

February 28, 2021

It was a very dark period in my life—probably the lowest I had ever experienced. I decided to dial into John Burgos' show one night. His featured guest was Cristo Bowers. I was deep in despair at that moment and doubted anyone or anything could reach me in my darkness. In almost an act of desperation, I tuned in and typed my question in the webcast. I started listening to the show and the call dropped. That dropped call seemed to mirror the gloominess and despair I was feeling. Despite this, I called back in and was surprised to hear that my question was being read to Cristo.

In just a few seconds, he tuned into me and relayed that I was being hard on myself for the recent failure of my 40-year marriage. He stated that this had to do with how harsh my dad had been on me whenever I made a mistake. I immediately burst into tears. These subconscious feelings were driving me to despair and I had been completely unaware of it. Somehow bringing this to my awareness was a huge turning point for me. I started down a path of healing from that moment on.

I was just amazed that someone who didn't know me and was so far away could powerfully access the root of my issue and absolutely nail it. Those few moments with Cristo were miraculous for me. I now understand why he terms the nature of his work to be *esoteric psychology*. I learned from him that unconscious beliefs from our childhood or other traumatic experiences act as blocks to our ability to manifest our dreams. Cristo's special expertise is his ability to quickly and clearly see into our auric fields the things that are blocking our happiness and help us remove them. I am so thankful for the chance connection with him.

—BL