

PROFOUND HEALING OF SYMPTOMS RELATED TO A GENETIC CONDITION



On September 13, 2014, I sent an email to a woman named Suzanne in Des Moines, Iowa, and the transformation of my life began.

I was sick in bed that day, hampered by abdominal pain, nausea, and fatigue. These were nothing new for me, nor anything worrisome. The pain was caused by scarring and adhesions on my lower right side, the result of three different surgeries in that area. Doctors had repeatedly told me that there was nothing, beyond analgesics, that they could do about the pain. Any more surgery would just mean more scarring, which would probably make things worse, not better. And so chronic pain, and routine pain management, were just things with which I'd have to live with.

So it wasn't unusual – in fact, it had become actually quite usual – for me to be down and out, and spending most of the day in bed, propped up by foam wedges and filling the time with napping, surfing the Internet, and streaming videos. I would also read, but that took more energy and concentration, two things that were often in very short supply.

I was doing a number of things to help deal with my situation, and yet I was more often seriously hampered rather than significantly improved. I had a team of professionals who helped me cope – a great family practitioner, several specialists, a psychotherapist, a chiropractor, and an acupuncturist. I liked and trusted all of them, and had commented to friends and family that I felt like I had the best group of folks helping me than I ever had. Everyone was really doing everything they could to help. And yet, I still felt crappy more often than not.

That Saturday, I was especially frustrated by my situation. I had been reading Brian Weiss's books, and had done a bit of past life regression work, which I found helpful. So while surfing the Internet about past life work, I came upon Dolores Cannon and QHHT. Something about it resonated with me. It made sense to me, and appeared to address the whole range of issues with which I struggled — medical, psychological, and spiritual.

I checked out the listings of folks who were trained in QHHT, and while there were a few closer to me, I found that one of the recommended practitioners was in Des Moines, a three-hour drive from my home. After a brief exchange of e-mails, I had an appointment for November 12. Given my situation, I was ambivalent about the delay. Part of me was disappointed, and wanted to go next week, or next month, but not six weeks out. A bigger part was somewhat relieved that I would have plenty of time to think it over.

It was all very weird to me, and I wasn't sure what to think. I was well educated, rational, analytical to a fault, and certainly not one prone to think much about metaphysics, spiritualism, past lives, and the like. If and when I did, it usually involved eye rolling and derision. Was I really going to sign up for something called Quantum Healing Hypnosis Therapy with a woman I found through the Internet.

Weeks passed, my life went along pretty much as usual, and as November neared, things started falling into place in a remarkable way. I sold some things, easily and quickly, and soon had more than enough money for the trip and the session. I found a motel with a kitchenette where I could keep and make my own food, that was just a couple of miles from Suzanne's office, and where I could stay two nights for under \$100.

When I left for Des Moines, I had a list of problems and concerns:

Most of my physical complaints were related to a rare genetic syndrome I have called Nevoid Basal Cell Carcinoma Syndrome. The syndrome is caused by mutations in the PTCH (Patched) gene found on chromosome arm 9q. Essentially, it means that the usual systems that control cell growth do not work quite the way they should. The name of the syndrome comes from its most common and recognizable feature – a tendency to develop multiple basal cell skin cancers that are unrelated to sun exposure and look more like moles than typical basal cell carcinomas. More generally, it means that I have a variety of abnormal growths that a body would normally suppress.

I had a small mole removed from my right cheek when I was 19. When the routine biopsy on the mole came back as cancerous, I was diagnosed with the syndrome. Since then I have had over 40 skin cancers removed from the top of my head to my shins. I have averaged a major, invasive procedure every two years or so to deal with cysts and benign tumors affecting my jaw, ovaries, kidneys, uterus, and parathyroid glands. It also contributes to my large build, pronounced brow, and flat nose.

While the syndrome has an even longer list of potential issues, when I arrived for my QHHT session I was most concerned with those problems that affected my every day life.

There was the *abdominal pain*, which was the result of multiple surgeries, all related to the syndrome.

There were the *eight chelazions* in my eyelids – small, styelike areas on the undersides of the lids – two in my left upper lid, one in the lower left, one in the lower right, and four in the upper right lid. They felt like small peppercorns most days, and from time to time would get inflamed – swelling the eyelid almost shut and burning with pain.

There were *palmar pits* on the palms of my hands and soles of my feet. These are small holes in the skin, tears where there is a keratin deficiency and the thicker palmar skin is fissured. Think of having a dozen or more small wounds on your hands and feet, and how they might feel if you sweated too much, or washed dishes for a while. I got accustomed to taking very efficient lukewarm showers that lasted no more than five minutes, or else the pits would form small craters and itch and burn. Water parks and hot tubs were not fun for me, but potential torture chambers.

I had *impaired kidney function*, and a history of recurrent kidney stones, that were also related to the syndrome.

Beyond the medical problems related to the syndrome, I also have a long history of mental health issues. I suffer from Complex Post-Traumatic Stress Disorder as a result of childhood trauma, and in my daily life struggle with major depression. I frequently awake trembling in the middle of the night or as a wake in the morning. I also have days where, because of nightmares, or some other trigger, I get in that foggy yet agitated state that often characterizes post-traumatic stress.

The combination of physical and mental health issues was difficult. Some days I would feel quite well physically, but be troubled by trauma symptoms. Other days I would be clear headed but have crippling abdominal pain. I felt as though each day started with two coins being flipped, one for a good or bad day physically, one for a good or bad day mentally. Which meant the chance of a really good day was about one in four.

This has, understandably, been a huge disruption to my professional and family life. And since all of my issues were considered chronic, I was told that my situation would pretty much continue as it was for the rest of my life, if not get worse, aging being what it is. So despite a variety of talents, a great education, and several successful enterprises, I still found myself underemployed and applying for disability.

So when I got to Suzanne's office, I had my list, and I had some hope, and while I didn't really know what to expect, I at least trusted I would learn some things that would help me better manage my situation.

I spent a little over six hours with Suzanne. I remember our long, initial conversation, and some bits and pieces from the time under hypnosis. Immediately after the session, I was exhausted, somewhat foggy, and slightly euphoric. Mostly I just wanted to eat something and then go to bed. I was back at the hotel and sleeping by 10 p.m.

Suzanne had given me a recording of the hypnosis session, and I listened to it the next day. According to my high self, and to those in the QHHT community, my ailments were all a part of my learning process within this lifetime. The genetic syndrome was, in general, about lessons of control and lack of control, or what is fixed and what is malleable. It is certainly true that having a genetic – in other words, incurable – condition that routinely affected and limited my life did frequently give me a sense of being out of control.

Other issues were related, but also had a specific purpose all their own. The chelazions were to teach about how every coin has two sides, and to embrace the both/and rather than either/or perspective. The palmar pits were a reminder about emptiness and how what seems fixed can be changed. In general, there was a lot of instruction about loving the self, seeking out joy instead of safety, and fostering an awareness and appreciation of everything. As the high self said, "She must learn to love it ALL."

Since the QHHT session, the changes in my life and health have been amazing, miraculous, and profound. Some things have shifted gradually, some things improved within a matter of days.

Almost immediately following the session, the lower abdominal pain went away, and it has stayed away. No more chronic pain in that area. Period.

When I awoke on Saturday, three days after the session, I reflexively rubbed my eyes, and found that the usual sensation of having several peppercorns under my upper eyelids was gone. I had forgotten what it is like to not have them there. One chelazion on my upper right eyelid remained, but it was about half the size it had been earlier in the week. About a month later, right before Christmas, it became inflamed and required a trip to my ophthalmologist, whom I have seen regularly for several years. While she was examining my eyes, she said, "Well, apart from the inflamed one, your lids look really good. Better than I can ever remember." She removed the inflamed lesion, and I am now without chelazions on any eyelid. I still get startled some mornings, when I rub my eyes and the lids aren't lumpy.

Over the last few months, my skin and palms have changed significantly. Within a week or two following the session, the palmar pits changed — the small ones shrunk and almost disappeared and the larger ones filled in somewhat. My skin feels different, and it beads and repels water much differently than before. I have actually been able to take long, hot baths without feeling any sort of discomfort during or afterward. Some of the pits still swell up a bit (with water getting under the skin), but it isn't uncomfortable and goes away quickly.

The skin issues were caused by a keratin deficiency, and it's become clear in a variety of ways that my body's whole process of keratinization seems to have shifted. My finger nails are about twice as thick as they used to be, and much smoother and shinier. Also my hair, which always was very fine, is also thicker, shinier, and curlier. Sometimes when I run my hand through my hair it's like rubbing my eyes in the morning. I'm a bit surprised because it feels so different than what it has been all these years.

In mid-December, I also had occasion to see both my family practitioner and my psychiatrist, which was really interesting. During those visits I took the PHQ-9, a standard inventory / questionnaire for depression symptoms twice in three days. If you're not familiar with it, a score of 7 is the threshold for

mild depression, and anything above 15 gets a lot of attention. In the past, I've scored 8 or 9 on a good day, and 20 or so on a bad one. That week, I scored a 3 both times.

My family practitioner, who I've known for a while and love, sat down and said, "So tell me what's happening so that you got a 3. That's great, just not the norm for you, so what's going on?" She is, fortunately, fairly non-traditional, and uses Reiki and acupuncture herself. So she was fascinated by my story, and both really taken aback and happy to see all the healing. She ran some routine blood work, and later reported that my liver and kidney function were the best she has seen.

My more traditional psychiatrist was a bit more skeptical, but even she couldn't argue with the results. She hypothesized that some shift had taken place that either greatly reduced

the level of inflammation in my body and / or my immuno-response had improved, as those things would explain at least some of the changes. When I saw her again in late January, I scored another three, and we began talking about reducing my medications once spring arrives.

One other note - at the end of the QHHT session, Suzanne asked how the bodily healing was progressing and the High Self reported that I had forgotten to mention the chronic pain I had in my lower back, and that needed some attention. I had a serious rock climbing accident in my early 20s, and have had problems ever since. But it is such a long-standing issue, and is annoying but not disabling, so it wasn't on my list of questions about physical issues. I didn't really remember that part of the session, and was more concerned with other sections of the recording, that I didn't think much about it.

In early January, I injured my left shoulder while working, and went to my chiropractor to have him look at it. After working with the shoulder, he said, "while you're here, we might as well adjust that lower back." I lay on the table and he looked at my back and said, "Hmmm. That actually looks really good for you. It needs a little tweak, but nothing like what I was expecting."

So, really, the bottom line is that I probably haven't had this level of energy and sense of well-being for at least 20 years. And while it is taking some time to adjust to this new and improved body / mind, I am grateful every day for the transformation. I wake up with good energy, don't have to worry

about itchy palms or burning eyes, don't have any abdominal pain, and can pretty much count on having a good day most days. I would have been happy with just one or two of those improvements. But I am very grateful for the wholesale transformation, which, as family and friends keep reminding me, is really nothing short of a miracle.

Reese is open to emailing anyone with questions about her condition and story. Please email me at [Hello@SuzanneSpooner.com](mailto>Hello@SuzanneSpooner.com) and I will forward on to her.

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