

I called on all my strength, and to all the Gods. I prayed, I meditated. I chanted. I sat in the sun. I went for walks. Read spiritual teachings and inspirational books. But you know what, sometimes, self-help / self-care doesn't cut it. What it did do was awaken me to know that I needed more, I needed guidance.

I sat in my soul's waiting room, having sessions with my psychologist, doing what was expected of me. Yes, I've joined an exercise class. Yes, I'm eating Healthy. Yes, I'm listening to you, but are you listening to me. I felt the responses were all a bit book learnt. Following a script. Now don't get me wrong, this works for many, and I was getting some benefit, but I'm unique, we are all unique and she was giving me ordinary tools to fix my unique problem. Sometimes we require personally crafted tools to open and fix us, to find the personally crafted replacement part or to be reconditioned by that special craftsman/woman.

Sandra, my healer.

From my very first session, I came out of the darkness. I was amazed, surprised and relieved. I thought it would take many sessions before I noticed any progress. Like antibiotics, it takes 3 or 4 days before you notice any improvement and then you must complete the whole course.

Since my very first session with Sandra, I have not had one day of depression. Not even a low day. No tears for no reason. I can still cry at sad news but I can also feel joy. I started to move forward, rapidly, there was no stopping me now, I was travelling First Class on the Sandra train and I was enjoying the journey. I felt there was a purpose for me to keep living. Problems even started to dissolve. Whew at last I felt I could breathe again.

I was still having to deal with feelings of anxiety. Without warning I would suddenly have that bubble of anxiety burning in my stomach, trembling through my body. I went to Sandra with this concern. Again, travelling First Class on the Sandra Express, that baggage of anxiety was dropped at its rightful destination.

Now I feel greatly healed in my soul and spirit, dare I say 100% healed, my physical body is also improving along the way. Through the massive improvement in my mental health, my physical body can't help but come on this journey. It is a fabulous journey on the Sandra Express. Destination unknown, maybe never explored. Gems unearthed. Priceless gems. Gems forever in my heart.

In times of limited travel, I love and look forward to each inner journey Sandra takes me on. It is First Class all the way. Why do I call it First Class, it's because Sandra provides you with every comfort along the way, all your needs and more are taken care of. This journey is nothing like you could ever imagine and every stop along the way delivers great healing and enhances you.