

JCT, Copywriter, Salt Lake City, Utah

What was going on in your life that led you to seek support?

I had anxiety and I didn't know what to do about it. I didn't even realize until later how much it was affecting every facet of my life. I got more and more fragile. I began to push people and opportunities away from me because I thought they were causing my anxiety.

I'd tell myself, "If I got away from this boyfriend, surely my anxiety would stop..." If I quit that job, my anxiety would stop.... If I moved to a new state, my anxiety would stop." I was running from my own life. I felt this emptiness growing in me. I don't think I knew what happiness felt like.

Had you tried other ways of getting relief before you found Emily?

Yes. I found myself in a relationship that I wasn't willing to let anxiety take from me. I made the choice to stay and stare fear in the face. This brought on months of the worst anxiety I have ever experienced. I was scared of being alone, of being rejected, of failing—scared something was wrong with me. It was debilitating.

I realized I was reaching a breaking point. So I began searching for answers. I worked with a traditional therapist but found it heightened my anxiety. I tried medications, but they made me numb. I tried a lot of scam "fix it now" material. I saw myself almost getting worse. I was getting frantic and desperate for something real. I finally found myself on Emily's website and made the choice to begin the Inner Relationship Intensive program with her.

What was it like working with her?

Emily opened my eyes to an entirely new and beautiful way of "treating" my anxiety. I learned that until I was willing to take responsibility for my feelings, all of my feelings, good or bad, I would continue to suffer. I learned how to heal all of the false beliefs I had that were the source of my anxiety and pain. I learned how to gently love every bit of me, even the darkest parts. [[click here to read full interview](#)]

I really appreciated the way Emily trusted in me. She consistently regarded me as capable and whole. She'd approach every session with pure curiosity, leaving ALL judgment behind. She was incredibly present with me, not only in our sessions together but throughout the week as well. She was always accessible to me if/when something came up. She put a lot of time into ensuring I had all of the support, information, and learning experience I needed to continue this work on my own. The guidance and wisdom Emily offered me has allowed me to breathe into love and light for the first time in my adult life.

How have these inner changes affected your life?

After spending six months working with Emily, I have become so much more confident in who I am and the life I have chosen for myself. I am no longer weighed down by guilt that I am doing something wrong, or disappointing “God” or my Mormon family. This alone has allowed me to feel so much more love for myself, and others.

My relationships have improved. My overall confidence has improved. My creativity has had moments of blossoming. Now I know how to connect to my Inner Source and actually experience creativity, love and happiness. I have experienced moments of love just bubbling over and spilling out!

Is there anything else you’d want to say to someone who’s considering working with Emily?

When I began working with Emily, I had very specific things I wanted to work on. I would have been happy if just those things improved. But it was quite interesting: when I committed to this work, everything began to improve. I experienced shifts in all areas of my life.

It’s a lot like wanting a sixpack! To tone your abs, you must eat correctly and work more than just your abs. And then what happens? Not only do you see more definition in your stomach, but your whole body tightens and tones as well. Everything is connected!

Thank you so much for sharing your experience.

You are welcome! I am so incredibly grateful for the time and effort Emily put into helping me. It has truly changed my life.

I cannot imagine where I would be if I hadn’t come across her website and made the decision to work with her. She has inspired me to love myself in a way I did not know how to before. I feel I am moving in a direction that just feels good.

For more information on programs and services at Luminos Listening, go to www.luminoslistening.com.