

## My Experience

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I didn't know what to expect when I volunteered to receive a chakra clearing session from Cindy — but WOW — was I ever surprised and delighted! Not only was she able to clear and open my chakras, she also went into detail about what caused the problem in the first place.

I have often felt stuck in life, feeling tied down and blocked from following my heart's desire, but I have never known what the problem was or how to resolve it. As I learned from this session, we carry around a lot of old debilitating energies and hangups from childhood. Sometimes we are aware of what happened to us in the past, and sometimes it is buried in our subconscious. Using her empathic skills Cindy senses in her own body what the problem is and then clears the energy she experiences.

What I like about the way Cindy works is that she gets right to the issue. I have been to healers who run energy and then wait to see what happens, but Cindy is different. Not only was she accurate in her assessment of my energy centers, her work was very direct and area specific - it zeroed right in on the problem and the energy patterns responsible for it. Afterwards she gave me affirmations to do to reinforce the clearing and to help establish new thought patterns.

The session I had with Cindy was so accurate, it was as if she had been living my life with me. She understood my situation better than my parents or my family — people who have been around me longer than anyone else!