

Besides one's own persistent awareness of the need to heal what else is necessary to bring changes into one's life? How to choose from the vast array of different approaches that the modern knowledge offers? I have been true gastroenterologist and physiatrist, chiropractic and cranial sacral therapy, yoga and massage, naturopaths and nutritionists, hypnosis and numerous acupuncturists. Some of the practices showed no affect and some did, but by far not sufficient, some actually where an experience equal to an amazing and inspiring journey. Just like any journey of that quality it required lots of money and consistent guidance of the practitioner.

Decades of continuous pain, resulted in energy deprivation, depression, confusion in thinking and disintegration of my self-esteem. A scientist, I found myself in the catch 22 of poverty and disbelieve in the possibilities to bring any changes. Abusive relationship, humiliation and pain all was my reality. I had to work very hard to "accept" and cope with such reality. It lasted for over decade. Today, I see this kind of "inner work" as the work on disconnect I have done. Disconnect from my needs as a human being and with my feeling life. I often woke up in the morning and cried, not knowing what the cause was... Perhaps I did not create the "Disconnect", perhaps it was the bad habit developed true education and family upbringing.

For the contrast I want to mention that today I have exactly what I want (I am writing 2 month after the beginning of the work with Ana Maria). My every day experience is aligned with my own values such as meaning, creativity, service and the opportunity to experience the life to the full. A have a teacher position in one of most wonderful alternative schools, a dream education and hearty teacher for my son, and financial independency. The last but not the least – I do not participate in the relations less that a partnership.

And by the way, a few month ago it would be incomprehensible to me to express myself and write a review such as this.

Believe or not - it possible to reestablish ones innately healthy self esteem in a matter of two months. It means it is possible to live in the experience of joy, meaning and creativity and living connection with the world right now, despite decades of inner misery. It is possible to be of a true service to those around me, despite decades of being helpless in the basic life affairs. It is possible to always live according to my values to the full. It is my own experience. It was Ana Marias Cardoso whose work, love and investigative talent of a scientist, changed my life in a matter of two months. It is amazing, inspiring and life-giving experience. It is done not by giving more abstract ideas to believe in. It is not done by indulging into the memories of the past, neither neglecting them. It not about the food I eat. It is done true her understanding of the complex spiritual nature of the whole human being. It is done by establishing new healthy habits of becoming connected and staying connected to the core of our own nature. And the obstacles are removed. I did it with her help. And I continue to do it for myself now, when away from the loving attention of Ana Maria.

All the best to all, Olga