

## Testimonials

People from all walks of life have attended our courses; company directors, engineers, managers, architects, salespeople, doctors, administrators, care workers, project managers, housewives, barristers, government advisers, TV producers, university lecturers, nurses, etc.

Confidentiality is important to us and our clients, if you would like to more about the type of clients we work with, please get in touch.

Some thank-you notes from course attendees:

"I am really enjoying meditating and have managed to do it most days, there is no doubt that the days that I do meditate are significantly beautiful and serene."

- Retired Managing Director.

"Just a quick note to say thanks again for your time during the workshop. I am sure that I will always remember the two days as being a time that has changed my life. I cannot say enough how brilliant I thought that you were personally and how comfortable you made me."

- Medical company owner

"Thank you for introducing me to Primordial Sound Meditation. I really don't know how I lived or managed my life before it. It's been amazing and enriching and is really transforming my life"

- Care Worker

"I just wanted to take a moment and offer you a word of sincere and heartfelt thanks for the weekend &ndash; I enjoyed the training beyond that which my words can describe and know without question that in giving myself the gift of time for meditation many new doors will open before me (& within) to allow an acceleration in my discovering the field of potentiality that exists within. Thank you once again."

- Coach & Trainer - Dublin

"Just a quick note to say thanks a million for a wonderful introduction to Primordial Sound Meditation. My old energy is back again and I am sorting out things that have been stuck and annoying me for ages."

- Business Owner - Laois

"The course I did with you to learn meditation was the weekend between finishing one job and starting a new one - I have continued to meditate once a day since and have found it a great comfort.

- Public Health Nurse - Dublin

"I am still doing my Primordial Sound Meditation and really find it the best part of my day, thank you for opening up my world to this wonderful experience. Wishing you well and thanks again for a wonderful weekend."

- Care Worker &ndash; Dublin

"Thank you again for the workshop, I really enjoyed it and learnt exactly what I was looking for. I'm am definitely seeing benefits and effects from my meditation and am determined to continue."

- Publisher &ndash; Dublin

"It was a great weekend and worthwhile....they always boost your energy and remind you that you're not alone in the world. Anyways, thanks, I'm glad I made the decision to do it and delighted you were as grounded as you are."

- Manager - Wicklow

"It was a real delight to meet you and thank you for introducing me to the Primordial Sound Meditation. I am so enjoying my meditation times each day - thank you, thank you!"

- Musician - Dublin

"I just wanted to write and thank you for last weekend's course. Because I'd learned TM before, there was a part of me that thought it was going to be just like a refresher, but, in fact, it was a very special couple of days where I learned a lot and has made me excited about going to Seduction of Spirit."

- IT Consultant - UK

"I wanted to say thank you for a great session again last night. It really is an amazing experience meditating with others like that, I find the experience hard to explain. I wanted to share my experience last night but couldn't really put it in to words so I just kept my mouth shut. Hopefully something will come out next month as I think that hearing other peoples experiences is one of the benefits of the group meditations. I hope you are getting as much out of it as we are."

- Lecturer - Dublin

"I really enjoyed the programme and am glad that I actually got round to doing it, and particularly with yourself. "

- Business Manager - Dublin

"I certainly will recommend your course to everybody Mary as I got so much out of it myself, it really has given me a completely new outlook on life."

- Housewife &ndash; Limerick

"Just a note to say thank you for last weekend - I really enjoyed the two days. It was much better than I expected it to be."

- Administrator - Dublin

"I just wish to complement you on the way you facilitated the course. Your calmness and gentleness was profound and inspiring. i thouroughly enjoyed the weekend and yes I am doing the meditation once everyday. I feel more grounded and react differently to situations. I would just like to thank you for coming to Cork and i wish you every success in the future."

- Homemaker - Cork

"I attended your Primordial Sound Workshop in Waterford two weeks ago and I wanted to let you know how fantastic i found it. I've put my daily meditation into practice and it has truly given me such grounding and peace in my life"

- Life Coach - Waterford

"Thank you for the wonderful weekend workshop. I really enjoyed and am feeling the benefits already"

- Business Manager - Dublin