

I am 45 years, Working professional, having history of head injury, seizures and fractures. Hypertension & Hypothyroid.

I contacted Geeta for my most current issue: **Wrist drop**- which was characterised by a frequent weakness of right hand below the wrist. I was unable to use the hand until the weakness passed away, typically a few minutes later. This condition had progressively worsened over the past 3-4 years.

My journey with Geeta has been positive and insightful so far.

During my sessions, I discovered a multitude of thoughts, emotions and stories aided by her patient guidance. Geeta held onto me with kindness and helped me explore these varied elements; deep-seated stories within me that had been holding me back and affecting me mentally and physically. The process of discovery was emotionally overwhelming and yet liberating.

This included my feelings of being disconnected with my hand and feeling helpless about what to do next. A dialogue was created between my right & left hand, feelings ranging from anger to sadness were stated. **My need to be 'perfect' always emerged as my personal battle.**

Every new session started with much anticipation and the end of every session had tangible action points as homework for me in order to reinforce the feedback that had emerged.

I have struggled with this issue for years, with little or no hope offered by conventional doctors. They have been baffled with the lack of any logical physical reason for this condition. This was the first time I actually experienced an awareness of my condition - through a lens of my emotions - that were deep-seated and that were affecting me physically.

Today my wrist drop behaves differently- it is not completely helpless but provides me with an ability to perform small tasks such as being able to apply some pressure or hold light objects. After all, it took years for the onset of the condition, I have to give it the space it deserves to slowly melt away, which I am confident that it will with the combination of this therapeutic work as well as homeopathy.

I thank Geeta for being my teacher, guide, therapist and most importantly, a wonderful friend!