

SUE - OPTIONS FILE #152

Your eyes are so much better . . .

Neon lights have their place on the streets of Vegas or Hollywood, but no one wants to face them in the bathroom mirror first thing in the morning! That is exactly how Sue describes what happened to her one morning recently. She woke up with a set of mattered, sore eyes that were so pink they nearly glowed.

"Those were two nasty looking eyes," she says.

Sue had been seeing the professionals at Options Health and Education Center, so she called the office and arranged to see Director Helen Cox that morning. Sue began taking the herbs Helen recommended while still in the office, and Helen and another staff member began working with Sue on the spiritual aspect of the condition, focusing on past, present and future stages through applied pressure.

By the time she left the office at the end of the sessions, said Sue, "my eyes weren't as bright." By the time she returned to work, they were much whiter, prompting co-workers to comment on the remarkable change since that morning. Several people asked her, "What did you do? Your eyes are so much better."

She returned for another session after work in which she was given touch therapy (acupressure) and by the next day, she said, her eyes were nearly healed.

"It truly is an example of how with concentration and guidance, you can heal yourself," she said, also noting she now uses no medication or chemicals, just strictly herbs and therapy.

What Happens in a Session? . . .

All laying-on-of-hands systems using energy based concepts, whatever their name, are basically executed in the same manner.

First of all, the therapist or giver must be centered in a meditative state and focused on the intent to heal. This is essential in order to get the de-