

APPLIED VISION – BODY INTELLIGENCE – Testimonials – 2013/14

“Glenda combines intuitive sensitivity, powerful healing hands with a thorough understanding of polarity therapy, counselling and life coaching, to create a unique and holistic healing practice that balances all levels of being. After one session of polarity therapy with her, I felt completely transformed emotionally and energetically. All the intensity of what I had been feeling had completely gone. Glenda has a warm, sensitive professional presence as a healer, counsellor and life coach. She was able to take me through a process that gave me a deep insight into the causes of my condition and empowering tools I could use personally for transformation and aligning with my life's purpose”. Alex

“I leave with the intense feeling of deep relaxation & refreshment – physically, emotionally, mentally & spiritually. Thank you Glenda” Ann

“I have experienced a Polarity Therapy session from Glenda and it was a wonderful, very soothing experience. In addition to the procedures completed during the hands-on session, she provided me with a number of self-administered exercises to complete on a daily basis, thereby extending considerably the benefits accruing from the hands-on session. Glenda is a calm, proficient practitioner in whose hands I felt completely at ease. I recommend her services to the widest possible audience”.

Todd

“I experienced your gentle and steady focus, felt nurtured and cared for. I felt you held the space strongly enough for me to be fully present in whatever energies you were calling in”. Gai

“I have been to lots of other body and energy workers over the years and they always seemed mystical (or just plain weird!) and I would come away feeling intimidated that I couldn't get 'it'. Glenda unravelled that for me though - both with the treatment and talking about my specific issues. She explained concepts about energy that I can actually use in my life and showed me some simple exercises I can do to keep the energy flowing. During the actual treatment I was completely comfortable and at ease. I was very relaxed and felt soothed and nurtured - which is quite amazing, considering she was only hold points (very specific points!) on the body. It is a simplistic yet profound experience. I highly recommend a session with Glenda for anyone experiencing issues in their life, whether they are physical, emotional, spiritual or mental. Brenda

“During the Polarity Therapy treatment with Glenda, I experienced a remarkable shift in my state of being – from stress, to peace of mind and calmness. Her caring, wisdom and gentle application of a number of procedures allowed my body and mind to respond and return to balance with ease. Thank you Glenda, for bringing your unique gifts and application to this therapy”. Sandra

“Glenda helped me to understand the root causes of my current condition. Once we both understood the unconscious causes of the problem she helped me to see how this negative and limiting energy and behaviour felt in its polar expression. This was a tangible and transformative experience in itself. Her hands on session of polarity therapy completely balanced my emotional and energetic states leaving me feeling like a new person. Glenda really has healing hands and a thorough knowledge of this powerful healing modality. Glenda's unique approach to her healing is her ability to provide life coaching which has given me personally empowering tools to overcome my current condition for which I am very grateful”. **Al**

“Glenda's warmth and dedication is apparent throughout the treatment. Her holistic approach is remarkably comprehensive. I have suffered from 30 + years of a chronic & complex health issues and illness. I felt so relaxed after the treatment. I had no desire to push through my body's natural energies (as I usually do). By the next day, the intense angst energy transformed into positivity and gratitude. I felt expansive. What usually felt like an overwhelming burden was now an invigorating challenge to be met with a spacious interest and engagement. I have done so much healing work in my life so I was quite amazed and enormously relieved that Glenda had had such a significant impact on my first treatment! Now I feel I can move forward with more capacity and ease to do the work I have so longed to be able to do! In Deep Gratitude” **Meryl**

I was blessed to receive a treatment with Glenda just last week. What an experience! Glenda spent time with me ascertaining the core focus areas for treatment, and then honoured me with the most calming time on 'the table' - an experience during which I felt totally 'cared for'. Hard to describe, but I floated off into a place of utter peace with this extraordinary feeling of nurturing....Thank you, Glenda...wonderful! Highly recommended! **Louise**

I had major surgery 7 weeks ago and Glenda has helped with my recovery significantly. After a number of treatments which were gentle but effective, I now feel like I am back on track with my health. Thank you Glenda. **Kim**

Since my session with Glenda, I am now sleeping through the night, every night, something I haven't done since 1990. No more waking up between 3am and 5am and tossing and turning before deciding to get up. I feel like a new person. Thank you so much Glenda. **Gail**

“I felt absolutely terrific after the session, Glenda – thank you so much”. **Sean**