

August 17, 2015

Dear Cristo:

I don't have words to express the gratitude I feel in my heart for this weekend's workshop [*Learn to Read the Human Energy Field*]. The reason for my attending the workshop with you was to get confirmation pertaining to my dominant intuitive faculty, and that happened on the first day. When you went on to point out that I was overly identified with the emotional well-being of others, I quickly dropped into a place of upset and confusion. I took your statement as criticism, and I felt reprimanded. With my computer crashing and being unable to reach out, I felt alone. I couldn't speak up. I couldn't reach out and get help. I started blaming myself, feeling I wasn't doing things properly, that it was all my fault, that I need to work harder, and that I wasn't good enough. At the same time, I knew that I was re-experiencing earlier, bygone times.

Thankfully, at this stage in my life, my level of awareness has increased. I became aware of a number of negative beliefs and their possible origins. This was all reminiscent of my childhood. I was able to watch myself have this experience and feel the pain! I noticed how I wanted to run away, wanted to exit the workshop and not come back, but my inner guidance firmly indicated that I needed to see it through. The next day I felt a lot better. I felt that a healing had occurred.

Sunday was a whole different story! I was surprised about the belief that was getting in the way of the development of my intuitive skills! This has been an area of my life that I have not explored in any depth, and certainly not recently. The feedback that I got from you and the group left me reeling. I had to look at my perception of things—or should I say *misperceptions*! This time, I feel I did get it wrong. I would dismiss compliments, pooh-pooh them. I felt that the compliments that I received were a lot of BS, people not being genuine or sincere. I likely hurt people who were trying to reach out to me the best way they knew how.

And yes, when you mentioned about feeling a 'quake' in some of our collective energy fields, I was probably one of those. For a brief moment I thought I would love a relationship and very quickly I rejected that thought, but last night and this morning when allowing myself to think about being in a relationship, I can truly say that I can entertain the thought without getting a contraction in my belly! I consider this humongous progress!

In the space of two days, I have learned more about myself as compared to years of off and on doing/experiencing different kinds of therapies where I have been a client, not the therapist. This includes three years of psychoanalysis! It hasn't been just an intellectual type of learning. As I said above, I feel a profound healing has occurred! I look forward to showing up a different, perhaps, whole, person as I move forward in life: less avoidant, more available.

Now a little feedback about you as a group leader: I have taken numerous workshops over the years. I've done many trainings in a variety of modalities. Some of my colleagues and friends over the years would tell me that I was one of the most trained psychiatrists they knew. I say this

to let you know I have been exposed to many people, some of them extremely well-known, even world-renowned in the field of medicine and psychiatry, but you, *YOU* are a MASTER of your skills and abilities. It is clear that you have worked hard and obtained extensive and deep knowledge, and are well grounded in it. More than that, you are gifted in the way you interact with people and share delicate information, always respectful, compassionate, and sensitive. I don't know that I have ever heard anyone do this so well! And you have the courage to say what needs to be said, while at the same time likely withholding what might not be appropriate to say in a group setting. I wish I had you as a role model decades ago! Please accept my heartfelt gratitude. This was an awesome weekend! There are no accidents. Everything unfolds in divine order, and I am grateful to God that you have crossed my path. The world is a better place for your presence. Please accept a big virtual hug.

Many blessings,

Bridget