

Successful Living Sessions

Personal accounts from people who have attended Successful Living Sessions at our Centres



Less Stress, Better Life

I have always been the type of person that has to be achieving. I had to be "going somewhere"; have goals; be competitive, and was totally into materialism. All that way of life brought me long hours at work, promotion that brought money but also more and more pressure, fear about what the next day would bring, tension at home and a poor self-image - even at times despair.

Now, thanks to the sessions I have discovered my real self. I now see clearly the destructive power of wrong thinking. I was a walking testimonial to it! Now, through relaxation and letting go of negative thinking, my real and beautiful inner self can come to the fore. My life is happy. I relate to and care about other people in the world, the world of nature, the animal kingdom and in fact all of life.

Derek Smyth,
Point Road, Dundalk.



Bereavement

Before I came to the sessions my life was falling down round me. My father's illness and subsequent death left me in very poor health physically and mentally. Life had no meaning for me when my dad died. I was being unfair to my family and was having problems with my youngest child. Divine providence brought me to the weekend seminar in February and when it was over I knew my life was just about to begin. I started the sessions and had very direct results. My hair stopped falling out, my monthly cycle returned after 15 months. My relationship with Philip and the children improved 100%. I have a great bond with my youngest child who like me was having problems but as a direct result from the junior sessions held in the school she has overcome all of her problems. As a family unit we enjoy good health, good diet, and above all a perfect relationship now.

Mari Newell, Dundalk.



Asthma / Arthritis

I overheard two people talking about a boy who was cured of asthma as a result of attending the sessions. As a result of this I started attending myself.

I had no energy. I was on antibiotics for three to four months and it was getting worse. I could hardly breathe with the asthma.

It only took two visits to the centre in Eccles Street before I started to get results. After the second visit I was standing at the bus stop when I felt a clearing in my nose, I found I was standing straight and I started to feel so well. I was breathing better and now I'm off all those antibiotics.

I'm only attending the centre for about four weeks now and I am delighted with the changes that are coming about for me.

I'm doing things I haven't done for years. I'm doing cello and I'm out and about much more than before.

Other problems I had cleared up like arthritis in my toe which had caused a limp. I also had an ulcer on my leg which the doctors couldn't do anything with. It cleared up itself and is perfect now. Also I was so depressed, now I'm far from it!

I would have to say the best years of my life are now.

Marie Regan, Dublin

Glandular Fever / Asthma

Before going to the sessions our son had had asthma, pneumonia a broken leg and glandular fever and as you can imagine his confidence was very low.

The effort of getting to school and keeping up with his studies became too much for him. We watched him for weeks going deeper and deeper into depression and at 12 years of age you can imagine how we felt. A friend suggested the sessions.

The results have been amazing. He is keeping up with all his studies, back playing his sports and his confidence has soared to new heights.

His asthma has cleared and he is off all inhalers. With the glandular fever he was in a lot of pain. All pain stopped in the first week attending and he is now off all medication.

Many thanks,
A.A. Kinsella, Celbridge.

Would you like someone to work with you in the areas of success, business, health, healing, self and life-improvement? Then why not come along to our Successful Living Sessions held at our centres countrywide?

Most people are caught in some form of stress, tension, worries, fears, problems etc. What we do is help you relax to a deep level and to let go of anything that may be stifling your self-expression, potential and even your self-healing ability. By uncovering your true nature you will find yourself with much more scope in every area of living. People who attend the sessions speak of a new life, more energy, confidence, better health, greater happiness, better ability to relate, improved capacity to study, business success etc.

HOW TO GET STARTED

Simply telephone or call to one of our centres (listed on opposite page,) and arrange to see our free introductory video documentary. After seeing the video you can make an appointment on an individual basis to familiarise yourself with the approach and to get an understanding of how it works. Then you come along to group sessions of one hour, twice a week. The ultimate aim is that you learn to use this approach for yourself.

VIDEO DOCUMENTARY ON SUCCESSFUL LIVING SESSIONS

We know you are amazed when you read some of the testimonials and maybe you feel they are too good to be true or are isolated cases. That's why we are now recording them on video. Some of the people, who through this approach have achieved a richer life and/or overcome illness, have kindly consented to tell their story in the hope that it will help and encourage those who find themselves in similar situations. They truly make inspiring viewing. For times of showings call any of our centres (listed on next page). You will be most welcome.

No More Worry

Hi, my name is Betty and I want to tell you about something very special in my life, something that has changed my life totally. I was one of the world's worst worriers. I worried all the time. I invented things to worry about. I was so negative about everything I was having negative thoughts all the time. Well, that all changed two years ago when I started going to the sessions, because I found what I can only describe as magic. This lovely

magic has made me a very positive person. I have great peace of mind. I am a much happier person now, so full of life and so full of confidence. I look and feel brilliant and every time I go to the sessions it gets better and the best part of all is that this lovely magic is inside me looking after me totally. I live life in the now. I would like to say thank you for letting me live again and for letting me find the real self, the real me.

Betty Lee,
42 Weston Crescent,
Weston Park, Lucan.



Success in Sales

I work as a sales representative and my overall sales and satisfaction in my job have increased dramatically from using the philosophy. When I sell I enjoy it much more because I'm very relaxed and at ease with my customers. They generally regard me as a "friend" rather than a pushy salesperson. I find it very easy to picture my business dealings in a positive manner. Time and time again I have set sales targets for myself not having an idea where the sales could possibly come from - but they always come. Thanks a million for your fantastic insight into how every part of a person's life can change by only a small switch in their mind.

Eithne Walsh,
St. John's Wood, Dublin 3



Ear and Eye Problems Cleared

Interview with Deirdre Tully who attends the centre in Eccles Street.

Q. Deirdre, tell me about the results you have been getting from using the system.

A. It's an all-over result really. The main reason I originally attended was for painful ears. For nine to ten months of the year I had cotton wool in my ears - the pain was nearly always there.

Q. How long did it take before you got a result?

A. I started seeing results pretty well straight away. It took about four months for a complete clear out. By then I noticed that other areas of my life had started to change for the better also.

Q. Could you tell me more about those changes?

A. Well, my son's asthma cleared up by itself. I also had been suffering from migraine since I was fourteen. I'm now in my forties and again it just cleared up. I didn't notice it happening.

Q. Are there any more results you would like to tell me about?

A. A few weeks ago I experienced an amazing clearing feeling in my head and I realised that an eye problem I had had for a long time was being cleared.



Relief from back pain - return to sport

When I came to the centre I was suffering from severe back pain which prevented me from doing my work as a mechanic and this was beginning to ruin my life.

A friend of mine suggested that I come to the sessions. As a result of this my back is fully cured now. I have started jogging, weight training and I play squash now. I am feeling so much better.

I would also like to add that I have given up smoking and lost a stone and a half in the space of six weeks. Overall my life is so much better.

Paddy Shanahan.



Life, Health, Relationships All Improved

It was about two years ago, while going through a deep personal crisis I began a search for a better way of life. I had insomnia for many years, my asthma was out of control, and my personal relationships were increasingly difficult and I found so much pain and anxiety in everything I did. A friend invited me to attend the sessions in Ashbourne. Only one month later, I was amazed to find, three of my most important requests were achieved and I was on my way. Little by little, I was more positive, my sleep restored, my asthma disappeared and I was infinitely happier.

The September seminar in the R.D.S. was for me an exciting experience to see your work in action, more results flowed for me and I knew new levels of possibility and success were ahead. This system of yours is a remarkable one with a very simple formula. My life, my health, my personal relationships are now improved beyond belief. I know I'm on a wonderful new road, to a wonderful new life which can only benefit everyone. Thank you for making it all possible.

Sincerely Yours,

Patricia Feeney, Ashbourne.