



Testimonial Stories

Luminous Light Meditation for Healing and Expansion with Theresa Kahn

Theresa: Every client has their own unique experience, and it may even be so powerful and profound that it shifts them to the core and lifts their perspective in less than a day, as was the case for Francesca. She has kindly given permission for me to share the experience publicly.

There was an unusual 'air' in the room when Francesca received her healing, and this permeated even after her session was over. You can see in the picture below how the sunlight came through the window and into the area where her session was held via zoom. At the same time 'luminous light' came through for her healing. My work area remained aglow for some time afterwards.

Each session is different, and the client always receives what is needed in that moment – for their highest will and good. It is personal for them, (i.e., specific and special) and correlates with why they came to me in the first place. Francesca's session was unique and very magical, there is no doubt about that. She was especially eager to make the necessary changes with regards the barriers and obstacles that she was experiencing in her life. This was evident in her voice, body, mind, and soul. Her 'asking' was so deep and very strong, and she was completely opened and ready to receive. This combination contributes to a successful outcome in just one session. It is always beautiful to witness.

See below for Francesca's recollection of her session:

Francesca: I met Theresa through a community created by the energy of a book "Ancient Secrets of a Master Healer" and author, Dr Clint G Rogers.

I was very excited at the prospect of having a one-on-one session with her. I knew she could work with Spirit and Energy, and I was intrigued. I always felt a deep interest in anything mystical and spiritual, and I needed healing at a different level, having spent many years in both emotional and physical pain. I was "ready" for whatever Theresa could offer.

Above all, I was curious. What does it mean to work with Spirit? I had no clue. I have a background in cultural anthropology but no direct experience of anything like this. In our session Theresa and I talked about some of the issues that I was struggling to manage such as pain, illnesses, writing and finding my life purpose. I was trying to unlock myself, at some level, I was feeling ok but there were still areas in my life where I felt blocked. I was backing off. I wanted to write a book about my traumas and personal experience of healing, but it was not working. At the time, I sort of convinced myself that writing a book about my experience with cancer, pain and other tough and meaningful life experiences was the only way to get better, to heal myself and help others.



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I associated my own healing to a successful writing experience, that was my dream.

The problem with this vision was that it was not easy at all. My writing was not going well. I had a grand ego-driven vision of my future success and healing story, and instead of helping me, this vision was taking me down.

Talking with Theresa about how to work with a vision helped me to see the problem. She talked about following the vision not the outcome, two levels that in my experience were overlapping. I still have the notes from that session: "keep holding the vision, don't worry about the outcome" and "see the vision in all its glory" are still my favorites.

When Theresa invited Spirit in our session, I remember feeling a warm feeling in my breast and belly area, accompanied by a sort of white and yellow luminous light in the same area. I was quite amazed, because we were having this session via Zoom, and I didn't expect to feel anything physical.

It was a very comforting feeling and when the session ended, I called my best friend and I went to see her to talk about it, we went for a walk by the beach. I was very excited about the session and happy. I enjoyed the feeling of it, this new energy felt warm, and the feeling stayed there for some time.

On the way back home, something BIG happened:

I was happily driving, singing along some old Bon Jovi songs when a car that was coming from the opposite direction and lane moved right in front of me at a very high speed. I could do nothing to avoid the crash, apart from trying to slow down as there were other cars coming from his direction and nowhere to go, really. The car kept going and a crash seemed inevitable, I could not stop the car at that speed, and neither could the other driver.

Something shifted and a new dimension opened for me, I felt calm. I was immersed in a beautiful calmness, and some sort of snowflakes made of light started to fall all around me, I was about to enter into a different dimension. I could feel it, this was it, I was about to leave this life. I was surrounded by this beautiful silence and drops of light, when suddenly, at the last possible moment, the other car managed to shift back to its lane. It all happened so fast, that I honestly don't know what really happened.

The law of physics bended. There was no way out of that accident, not at that speed and yet, we both survived, unscathed. At the same time, that window to a different dimension disappeared too. I was back, driving in apparently "normal" circumstances. I found myself at home, minutes later, with my heart pounding, shocked to the core.



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I was not hurt, not a single pain in my body. Nothing. I told my family I nearly died in a car accident, but I was fortunate enough to have been rescued from it.

I remembered that still in shock I messaged Theresa to let her know, asking her why has this happened? What does it mean?

It was clear to me that it was no coincidence. The session we had continued throughout the day in the most unexpected way.

I was shocked, beyond shocked actually.

Yet here I was. Alive and well. Why having this experience? Why would Spirit choose this for me?

Spirit had played a role in it; I was sure of that. I remembered calling different people that night, having different friends theorising about what happened.

What I can honestly say about it now, in retrospect, is that I felt proof of a different dimension. I didn't feel protected by Spirit then because I was too scared, but obviously I was protected. And if I think about my life, that was not the only time I was protected by Spirit. I had survived cancer, multiple surgeries, drugs, and dangerous trekking. I could have died many times, but here I am. Perhaps, I could feel a bit more confident about my life purpose and meaning. Spirit didn't want me to die, otherwise it would not have saved me. It is a strange realization to have, I admit, but it helped me to realize that there is a life purpose for all of us.

I will never forget the deep calm and silence of that moment in between, the feeling of being under a shower of drops of light, it was like observing the snow falling for the first time. I was in awe despite the panic and the fear.

There was something truly magical about it. I will never fully understand it rationally, and a part of me is still terrified by what could have happened, but another part of me knows that it was a gift. All of it. I was always a spiritual person, but now I am more in tune with it, I pay attention to it, and I can feel the difference that trusting this connection makes in my life every day. Old dreams are resurfacing together with more opportunities to live an authentic life, it feels like I am on the right track.

I am very grateful to Theresa for facilitating my healing session with Spirit, it was truly, unforgettable!

By Francesca Conti, Italy