

**NOTE: For respect of our clients and protection of confidentiality  
testimonial statements have been altered in name only, marked in square brackets.**

November 2013

My name is [CJ]. I am a recovered cocaine/amphetamine addict. I was able to stop using with the help of the 12 step programs. But unspeakable child abuse, the loss of my own family and my significant other dying in my arms left me more than stunned, more than shocked, more than sad... I think it is safe to say that when I met Rev. El'Anya Nightingale-Warren that I was in ruins mentally, emotionally and intellectually and spiritually dying. I was invited to attend the Level One Workshop. I took what she taught and applied it. It's been almost a year, and I think I have gone thru at least ten years worth of recovery from the useless mess I saw myself as when we met. Because of her message, I went from that dying woman to a woman with HOPE to recover from the PTSD and depression and mind numbing grief. Now I am in process of investigating how I can get whatever certificates and degrees I would need to assist Rev. El'Anya with her efforts. I took this course when it was simply the "Essence of Spirituality Workshop" and it has taken me quite a long way from a serious suicide attempt in January 2013 to now.

I can barely wait for Levels 2, 3 and 4!

[CJ].