

May 6, 2011

Dear Reuben,

When I shared the results of my needle biopsy (breast cancer) with my friend Sue she insisted that I contact you to prepare for the mastectomy and chemotherapy. I would be in shock for many months to follow and decided to follow my heart, so I called you. I didn't want to have cancer, didn't want to have surgery and certainly didn't want to have chemotherapy. I also knew, with that mind state, I would be in big trouble once I was rolled into the operating room, once they started injecting me with chemo drugs.

You were very clear about how you could help me, how you would hypnotize me, how this process would ease my cells, ease my body and my mind. I remember starting to relax around the idea and became quite invested in my future and my well being. I actually got excited about the surgery. I wanted to see what would happen.

I listened to the CD every morning and every evening. It became my meditation practice. I remember the day I was wheeled into the pre-op. A nurse came to my bed and handed me a CD, "Here is a relaxation CD, this will help you in the surgery." I couldn't believe they waited until that moment to care about my mind. I was very grateful for you in that moment. I had two weeks to be ready and I felt ready, really ready!

When I came out of the surgery, my doctor was there. She told me that the surgery went quickly and there was hardly any bleeding. I healed very fast. As emotionally difficult as it was to lose a breast, I had survived. I had made it through the surgery. The hypnosis enabled me to drop in to a different state of mind, one of deep relaxation. When you sent the chemo CD to me, I was prepared to face this difficult step of my treatment. Again I listened every morning and every evening. Again, I made it through with ease.

When I think back on this difficult time in my life, I know for certain, I would have never made it through so easily if it wasn't for your hypnosis skills. It was magical. It was my saving grace, as are you. Thanks Reuben.

With much love,

Linda S
Napa, CA