

December 10, 2018

To Whom It May Concern:

Quite some time ago Cristo Bowers asked me during one of our counseling sessions, “Why do you choose to come to me for this work?” My answer was immediate, “Because I cannot lie to you. You will see it light up in my energy field.” And I added, “Should this happen, you must confront me; to not do so would be a great disservice to me.” He has not let me down and I have truly experienced amazing transformation within key areas of my life resultant of his guidance. When another human being has the unique ability to watch your energetic body (and I strongly suspect Cristo does with incredible accuracy) as you respond and work on intimate issues, you can be assured that your deepest truths will surface. Of particular importance are the limiting beliefs that have likely remained unknown to you all of your life. Cristo is always prepared to patiently address these beliefs and issues with you until life-altering solutions and goals are realized.

Because our energetic (and physical) bodies respond primarily to emotional and mental input, any measure capable of testing an internal response to such input is invaluable. Cristo’s exceptional clairvoyant vision is one such measure. From this it is possible to gain very real knowledge as to how to correct limiting beliefs and negative behaviors in one’s everyday life. Cristo, always kindly and very gently, points out the issues that are impacting his client’s daily life, and ultimately, their Soul life. Any decisions made that are based on his clairvoyant findings belong to you and you alone. His respectful non-attachment to your decisions and outcome ensures that there is never interference with, or a manipulation of, your freewill. It has always been so incredibly comforting for me to work in session with someone as nonjudgmental as Cristo is.

Our entire energetic system is perhaps the only area of our lives where truth has no hiding place, and such truth is necessary if you are sincere in your desire to change lifelong conditioning and, consequently, the entire direction of your life. There are a number of highly effective psychological intuitives who have drastically impacted humanity with amazing results, but I do believe Cristo is far beyond compare due to the scope of his unparalleled clairvoyant abilities.

The greater majority of spiritual teaching today seems to focus on a specific genre or select number of topics, usually with great success, whereas Cristo’s work tends to be inclusive of ALL that is active in our entire universe. He reaches for more, and often reminds me of greats like H.P. Blavatsky, Alice A. Bailey, Geoffrey Hodson, and W.C. Leadbeater, among others. His visions not only support their earlier work but also serves to expand it. I am excited to see what he will deliver in the upcoming years.

Having studied the human esoteric energy system well over twenty years, Cristo is extremely knowledgeable in its creation and what is required for its optimal operation, much like a surgeon who spends years in study before attempting to diagnose, repair, and restore the physical body. The extent of his studies can be reviewed in *The Evolution of The Human Energy Field*

*and Humanity's Ultimate Destiny* by David Winfree, a masterful Spiritual teacher in his own right. David has worked extensively with, and written much about, the work of Cristo Bowers. His book, containing in large part Cristo's amazing insights, is a valuable spiritual tool in my home, one that I reference constantly.

It is a comprehensive, yet easy-to-follow guide that aids me tremendously in understanding my own energetic makeup and how it influences (and is influenced by) the life I live. The book provides advanced and thorough descriptions of our chakras (including many important ones outside the scope of the seven that are more commonly known), how they are all inter-related, and what their primary function is. In addition, exciting new information regarding our archetypal patterns, colors, and twelve lines of force offers us a more intelligent understanding of our unique personalities, potentially enabling us to function harmoniously internally as well as with those around us. Cristo's research has been brilliantly woven together with human behavior and is of great value to all of us in every single aspect of our development. Their work, individually and collectively, is a great gift to humanity certain to gain much deserved respect and recognition over time.

Cristo's work is further evidenced in his own book, *THE MENORAH: SYMBOL OF THE HUMAN ENERGY FIELD INCLUDING A DISCUSSION OF FOHAT*, and leaves one with little doubt of his vast knowledge and inimitable ability. This book is just incredible to me. Written in question and answer style, the content is so advanced that Cristo both articulates and answers many questions that most of us do not even know to ask. The vivid illustrations he provides make it possible for me to somewhat imagine what he might actually be seeing! And, I so appreciate that. Information on the chakras extends farther than most authors tend to reach and the book is rich in symbolic comparisons. Cristo is not timid in his presentation of new material and does not shy away from dispelling what he sees as myths in religious history. This is not a one-time read; I find myself returning again and again.

I have sought Cristo's assistance and expert opinion on the appearance, activation, and functionality of my entire chakra system, my most dominant rays, the exposure of numerous limiting beliefs and negative patterns (some of which I have been successful in changing and eliminating), information on my higher self, core beliefs, spiritual name, and the dominant blockages in the development of self. Of particular help to me is the extensive list of archetypal patterns he has thus far gifted me. There are even more waiting to be revealed. On those rare days when it feels like the world is crumbling around me, how very wonderful it is to pull out this list of archetypes and review the wonderful possibilities that are just waiting to be developed.

In counseling, Cristo has taught me the value of self and instilled the necessity of self-referencing in all aspects of my life. He has walked with me through my inability to accept responsibility, my lack of self-worth, my sense of shame, and unnecessary guilt for things outside of my control, always encouraging me to find joy and happiness during this lifetime.

By far, the most important lessons I have learned from Cristo involve realizing the impact of my own thinking, its role in the creation of my entire life, and all that surrounds me. I always suspected that we are instrumental in creating much of our own suffering yet we spend a lifetime

attributing it to the action of others, often hurting them just as much as we hurt ourselves. This is very changeable and Cristo has taught me I have the power within me to make that happen. I am truly grateful.

Since my very first conversation with Cristo, I have believed in the value of his work. I am eager to see his teaching made available on a world-wide scale and feel confident that will happen. He literally has the ability to guide humanity in the elimination of much suffering, just as he has done for me.

It does not seem mysterious to me that the evolution of humanity is the over-arching reason we are all here working together. The mystery we must concern ourselves with lies in how that evolution will continue taking shape as it navigates relationship, religion, education, psychology and other avenues of development. Each generation will introduce more challenges but it will also bring more and more advanced spiritual teachers to assist humanity in this massive undertaking. I believe this generation has brought us Cristo L. Bowers.

Respectfully,

Linda Viddish