

I met Karen Lacy in the summer of 2010 while returning to Colorado for a funeral. I had an infected ingrown toenail and bleeding hemorrhoids. I had drastically changed my diet and been to several other practitioners but they could not give me any concrete answers. I knew my body was talking to me - actually it was screaming to get my attention!

I made a choice that day. I could have gone to western medicine and removed the "messenger" or I could take the time to listen to the stories my body held..... I chose to work with Karen and when my body was finally able to speak - I WAS COMPLETELY HEALED of the traumas I had held for over fifty years. And now my life is awesome - for the first time in my life I FEEL when my body talks to me - I am totally connected to it and I AM FREE! Every day is like an adventure novel - at the end of it - I am amazed at what appears on the pages!

I was Karen's first remote patient. We had 3 sessions in person and then I had to return to Montana. But we continued working by phone and even did laser treatments by using photos of my ears. SHE is amazing! It took time and courage to heal - most of my sexual abuse started very early in my childhood - so, it was buried deep within my cells. Karen never gave up hope - she held out when I was growing weary of the work. One day in November we finally uncovered the big KAHUNA - what my uncle had actually physically done to me (I had some memories but not all) and wow - every cell in me resonated with that terrible truth. But knowing that truth also set me completely free. I always wondered why I did not fit into the world. Well, I was completely disconnected to protect myself. Later, as we continued to work, we uncovered yet more, earlier sexual abuses. ALL the lights went on - I so understood who I was and why I had lived my life the way I had. If I had gone the conventional route of western medicine all the stories my body longed to tell me would have been cut out, stuffed in and SILENCED once again!

Physically, my traumas were all held in my digestive system and bowels - I had trouble all my life with both constipation and hemorrhoids - now everything flows freely. The products she uses from Health & Harmony and the Ringing Cedars of Russia are great. AND she can enhance them vibrationally to help heal YOU and your particular issues. How cool is that? PERSONAL medicine!

Today, I am soaring! I actually feel my heart and I am able to make decisions from the true center of my being. I just relocated to a different place in Montana and left my husband of fifteen years. We had no debt and a very comfortable life in an awesome setting. I had NO FEAR! I knew I needed to live my own life now and that he had provided me with place to heal. Since landing in this new life - I have been completely loved and embraced by this community.

WHY? I attracted what I did not have all my life - unconditional love and deep joy. I have rented a wonderful home near a lake, have an amazing support

group of both men and women, and just landed my dream job - all in 6 weeks. The men that are now in my life respect me and love ME and I trust them.

It is so beautiful to be living my life. I wake up in the morning full of hope and the things I used to fear do not paralyze me. My true feminine side is gradually opening like a flower. My advice to you is to DIVE into this awesome therapy - it is the easiest way to access what has been stored in your cells. I am a walking, breathing, eating, leaping with joy miracle and you can be, too! Karen will be there for you every step of the way. She will answer ALL your questions - all your bizarre emails, and screaming desperate phone calls. WHY? She has been there herself and she knows like I do... what it is like to live on the other side! She will hold you in heart until she helps heal you!

SO - my friend if you are reading this - you wondering about the issues in your life - wonder no more - commit to the work - just do it!

T.R. age 56 MONTANA