

**Name:** Rebecca Bartlett

**Age Range:** 30 - 39 years of age

**# of Sessions:** 1 Session

**3 Words to Describe BCST:** Healing, Calming & Tuning

Evelyn was the first to introduce me to BCST. I didn't know what to expect and I have to say that my session was pretty incredible. Her space and energy was relaxing and soothing. I had been having some energy blockage in my crown that was creating a lot of fog in my thinking. This was effecting my decision making professionally and emotionally. During my session with Evelyn, I could not only feel my energy, I could see it. It was aligning. When she reached my crown it became very intense as she helped release the blockage. Afterwards, I felt lighter and in tune with myself. I didn't realize how much I needed that session.

**Were you experiencing doubts/fears before scheduling a session?**

I honestly didn't know what to expect. I could feel a resistance in myself before the session. I feel like I now understand how helpful energy work can be. It really helped clear my head. It's something you have to try. Worth it!

**How has BCST impacted your life?**

I feel more ease with my thoughts and more in touch with myself.

**How has this impacted your life?**

The entire experience was eye opening. I love the healing energy she gave and the environment is very comfortable and calming.

\*Clients of Sacral Sol BCST offer testimonials that reflect their own personal experience. Client testimonials do not constitute medical claims, and are not a guarantee of future outcomes or experience for any other individual. No statements on this website have been clinically proven or evaluated by the FDA.