



photo credit: Ray Chavez, Mercury News

Soaring...

riding the e nergies

of a ir, land and sea

bringing g ifts of

u nderstanding...

L istening to those

who have L eft the flock behind

Love,
THOIC,
Indigo
and
CO.

October 23, 2012

My therapist recommended that I see a massage therapist, and thought I'd like Deb. She was right. I have a dissociative disorder, and Deb gave me a safe space to begin to reconnect with my breath, my body, my feelings, and my spirit. Her intuition has been very accurate. I learned a lot about my body - what links up, and where I'm holding pain. She has a huge capacity to be with all the emotions, which is a precious and rare thing in my experience. It gave me room to release organically, and we got a lot of work done. After several months of regular sessions, I no longer needed surgery for an inflamed nerve.

The metatarsal bones in my foot were able to spread far enough that I didn't feel them pinching it any more. I appreciate Debs honesty and open communication and especially her playful spirit and commitment to embracing life and its challenges. It has been a privilege to work with her and I am very grateful for her many gifts.

E. B. Fogar

PS and she's got a great dog, too! (the littles wave @ Baxter)