



I had a tragedy in my family about 10 months ago. It was the worst day in my life. My husband stabbed my mother and sister to death. My mind continued to replay the event, holding me hostage.

The Trauma Release Process showed my subconscious mind that the trauma was over and I was ok. This process ended that awful movie that kept playing in my head. I will always miss my mother and sister, however I feel as though a huge suffocating weight has been lifted. This process changed my life.

