

Testimonial #1

There were times when Paulita didn't make sense to me. I realized later that was because what she was saying was outside the box - I was in the box I created myself. About dating, she would say the guys who move too fast into commitment are not good for you. I thought, "This guy is showering me with gifts, affection, and wants to move in together and Paulita wants me to give it up."

I put her warning in the back of my mind, but learned later (without much personal damage) she was right. Often in the moment, I didn't understand but I grew to have faith in what she brought to me.

I've collected hundreds of tidbits of wisdom during my 5 years of seeing Paulita. The one that had the most impact on me was finally realizing the truth in "Insanity is doing things the same way and expecting different results."

I didn't quite comprehend everything Paulita told me but I believed and it changed things in my life. I was suicidal when I first met her. I've suffered from all forms of childhood abuse. Meditation took a while to take effect. I adapted it to fit my style. I am now off all the medications I previously needed before I started therapy with Paulita. I can't thank her enough for saving my life. All I wanted was a "regular" life free from anxiety and depression. And I now have that. I also have my voice, my health, and my sanity.

In fact, I have since moved across the country and my new therapist is puzzled why I'm in her office. Whoa! It's come full circle! If you've suffered like I have, don't let anyone tell you that you have little hope of recovery from your severe traumas. I'm living proof.

And if you want to see more, check out www.LavenderPower.org. It's all Paulita's tidbits of wisdom expressed through my own artistic talents.

By: **Mel P.**

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