

## Regenesis - My Personal Experience

Around 2003 I began Aikido lessons in Japantown, San Jose, CA.

A few weeks into my training, my instructor, John Santos, noticed something about me and approached me. He said, "Valeria, I noticed you're having a problem keeping your posture. I'd like you to schedule an appointment. I think I may be able to help."

I was a little shocked. After all, I was just there to study Aikido. I knew John was also a healer but I didn't see the connection.

I've had scoliosis on my lumbar level since I was a child, but thought as most people do that I was just destined to live with it and adjust my life accordingly.

My thoughts flew into 2 different directions. According to my belief system at that time, my first thought was: THAT'S IMPOSSIBLE!

Being a traditionally trained medical professional myself, there is no way I could make the leap to think that bone structure could be corrected through holistic healing arts!

A lot of time and money invested in my medical training told me to just forget this crazy notion, not waste my time or money, be practical, and focus my attention towards something more meaningful. After all this is the "real world."

However, my natural intuition immediately kicked in (I've learned to trust it - it's served me very well!) and said, "Val, what have you got to lose? Check it out."

Having a very curious nature all my life, I asked John if he really thought he could do anything to help me, how many sessions did he estimate it would take for the healing process, and what the total cost would be. Yes, I have a very practical side too.

When he told me, I estimated the amount certainly wasn't going to change my lifestyle, but if he really could do what he claimed he could do, it could change my life.

I was reminded what my astronomy professor Andrew Fraknoi, from Foothill College, CA, used to say "Ultimate truth of science is experiment." So, curiosity for that empirical scientific or "personal" experience, combined with my attitude of "I have so much to gain and so little to lose," I committed to go forward.

I'm so glad I did!

John's Regenesis treatment on me DID exactly as he expected and I had hoped. It has changed my life for the better, treating an ailment I thought I was destined to suffer for the rest of my life. I'm still amazed when I think about what I would have missed out on had I not opened my mind a lot and my wallet a little.

Even my dog Robin noticed my relief when I walked her out the same night after my treatments. While I expected at least some relief, I did NOT expect complete freedom from ongoing aches and pains I had grown accustomed to.

The really amazing thing is - it's been seven years since my session with no regression.

So, there I was, a believer based on personal experience signing up to learn how to perform Regenesis myself to help others.

I love ALL approached to healing that can help people. Traditional medical treatments work and non-traditional treatment can help people as well, even a skeptic like me. Why would someone in pain not consider all alternatives?

So now I am an accredited Regenesi practitioner with a traditionally trained medical professional background. I am able to blend my traditional training with a non-traditional skill I can use to help people.

When it comes to helping people, it's what works that matters and having more options is a great benefit in my opinion, especially when other methods have failed or produced only minimal results.

As the word spread to people who know me about my own healing with Regenesi, more and more people I knew started asking me how this was accomplished - even my co-workers in the operating room, and other traditionally medical professionals!

Of course, friends and relatives who knew me before my healing were first in line with their ailments. Working with them helped me perfect m new skill.

They came to me with everything imaginable:

- Headaches
- Joint pains
- Allergies
- Mental misbalance
- Mosquito bites

... anything that takes a body out of balance!

While Regenesi is a holistic art is and is mainly considered a physical therapy, I have seen results that continue to amaze me.

Here's just one example my "guy" readers might find interesting!

How about rejuvenating that all important area of your "love life!?"

After I had a session to rejuvenate my reproductive system due to my age, I personally had astounding results.

Let me explain it this way for my female readers: Image what it would fee like to be 18 years old again and having an almost insatiable sexual desire. That's how I felt!

What a tune up! I have to mention, it was not my purpose of the session I had, it just happened as a part of a whole treatment as an amazing "side effect," if you will! Try to get that from your traditional treatments and medications!

Even with all the benefits I saw with Regenesi session, the most important revelation came when I understood that since Regenesi is a physical therapy, not a medical therapy, it CANNOT do any harm and BE beneficial even for disease as serious as that experienced by cancer patients!

I have yet to be able to find any documented, scientific proof of HOW Regenesi works.

I've been told that the founder, Robert Rasmussen, did much research on his discovery. As far as I can tell, it must be still in the Santa Cruz University (psychology department).

I am not a scientist, but to me, the RESULTS are what count. I think most people who have problems and pains they would like resolved would agree.

Our world is full of unexplained "miracles" in healing. To those in pain or discomfort, the healing is what it's all about.

To my knowledge, no one has yet written any books on Regenesiis.

My plan is to be the first.

My Regenesiis healer, John Santos, is still living in Japantown, San Jose, Ca, and still has his Aikido dojo. You can check out his website at: [www.aikidoofjapantown.com](http://www.aikidoofjapantown.com).

John also teaches Aikido at the local Mission College.

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