

## **My healing experiences with Vickie Dodd's CD "Rest Assured - Parasympathetic Resonance"**

Marianne, November 2011

When I was 9 years old I lost my ability to sleep due to traumatic experience. Through my whole life (I'm now 64) I struggled for a better sleep and never succeeded. During the last years I got used to "harmless sleeping drops", which everyone can buy in pharmacies without a doctor's prescription. They really helped me to sleep and I was glad to have found something "so harmless" as I was afraid of "real" sleeping pills and the dependency from drugs. In spite of the fact that I soon found an excuse to take the drops almost every evening, I didn't realize that I had become dependent from the drops.

In 2001 Vickie Dodd started to offer her work on a regular basis in Switzerland. This was also the beginning of our friendship.

The individual sessions of Vickie are for me of the most healing treatments I have ever experienced.

When Vickie came to Zurich last year, she gave me her new CD "Rest Assured - Parasympathetic Resonance". I was happy about the gift - but waited for a long time to finally listen to it - isn't it ridiculous? I led a life of restlessness, focusing on my sympathetic nervous system since my childhood - and had not even time to sit down and listen to a CD about resting...

At the same time I started to have bladder problems. They grew bigger, and before consulting a doctor I went through the package insert of my sleeping drops - and found the side effect "bladder problems" there.

I immediately stopped taking the drops - and the problems disappeared...

But a new problem showed up instead: the fear of my "sleepless future". I was convinced that I would never be able to sleep again.

About one week before realizing all this, I had "by coincidence" finally listened to Vickie's new CD and had been totally astonished by the strong effect the CD had on me.

I described the following process in an email to Vickie:

"... after listening to your CD I was totally relaxed like never before! I started yawning and had the feeling of getting more and more space in my body. Each inch of my body and soul seemed to let go.

So I had the idea to "use" your CD instead of the forbidden sleeping drops.

Vickie, you cannot imagine what a deep healing process turned out of this "experiment"! Your sounds from the parasympathetic nervous system helped me from the beginning to fall asleep immediately! It almost ALWAYS functions! I would often like to listen to the whole CD as I love this feeling of sinking in a sort of a special inner "landscape", but almost always I fall asleep after a very short time. It has such an incredibly relaxing effect on me! And I learn now more and more to really go into my parasympathetic nervous system myself, and as you know me, I used to be very much on the "sympathetic side". It is a miracle for me that this works so easily - and that I don't get too used to the CD: it helps me again and again. I'm on my way to become a perfect sleeper! Thanks to you, Vickie!

At the moment I'm in the process of not making myself dependent again - this time from your CD, I don't want to be addicted to it!! And I can really sleep so much better now, also without the CD. The fear of not being able to sleep has gone. And when I feel nervous and unquiet and when I wake up during the night and cannot fall asleep again, I listen to your voice and the Cello, and it helps, it helps, it helps.

Do you know that it also helps against fear? Of course you must know - as fear is a process from the sympathetic nervous system... I often wake up with a "reflex of fear", and your voice helps me to make everything lighter and wider, and I calm down and lose this old reflex of automatically going into fear. It's so healing Vickie, I'm so grateful! Thank you thank you thank you...."

This was in August 2011. Now, three months later I can say: I really got my sleep back! - after 55 years of restlessness and fear of resting in my parasympathetic nervous system.

I realized - it is a question of trust! Trust into the natural human ability to sleep which I had lost at the age of nine. Only when the weather changes or the moon is full - or when I'm back in stress, I need to listen to Vickie's CD again. But normally I just go to bed now and enjoy my sleep. What a relief...

Also my first experiences with fears dissolving while listening to the CD proved true: I not only lost my old "reflex of fear" during the night, I also wake up with a much better feeling in the morning. It sounds like a miracle, but it is true. A big change!

The iPod is beside my bed and I take it with me when I'm travelling... instead of the sleeping drops:-)!

Thank you Vickie, for giving me my sleep back, it is one of the most precious gifts I ever got!

Marianne

P.S. If anyone reads this and wants to try out the healing effect of Vickie's CD (I can of course only talk about my personal experience and not prove it as a general fact) I recommend not only to listen to the CD, but at the same time to open up consciously to the own parasympathetic system, not to focus on details, but to open up to the healing sounds, to resting and to trusting in our body system, which is our 'home' during this lifetime.