

Name: Allie Spiva

Age Range: 30 - 39 years of age

of Sessions: 1 Session

3 Words to Describe BCST: Profound, Freeing & Tangible

To be honest, I didn't think I would experience much in just one session - and certainly not as profound of an experience as I had. Through all of my spiritual healing I've done through the years, it generally brings everything to the surface, and I may identify a new perspective that helps me chip away slowly at my pain & trauma. However, with this one session I could quite literally feel it finally RELEASE. I rewrote the story and felt the heaviness release all throughout my body. It's been over a month since that session and it stuck! I haven't felt freedom like this in a long time. I am no longer gripped by pain and guilt and have finally found a sense of peace when thinking about those past events. I am so grateful to Evelyn for guiding me through this journey in a way that made me feel 100% safe and seen.

What lead you to BCST, and were you experiencing doubts/fears before scheduling a session?

I was specifically sent to Evelyn by friends who had completed sessions with her in the past. I wouldn't say I had doubts but definitely feared it "wouldn't work on me" and that I wouldn't be able to break down my walls.

What are some specific benefits/breakthroughs you experienced after receiving BCST?

A sense of lightness and no longer carrying the weight of past traumas that I was specifically working through. These events were quite debilitating and something that took over my thoughts quite frequently. Since then, I honestly haven't experienced any of that. I quite literally watched these experiences play out in my mind's eye and rewrite my story...and give myself exactly what I needed in that moment, which in the end, was myself.

How has this impacted your life?

It's allowed me to let go of the past and really focus on the present and future, which is so exciting!

What would you tell someone who is thinking of trying BCST?

DO IT! I could not recommend this enough, as it was so expansive for me. If you're having any doubts or fear, I feel like that's totally normal, but this was one of the most beautiful experiences I've had. I hope you can have that as well!

What did you like most about receiving BCST?

How safe and welcoming it felt. It was really exploratory. Also, how palpable it was - everything I felt in my body was matching where my mind was going.

*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.