

## Vigdis - Norway

It's been three months now since I took the lightning process and it's been a wonderful three months with daily miracles!.

When I first started the seminar with Geoff Nicholson I was able to leave the house one time each week, spending most of the day in bed with my earplugs in and the curtains drawn. I managed to be with my children a bit each evening, and yet I was feeling tired and overwhelmed all the time. However, I spend all of 2006 in bed, with numerous pains, so I was feeling a bit better and able to take the seminar in Oslo. I have had ME for 8 years and had tried just about everything so I was doubtful and hopeful at the same time, but second I didn't have much to lose when I first came to the seminar. I was wrong I had everything to gain!.

The first day of the seminar I walked for one and a half hour, taking my earplugs out. The second day I listened to a mini concert while eating in the restaurant, and the last day of the seminar when my family came to take me home, we walked around Oslo for half a day. When I came home I re-decorated our bedroom, throwing out all my ME stuff. My family didn't recognise me. I had a different voice, full of energy and happiness. I walked differently and my oldest daughter said it would take some time getting used to me being a part of the families daily life again, constantly doing things about the house. Each day I made a miracle, like working in the garden and going to a school play, or visiting a friend, go shopping, taking long walks in the forest, travelling to visit family, going to the movies etc etc.

It was also hard work, with both challenging days and easy days. The first ten weeks I worked at the process each and every day. Putting a sign on our bedroom door saying mummy is working on the process, please wait. The kids respected that from day one. Now I do it only when I need to, and I can do it anywhere. It's been the most rewording work of my life! This summer I went to Disneyland Paris for a week with my family!!! Walking for eight hours each day, with all that noise and people about everywhere, I had to up my game and do the process a bit more but at the end of the day my kids where more tired than me...

Three months ago I would hardly have made it to the airport. That trip is the biggest miracle this summer.

I consider myself well now, but I try to live as healthy as I can, and do the process whenever I need to.

If I could, I would send every ME patient to the seminar, because I know how it is to have your life been taken away from you. But trust me that only makes the miracle of having it back more wonderful.

So if you don't know if you are going to take the seminar, please consider, I really want everyone to have this experience and if I can make just one person have their life back it would mean the world to me.

So I hope you are ready to do the work and make your own miracles.

Best wishes from Vigdis Østbye.

Too Geoff: THANK YOU a billion times for giving me my life back, and my kids their mother back, we are forever indebted to you.

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