs move freely. My spine feels longer. I feel relaxed in my body and emotionally I actually feel **JOY**.

I now have higher self esteem and accept myself in a more loving way. My health is vibrant. I have more desire without urgency. Also, I am experiencing more clarity in my thinking. I don't feel rushed or the pressure I used to have. Everything Dr. Whelan said about what I may experience in these sessions, I have had !!!

I want to thank and acknowledge Dr. Whelan for his dedication and his commitment of facilitating people to heal themselves ! His integrity and devotion are above and beyond commendable !

I highly recommend experiencing this type of work, as there is nothing to lose except your pain and fear !!

My deepest appreciation and thanks to you, Dr. Whelan, for helping me get my life back !!

In Peace, Love and Joy

Betsy
San Clemente, California