

Christina: Lung Infection and Smoking Habit

Today Ysatis invited me to see her Blog, when I saw it I loved it, mainly because I felt so glad that she has done it, because what she has done for me and other people ought to be known by more people than I can reach personally and wordpress is a way of doing so. So I will take advantage and say here how I first met Ysatis. It was 1979, thirty years ago! I came to her because I had a serious lung infection, I was also a heavy smoker but I didn't want to quit smoking, smoking was a security blanket to me, so I really didn't want to quit and I expressed this to Ysatis. Anyhow, because I was sick, I did try a few times to quit but was never successful quitting for more than a few days, and I usually wound up feeling that I really didn't care anyway, but I was being medically treated with heavy antibiotics for the lung infection and I didn't want that, so I came to see if she could help me to get rid of the lung infection. She had been highly recommended to me as a miraculous healer by Lynn Gordon, the person who referred her to me and raved about her and how she had helped her out of a serious problem she had. And indeed, what happened to me during this hypnotherapy experience is nothing short of miraculous. Although we never specifically addressed "smoking" and worked with the subconscious to discover the underlying cause of the infection I noticed after maybe only a handful of sessions that I was smoking at least half as much as I was before! I had heavily smoked for almost 15 years. Even more incredible is that although I had stopped taking the antibiotics prescribed by the doctor, the infection of my lungs disappeared, evidenced by the x-rays of my lungs taken after only a few therapy sessions, which showed the infection was completely gone. And as a secondary gain, to my surprise, I could not bear to smoke a cigarette! This therapy has done so much for me, much more than just eliminating these two huge problems. I have gained self-esteem and developed a capacity for joy and true love in my life that were sorely lacking.

I vividly recall sharing with Barbara Bouchet, a friend of mine and also a patient of Ysatis, the joy we both felt in regaining our health as she was only 19 when she came to Ysatis because she had a cancerous tumor in her breast and being so young she didn't want her breast removed. She didn't have to go through surgery because Ysatis dissolved her tumor. Literally the hypnotherapy she does is a remarkable and powerful way of recuperating your health, but I truly believe the absolute success can be attributed to the intelligent awareness of the therapist using this tool. I could tell you of so many friends that have had serious problems resolved, one especially comes to mind who was ready to kill himself because he had impotence for so long and had exhausted every type of help he sought to get cured. He's a very happy dad today! Well, I could continue talking but I won't, all I will say is, I love this Blog and hope it helps others to know about this wonderful way to become not only healthy but free from the limitations that keep them from being free and experiencing life fully.