

# Testimonials

## Isabelle's Story: Overcoming Depression

5 years ago and following a life long battle with depression, I plunged into severe clinical depression which required medication and weekly psychiatric care. Through my own inner work and metaphysical studies I knew that healing would come from my reconnecting with my soul at a level I could not, intellectually, rationally and consciously control. My challenge was that although I was aware of the energies at work, I was so depressed that my body could not generate the 'higher' emotional state I needed to feel to successfully stir myself out of misery. Good vibes attract more good vibes. Bad vibes attract more bad vibes. Depression in that sense is a self defeating mechanism.

Destiny led me to Lolita Fierro (a CCDH practitioner) and within a few days I booked my first healing session without knowing what to expect but choosing to trust that nothing in this world is random and that there was a good reason for Lolita to have come into my life. I arrived for my first session overwhelmed, depressed and tired to the point that within minutes of starting the session I had fallen deep asleep. I woke up feeling incredibly energized and the sense of energy and 'being all right' stayed with me until my next session. Improvement from then on went at the speed of light, exponentially with each CCDH healing session. I want to emphasize that the healing is not only physical and mental but over all areas of my life. My business is more successful today than it has ever been prior to my illness, I have more energy than when I was in my twenties, I feel 'connected' to a deep sense of purpose I thought I had lost forever.

Lolita's gift as a catalyst between the invisible laws that govern our lives and this physical dimension is powerful and undeniable. In addition to this gift, she is an incredibly loving and caring human being and I could not recommend her more to anyone that feels that invisible blocks prevent them from achieving their full potential.

Isabelle