

# meditation massage training testimonials

What **Olly's** video testimonial [here](#)

**Sarah** : I have just attended a Meditation Massage weekend with Debbie and Tim Freke. What a deep and profound experience it was. It was taught with such warmth and joy and the massage itself was one of the most beautiful and healing experiences of my life. I highly recommend this to anyone whose interest is captured by the title and wants to know more.

**Monica** : My learning style is to do before I forget so I've just practised on my wonderful friend and neighbour Caroline. Here's what she said. "Wow! I love the aroma of the oils, such a beautiful blend. I've never experienced anything like that, filled with all sensations and deep connection. It's a bit like being on drugs without the drugs. I feel like I've been plugged into the vibration of the earth and the universe. I was expecting something good but 'Blooming Nora'!" 😂❤️🙏

**Stephen** : I can say now, that this afternoon as I sat reflecting on the last days and on how I feel now, that my imagination has really opened up in relation to what is possible to do within a massage treatment and in life. The world looks and feels such a different place than it did a few days ago, so much more alive with possibilities, also I feel in a much better place to notice and interact lovingly with those possibilities.

**Daisy Mae** : I have been soooooo missing the group today. What a special time we had, and I'm excited for the possibilities of meditation massage. I personally had some profound moments, and deep sensations - and I thank you all for facilitating that for me.

**Terry** : Thanks dear Frekes for a brilliantly prepared and structured teaching delivered with such big heart. I hope you are proper proud of what you have done, another beautiful step forward from the advance guard of human awakening. I plan to put the new modality into practice in the next couple of weeks and will let you know how it goes. In immense gratitude.

**Christine** : What a special, special weekend. Hard to put into words really. But I'm so happy that I was able to be with you all and immerse myself in so much love, passion and inspiration. The profundity of the whole experience is still reverberating in my entire being. Two of my regular clients have already signed up for the experience. I can't wait to try it out with them and to see where it all goes. Thanks so much Debbie and Tim for sharing so much love-wisdom and and for taking us on this wonderful journey with you.

**Comments from Christine's first Meditation Massage client** : Usually I am always thinking about my plan for the day, what to do after treatment, or just my mind wandering in other ways while I'm having a massage. But this time, I could concentrate on the sensation of touch and hearing and could open my mind through your guidance. After the session, I had a completely different experience to a usual massage as my head felt clearer than before. This meditation massage has the potential to improve my sense of wellbeing not just for the body but my mind."