

## **“‘Segment mode’ was the medicine I have needed for a long time”**

“C S is a life-saver and helped me tremendously with both my stress and insomnia. I would fall asleep completely exhausted and would wake up after about 4 hours of sleep to use the bathroom. After that I would toss and turn for hours never falling back asleep. The more sleep I lost, the more stressed I would get and even more anxious. All of this led to my depression. A vicious cycle which even medicine wasn't helping to alleviate. After taking a brief class of C S at the library, I remembered how great I slept that night after the class.

I contacted CS and he immediately set me up for an appointment. We worked together on the tip mode and I practiced that for the week. Still having some difficulty with falling back to sleep the next week, we worked on the segment mode. This was the cure-all! It has been the medicine I have needed for a long time. This method helps me relax and fall back to sleep without spending hours, tossing and turning. The more sleep I am getting the less anxious I am and less stressed. My relationships with both my children and my husband are so much better too. I am not yelling like I was nor am I downright miserable either. I am my old self again, thanks to CS's segment mode.

CS takes all of the time in the world to help you and would check on me throughout the week, both by email and phone calls. He has a genuine heart and an even bigger desire to bring peace to our world. May sitting at red lights bring you as much peace as it has brought to me. CS, you are one in a million.”

Jessica attended my seminar at the Castleton library in March 2014. On receiving my e-mail of Annual Update 2015 in January, her memory of sound sleep after the library seminar prompted her to relearn it to get over her chronic insomnia.

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## **“Climbing out of a deep dark depressive hole that I've been in, since I was 15”**

“It all started with a handout CS was printing in the store I worked in. At first I didn't give it much thought. However after yet another bout with insomnia, I decided to give the counting breaths and segment modes a try (What could it hurt?). After a few nights of doing this technique, I found to my astonishment and relief that my insomnia was gone.

After I told C S and thanked him, we got to talking. Eventually, I found that he taught classes in this technique and others. We set up a time that worked for both of us and we met. After that first class I was still not entirely convinced. But I checked out his web site and began incorporating other simple techniques into my day.

Now a few years later, *I drink way less than I did before, quit smoking, working on my weight and climbing out of a deep dark depressive hole that I've been in, since I was 15.* With the help of this technique I can deal with people and situations better than I have in the past, as well as have some peace of mind. For the first time in a long time, I can look forward to today, instead of dreading it. “

A client in early thirties who started initially practicing the technique for insomnia and slowly graduated to using the technique throughout the day while engaged in his daily physical work. He is also doing meditation on a regular basis.

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## **“I am now calmer, I smile more and laugh”**

“My dietician referred me to C S saying he helped her in her life. C S showed some breathing techniques and asked me to practice them alone in the room. I was amazed that I could sit still long enough to do this and I felt pretty good. I am thrilled at the progress I have made. So are my husband and daughter.

I am not nearly as stressed about everything. I learned that I do not have to take care of everyone else in my life and not responsible for their choices, only mine. My family noticed that I am now calmer. I smile more and I laugh. I now enjoy taking a vacation. I do matter. C S gives you small things to try that bring big results. Thank you C S for doing what you do so well and by that I mean CARE about all of us.”

She attended 7 classes. Had insomnia, diabetes, high blood pressure, anxiety, obesity and more. Interesting changes reported by her in the classes

- Had no more than 3-4 hours of very disturbed sleep, in spite of taking 'AMBIEN'. Now sleeps undisturbed for at least 5 hours.
- Had to take an anti-anxiety medicine before dental procedures. Not any more.
- Was a compulsively controlling person. Things had to be done her way! Not any more. Now she lets others manage their affairs.
- She and her husband are surprised that she is cooking smaller quantities and eating smaller portions. Snacking on an apple, not chips.
- Enrolled in the YMCA and going to the gym 3 days a week.
- Her endocrinologist recently commented "You were somewhere, for past many years. Now, you are a different person".