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TRANSFORM & THRIVE TESTIMONIALS

**THE NEXT POWERFUL TRANSFORMATION
COULD BE YOUR OWN!**



RACHEL FARNSWORTH



FOREWORD

I am Rachel Claire Farnsworth, and I am a multi-award-winning trauma releasing expert specialising in releasing anxiety, autoimmune disease, and alcohol dependency without countless sessions so that you too can have true health and true wellness without countless sessions.

My why behind my work is my daughter Emily. She had an autoimmune disease, Juvenile Idiopathic Arthritis, for 14 years and together we were able to release it in a single session. She has been pain free, symptom free and medication free since then which was back in 2018.

Our body speaks the truth and its language is pain and symptoms, when we release the suppressed emotions lying behind the presenting symptoms the physical symptoms can and do leave.

When we release the trauma you become unstoppable with limitless potential. Are you ready to really start living? Turn the pages and see what is available for you too!

All of these results were achieved in Quantum Breakthrough program, consisting of 4 sessions. Life really is for living and not therapy!

Find out more in the next few pages....

Rachel



Testimonials Compilations

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CHAPTER 1: ANXIETY, AGORAPHOBIA AND PANIC ATTACKS



21st January

The above date will be remembered for many reasons.

Firstly, it's the date of my appointment to see Rachel at Wellness with Rachel for my first session. I made a very tentative call to Rachel explaining how I was feeling (tearful at times) and agreed the date and time.

I was not only anxious but very nervous as well, the thought of trying something new and out of my comfort zone filled me with dread. However, I had got to a stage of my life where I realised enough was enough, life is too short, I had to make that leap of faith, at least try to make a change to my life. My family and friends were increasingly worried, but also helpless to know what to do.

I have suffered for many many years with anxiety, some months more severe than others. Latterly for at least 3-4 months my anxiety has been at its most severe, resulting in taking time off work (a job I have been doing for over 30 years) as it was taking its toll on my mental/physical health resulting on my not going out or leaving my house. Before my session taking walks, shopping, going out etc would fill me dread, a struggle, draining, going through the motion. Work has been the biggest struggle not enjoying it, feeling trapped, affecting my health. I wanted to desperately change my path and needed the confidence to do that.

Secondly, on the day of my actual session, on meeting Rachel (who is quietly spoken and very calming) we talked about my life, my thoughts, ambitions and goals.

Then once the actual session began I felt surprisingly at ease, I succumbed to my stored up emotions held back for many years, not realising that those very thoughts and negatives had drained me, took over my life, held me back both physically and mentally.

After the session I was completely and utterly mentally and physically exhausted, yet almost lighter and reborn. The new shift and change in my thoughts have scared me a little, as I am getting acquainted to a lighter, more assertive, stronger person. A person I have not felt like in a long time.

Now there is light at the end of the tunnel. I feel I am gaining confidence to change my path, work or otherwise. I am taking each day at a time; getting fresh air, going for walks, getting to know the new me. Life is not all about quantity in your life, but more importantly quality of life, this far outweighs material things (they only fill a gap). Rachel still checks in to see how I am since the session and in her words 'you've got this', and for the very first time in a long time I really have 'got this'.

My family have noticed a change, my immediate change was my eyes appeared brighter, a more confident outlook and better attitude to life.

Ann

Just wish I had taken that leap sooner.

Anxiety



I have to say that this is the best week off work I have ever had! I have so much energy and motivation and I am cramming in as much as I can. Every day I wake up feeling so happy and free. I enjoy every day and I love my life!

Yesterday I visited a friend I hadn't seen in a while, we had such a good time and enjoyed lunch out with the kids and a trip to soft play. My friend was amazed at the difference in me.

Previously, when I visited, although I enjoyed myself, seeing her with kids made me feel sad. I just wanted what she had and it seemed so unreachable.

This time I didn't have any of those negative thoughts, I just kept thinking that this will be you soon and you are going to be a great mum. This is all because of you Rachel, you have helped me to see that what I once thought was impossible is now within my reach and I can achieve my goal.

I feel so good about myself and I am seeing significant changes every day. I spend more time making myself look nice, making an effort with my hair and clothes. I eat better too and have a much more healthy diet, although I allow myself an occasional treat.

I am super confident too, and I don't care what other people think anymore because I now know the most important opinion of me is my own. Although I am not 100% there with dating yet, I feel myself getting closer every day.

You are an inspiration Rachel, never stop doing what you do. There are so many people who are suffering every day, but people like you give them the hope and the chance to live the life they deserve.

You have a special gift Rachel that no one else has and that is the ability to change someone's life and free them from pain.

We need more people in the world like you. You have not only given me my life back, you have freed me from my past and given me permission to heal. So much so I now believe I no longer have anxiety and depression. It is almost like it happened to someone else. I can't thank you enough Rachel for all you have done.

You are not just my therapist, I now consider you to be a very special friend.

Emma

Tina had PTSD for years



Life felt like it was so dark and dull and I couldn't see anything good in my life. I could only see bad things happening. I couldn't go out shopping. If I was in a restaurant I would be looking over my shoulder because I would always be aware of who is there, who is out for me, who is out to cause me harm. I had really bad panic attacks where I was hospitalised three times. I would worry about people I loved and people I didn't know as well.

I went to Steps For Change which we were waiting for appointment to come through. I had a mental health worker that came to my house...

And now after working with Rachel life is amazing! I am living again! It is nice to be able to go out and do shopping . I can eat in public and not worry. I have started my own business. I am doing it! I am meeting people every day. Before I would be too scared to be approached by people. I don't have that constant worry, constant bad thoughts that I used to get.

I have my head back, because I can think straight. It is amazing, because I haven't got all these negative thoughts going on. Now I can think straight. I there is no stopping me now!

Thank you so much for giving me my life back.

I would highly recommend you to anyone about any issue they have because I believe that you can do it, because you have done it for me. You have given me my life back and I am sure that you can do it for anyone.

Anita Needed Help With Social Anxiety and Blushing



When I first came across Rachel's page, I was at my wits end, searching on the internet was my last resort. Since I can remember I have had social anxiety. In large groups. Small groups and sometimes with more than one person present.

My main issue was the blushing that accompanied my anxiety. I couldn't stop it, if I felt attention on me, even briefly, my heart would race. Then came the sweaty palms, then the inevitable reddening of the face.

The more people noticed or commented, the worse it would be. It was debilitating and was impacting my life in a negative way. So, when I came across Rachel's page, this was my last resort at getting results. (I had even looked into an operation where they cut the nerve endings!)

Rachel answered my email promptly and we were soon chatting on the phone. She was calming, reassuring and kind. On the first visit I didn't know what to expect.

Rachel soon put me at ease, and I soon felt comfortable and relaxed around her. I was slightly sceptical about whether it would work. However, after the first session with Rachel I could see improvements day by day.

Significant improvements!

The second session I felt I could use some more work on social anxiety in larger groups. After this second session I cannot describe the change in me. I would put myself in situations that would normally make me blush. To my surprise I could not make myself blush, even when trying! Situations that I would normally avoid or run from, I was not only coping with, but I found myself becoming part of the conversation and joining in. This would never have been possible if it hadn't been for Rachel.

She truly is amazing at what she does. She doesn't judge, she understands and genuinely cares and wants to help.

My biggest test was when I had returned from a mini break recently. I was at work, and somebody asked me how it went. Then naturally everyone's attention was on me. I didn't think about it. I just talked. And talked some more. I am still in disbelief at how my life has changed.

I would recommend Rachel to anyone who is suffering.

Anxiety and Self Doubt



After seeing Rachel's posts, I sought her out and chose her to be my therapist. My particular version of misery isn't understood by most and is so damaging to be given lollipop, gum drop antidotes or 'sound' strategies and common sense advice to my situation – where there is nothing rational, reasonable, easy or logical or sweet about it! I knew after reading Rachel's perspective that she understood. I believed I could trust her not to belittle or misconstrue the seriousness and complexity of my situation. That is first and foremost why I chose Rachel. Before we ever spoke, she proved to me that she understood my issues and could help.

And help she did

She was very professional and has a great website, so paying her and accessing the files and information I needed was easy and held no frustrations for me.

This is important. I have cancelled working with people before because managing the stress of getting through the paperwork raised my anxiety level to breaking point! So there was none of that. Thank god! Rachel sent me a wonderful relaxing recording I could start listening to before we had our first session together. Again, I appreciated that. Often, I get so overwrought with anxiety and self-doubt that I will go crazy while waiting for what I have chosen to actually transpire and I cancel out of misery and to make that feeling of excitement, dread and worry to go away. So this helped me remain calm and confident in my choice while I waited for our first session.

So, even before we started, I knew I was in good hands. Because for one, someone knew how I would feel and took measures to ensure not to do anything that would trigger any anxiety in me as I took this brave step and leap of faith to try and get some help. I felt seen, understood and cared for before we even began. Feeling safe is not common to me. So bravo Rachel and thank you!

I won't go into details of the session because, well those are very private and I want you to know yours will be too. Private. Safe. To bring up all the things that are not safe to bring up and talk about anywhere else. Rachel was kind, sincere, not patronising or assuming anything. Curious and stayed with me through the unpleasant and confusing parts until I had my breakthrough.

That's the thing. We, the client have the breakthrough. Rachel doesn't 'do anything' yet what she does is something no one else has ever been able to do.

She knows how to ask the right questions and leads your mind through a labyrinth which discovers, investigates where your issues came from. We deal with those and get rid of them right there in the session.

But wait, we aren't done yet because Rachel is so gifted with transforming us with new, empowering and uplifting and encouraging new thoughts and beliefs. No one has ever spoken the kind, glorious, beautiful words to me about me that Rachel does. She literally changes how you see yourself and talk to yourself and wait... you believe in yourself! It is the most freeing, life changing thing. And she is really gifted at this. I am so glad I chose Rachel to work with me. You will be glad too

Sarah

“Fear of Getting It Wrong”



As I get ready to go to sleep, I realised that I hadn't struggled all day with any indecisiveness or self-sabotaging thoughts or second guessing or overwhelm.

I spent all day trying to move and hang pictures and furniture because everything got topsy turvy when I took that Feng Shui class and many things had to be moved.

My intent had been to finish putting things right in their new places last weekend, but it was too complicated and I couldn't do it.

Today I made a decision to do some significant work on the trees in my yard and made tons of decisions about where to hang the pictures and totally redecorated the house, moving things many times until I was happy....and I just realised that my previous negative self-talk patterns that hounded me with reminders and questioning me if I am doing things right and always bringing to mind other people's disapproval of my choices hadn't bothered me at all! So, I got it almost all done. Just a few stray items I haven't found a spot for. But no doubts! No distractions and having my attention divided and distracted by getting guilted into trying to do several tasks simultaneously or interrupting one project because I feel panicked about another one I need to be doing too. So I think we did a great job this morning tucking her away and into the closet. She didn't bother me at all. If this keeps up, I will accomplish a lot and be so very proud of myself!!

Thank you!

SP

Anxiety and panic attacks



I came to see you for anxiety and mostly focusing on panic attacks. As I mentioned to you multiple times, I was very skeptical, to the point where I didn't just feel as though it wouldn't work, I felt as though it would undo the 20 years I had had of traditional CBT & talk therapy.

I don't know how anyone could fault working with you in all honesty. You were so supportive and understanding, when ultimately I was questioning your work and beliefs – not everyone would have been as patient as you were with me. You really are there to help, with no other agenda or judgement, just to listen, support and make people's lives better. That is such a rare trait in people.

Ahead of the session you sent me your 'Set You Up For Success' recording. The recording immediately had an effect. I was sleeping better, felt more at ease and it was a great way to understand how the session would begin. I found I had to get into a certain mindset before the session. I am not usually one for alternative therapies, but I know if I didn't throw myself into it, I wouldn't get the most out of it. The recording really helped me to do this.

At the beginning of our session I was anxious as I was so unsure on what would come out of it. Even when you were saying I will start seeing an image, or a scene coming to me. I still didn't think I would. I remember feeling in a relaxed state, but consciously thinking that 'nothing will come into my head, I will just have to think of something' – this was definitely not the case. Within a second of you counting down an image as clear as a screen came into my mind.

This sparked what I can only describe as the longest, most intense 'physical' panic attack I have ever experienced. The difference with this one was that I didn't care. My body reacted as though it was panic – I felt dizzy, nauseous, my heart was racing, but in my mind I was totally relaxed. This continued for most of the session, with no panic thoughts and I didn't get up to leave. As much as someone thinking of working with Rachel for anxiety/panic attacks may be put off by me saying this they shouldn't be – I genuinely feel as though this supported my recovery more than anything. I sat and faced it and realised I could feel these physical sensations without any panic thoughts. As you had reassured me, I remembered near enough everything and it *'flowed'naturally*.

If someone had asked me how this anxiety and panic had started and been nurtured for so many years, I would have never highlighted the events that came up in my session. Although I remembered the events, I would not have realised that they had been so impactful in my thought processes and had been impacting my life as an adult.

Throughout the session, you reminded me that I was safe and it was emotional. I felt a sense of relief and comfort by the end of the session and truly felt something had changed and I have felt that way ever since. The personalised recording is perfect and even the language you used is so caring and well thought through. Again, very comforting and I feel better every morning I wake up after listening to it as I fall asleep at night.

Since the session, I haven't panicked. I have put myself into positions and situations which I would have previously struggled with. I have 'pressure tested' myself to see how good my recovery is. I genuinely feel I have recovered from panic attacks. They don't even cross my mind anymore.

I will always be me, which is to prepare for the worst. These things contribute to me being so precise and detailed in my work and I didn't want to lose that, but I have realised I can still be me without panicking. I can still be cautious and considerate and not have a debilitating psychological condition which held me back for so long.

I am completely converted – with first-hand experience. I never thought I would feel so good. All of the changes and ways I now react to things differently are always realised in hindsight because my 'new' way of reacting and not panicking is the normal now. I doesn't take anything to do. I have totally changed for the better.

Thank you Rachel, I am genuinely so thankful to you for your support, encouragement and ultimately my recovery.

Janet

Complex post-traumatic stress disorder Testimonial



I had always been filled with a near paralyzing terror that allowed me to make some forward progress, gain momentum, self-belief, and confidence, reach the mountain top, and fall painfully back to the bottom, only to try again and have the same pattern repeat over and over. This built-up tremendous panic and anxiety, no self-esteem, a deep feeling of insignificance, helplessness, and thinking what I wanted would never be available to me. This all translated into an excruciating case of CPTSD with serious control issues, disconnection, and inhuman levels of hypervigilance. A constant continuous loop, like being on a hamster wheel, always tired and always struggling, always afraid.

Enter Rachel Farnsworth, who shined her healing skills into the deepest darkest places of my subconscious, uncovering shocking connections . With laser-like precision coupled with her awesome powers of intuition, compassion, and empathy, she sewed up the wounds which had been affecting me since childhood. She gave me insight and understanding that would have been impossible to have known otherwise.

Even now as I write I can feel powerful new synapses forming and my brain rewiring into a newer and healthier me able to take on with ease and confidence anything life chooses to throw at me.

This is freedom, this is abundance, this is security. This is rebirth.

These words are so woefully inadequate to thank someone for giving your life hope , health and a shiny new future. One day all who have had the benefit of Rachel's phenomenal healing skills will help me campaign the people who decide new words for the Oxford Dictionary to include being 'Racheled' as the verb of the year.

What better gift than to give someone a chance to live beyond the fight or flight mode?

Thank you so much Rachel,

Lynn

PTSD



I had suffered with PTSD, anxiety and panic attacks so badly that I had been hospitalised. After one session with Rachel I feel amazing! I have my life back and cannot thank her enough

John

I have had severe panic attacks and anxiety for years. I had my first session with Rachel 2 days ago and now feel safe and not panicky. I am in control and feel free as though a whole new world is opening up to me. Rachel you could be the powerhouse that turns mental health on its head and for men especially to realise that they can overcome and thrive after these issues.

Tina

Anxiety and fear of being visible



I can't remember now what issue I had before I approached Rachel for a session, because I just feel like a completely different person now! I am a therapist myself and know that we all need extra support from time to time.

I knew immediately during our first phone conversation that she would be able to help me, I felt that she understood me and exactly what I was feeling. She has a very kind, understanding nature, and is very supportive and encouraging.

I feel so much more positive, confident and braver. I'm listening to my intuition more and I'm no longer afraid to ask for help and feel that

I have to struggle on my own. I would not hesitate in recommending her as a therapist and coach, and I would work with her again in the future if I need to. Thank you Rachel.

LM

Confidence



A wonderful experience I can't rate highly enough. I went with some inner demons that have been affecting certain parts of my life. I came away stronger and more confident after working with you Rachel. I have now got my ideal job after 2 difficult job interviews and apparently I shone at the interview!

Dawn

I am feeling much more confident and easily expressing myself and learning to love myself.

Lisa

I have done lots of work on myself this is by far the lightest work I have ever done, although it is a commitment to yourself to want to look under the layers. I have come a long way in such a short space of time. And for the first time I deeply feel a love for me like I have never felt. That's so BIG for me. I would want to be my friend. I am my own best friend!

Barbara

Anxiety



I am feeling stronger today and there has been a whole new dynamic taking place I feel more loved and more appreciated, feeling confident and self-assured. I am not taking the blame for things that aren't my fault.

Lisa

My friends say that I am acting a lot more confidently and I am happy. I am feeling more confident in situations that would usually make me anxious.

Brian

I am feeling a lot more confident about things. I have started to think about a career change. I will mention you to anyone I come across about what you do. I have joined a squash club and started a new qualification to change my job.

John

CHAPTER 2: AUTOIMMUNE DISEASE



Pat Had Psoriasis for 15 Years and Was Very Skeptical that I could Help Him

I am going to keep this simple because the photos speak for themselves.

I was very sceptical about having Rapid Transformational Therapy with Rachel. but after just one session with Rachel my skin condition has improved immensely!

I have had psoriasis for over 15 years and my skin has never felt as good as now. I am looking forward to wearing shorts and t-shirt with confidence this year.

I felt very relaxed and calm and this has continued following the session. Rachel is very knowledgeable and experienced. I would highly recommend.

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BEFORE



2 weeks later (the same area)

Juvenile arthritis – autoimmune disease



Before meeting Rachel I felt I was given a life sentence. I was diagnosed at age 2 with juvenile arthritis I had felt thankful to never know what a normal joint felt like. I didn't know what I was missing out on, or how it felt to go for evening walks with my family on a spring evening and not be in agony for the next 24 hours.

I felt dramatic, embarrassed and a nuisance for all of my friends and family who were always having to consider if I would be able to manage and partake in activities.

When my grandmother heard about Rachel and her work through a newspaper article I was initially skeptical, surely a lady talking to me for a couple of hours wouldn't be able to magically cure me!

At 18 years old I was having conversations with my rheumatologist about joint replacements before I'm 30.

I am so thrilled I put my suspicions aside because after just two sessions with Rachel I feel free and released from my very own personal prison.

I now understand I wasn't being dramatic when I couldn't get out of bed some mornings.

Now I am able too to walk for miles and with no pain. I have ambitions to be a midwife, I was seriously considering giving up on this dream as I knew I wouldn't be able to be up and moving for the long shifts that the role demands, that I would have to be stuck to an office job that I would hate but my body could handle.

Now I am able to peruse that dream, I can do so much that I never thought I would ever be able to do, I have a future that is certain and with no medication, operations, therapy and much more that comes with an autoimmune disease.

I will forever be in debt to Rachel and no words will be able to express how thankful I am for she has given me a whole new life, a whole new batch of life experiences, she has unleashed the true me.

Libby

Irritable bowel Syndrome



In short, DO IT! Seriously it is life changing. There were so many levels and complexities to my situation, but Rachel broke through that with ease and without added trauma.

It allowed me to heal and work through what was holding me back so that I could finally be free of my internal tornado (only way to sum it up!) Yes, there were tears but only while you are in the moment. It isn't scary, it is just raw emotion working its way out.

Rachel listens to anything and everything you have to say. She helps dissect the important stuff to focus on and is patient whilst you release.

She is calm motivating, supportive and understanding. There's not a big enough thank you in the world to demonstrate how grateful I am

Sam

Andrea Wanted Help to Reduce Symptoms of an Autoimmune Disease.



We acheived so much more in my 30 day program!

I wanted help to reduce the symptoms of Autoimmune Disease: Inflammatory Bowel Disease (Ulcerative Colitis). This included: Painful cramps and bloating after eating; passing blood in stools; bleeding and sore gums (from bile produced whilst sleeping); low energy/lethargy; needing to sleep during the day/sleeping too much; swollen and aching joints; anxiety; brain fog and lack of motivation; general feeling of dis-ease.

I saw a comment that Rachel made on Facebook. I joined her 'Overcoming Anxiety' Facebook group and liked how she interacted with people and spoke about her work and methods in her live videos. She seemed very genuine and professional, with a kind and caring persona. There was also an element of just 'knowing' that she was the right fit for me – something that I can't quite put my finger on.

I would definitely choose Rachel again. I believe that she offers so much more than the usual scripted response and her past life experience and empathy enable her to really understand what is needed and how best to approach the problem. I have already recommended Rachel to several of my friends.

My first session successfully dealt with all of my autoimmune disease symptoms (in fact, I genuinely believe that I no longer have the disease at all), Rachel was able to work on other issues that had been holding me back: low self-esteem, lack of confidence and faith in my abilities.

There is a great sense of letting go, renewal, empowerment. It's not a long, drawn-out process and there is no right or wrong way to think or feel during the process – it's as if the subconscious mind knows what is happening and is doing all the work for you, while the conscious mind is skipping in and out of memories.

I loved that I could do it from the comfort of my home! I just had to click on the link that Rachel sent and then there she was in the room with me. It took away all of the stress and anxiety involved in finding and getting to a venue on time. We had an initial consultation online (over Zoom) first, so I was able to meet her 'in person' and this put me massively at ease ahead of the first session.

I also really liked that the sessions flowed nicely from a conversation at the start about how I was doing and what I felt I needed, to Rachel using her insights and intuition to uncover issues in more depth, to being guided into a deeply relaxing and comfortable hypnosis so that we could work on the problems.

The whole experience exceeded my expectations. I thought that, at best, my symptoms would be alleviated. Instead, I believe that my autoimmune disease was cured and have been off of my medication for 6 weeks now, with no ill effects - this is remarkable!

I am no longer in pain and have increased energy and motivation. My health used to dominate my thoughts and cause a lot of anxiety, now I am able to focus on living my life and visualising a future beyond my wildest dreams. I feel that my self esteem and confidence has improved and I am putting myself forward for opportunities that I would not have gone for before. I have created healthy boundaries with people and am making better life/relationship choices. My life is already more enjoyable and I have hope for a wonderful future.

An unexpected benefit is that my shoulder pain vanished! The inflammation in my shoulder was also caused by the autoimmune disease and I had become used to compensating with my other arm – pulling doors open, putting on my jacket, carrying my bags, etc. Then one day I suddenly realised that I was no longer doing this and using both arms (shoulders) equally; I pulled open a very heavy gate with my previously ‘bad arm’ and felt none of the usual muscle spasms – I was amazed!

Another unexpected benefit is that I’m now capable of existing in the same space as bees and wasps.

I've had a terrible phobia of them all my life. I am now capable of removing a wasp from my home without all the drama and trauma of previous attempts.

I had been looking at alternative therapies for nearly a year when Rachel was finally put in my path. I believed that I didn't experience everything in my life to just suffer and die and I needed Rachel to guide me onto the next stage of my life.

This has proven to be the best decision I have made and a huge investment in my future – and I am worth it!



Kerry Wanted Help to Overcome Psoriasis

I worked with Rachel for psoriasis, which is something I have had for most of my life.

Rachel took me on a journey that connected the dots on certain things and helped me understand what my skin was trying to tell me. She was very kind and attentive during our session and I also felt very relaxed in her presence.

It felt like a weight had been lifted as soon as I went about my day afterwards. Through the work we did together and reinforcing it by listening to the recording each day, it was like the psoriasis had literally been deactivated. It was no longer itchy, irritated or red and just started to heal. It is really amazing how working with my mind is so much more effective than applying any and every type of creme to my skin - it is quite empowering too.

Aside from this, I have noticed a feeling of being less anxious/reactive in general since the session and I do think it has helped me in more ways than one!

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I would highly recommend Rachel and am truly grateful for how much our session has benefited me.

Thank you.



BEFORE

AFTER

Dermatitis



WOW!!! Rachel has changed my life in so many different ways. I've been with Rachel for many different reasons and she's helped me endlessly. She's so nurturing and empowering, nothings too much trouble. She's an inspiration!

Before I chose to go with Rachel there had been times where i've felt stuck in a rut and no one can help me... i've just got to suffer in silence.

A few weeks ago we had a session about my dermatitis that occurred all over my body and continued to get worse. I already trusted Rachel, and knew I couldn't let my skin get worse. I'm not embarrassed to tell her my issues and she'll allow me to feel at ease, she's so warming and understanding... I truly can't thank her enough.

It got to the point i just felt this is my new normal just put cream on it and hope for the best.

Already a week after the session my dermatitis started to heal. I finally had the confidence to wear summer clothes again.

I highly recommend and shes so supportive thank you so much you have change my life completely.

MP

CHAPTER 3: HELP WITH RELATIONSHIPS



Lisa Wanted Help After Another Failed Relationship

I came to a point in my life where I was not broken like before but lost, another failed relationship, where I was starting to question myself, is it me? Why am I not enough for anyone? I was overthinking, my self worth, self trust and self love was all suffering. I was so fed up!!!

There was only one guiding light in the darkness that I knew could help me and it was you Rachel. Rapid Transformational Therapy is a fabulous therapy but it only works because of you, your intuition/ability to pinpoint the needs of your clients.

Within your 30 day program we removed all the toxicity hiding in my body, even the really deep rooted negativity, that's been there from a very young age. You deliver this with so much calmness and kindness just hearing your voice makes me feel better about myself.

You really have the ability to change someone's life forever and that is the most awesome gift you can ever give anyone.

I thank you for putting the rest of my life back on track, I am now feeling happier and working on filling myself with love. Of course I am enough and always have been, you made me see that. I honestly can't thank you enough!

Releasing toxic relationship patterns

I contacted Rachel to work on many related issues. I wanted to stop choosing the same kind of men, damaged, hurt men that I try to fix or save forever. I wanted some help nurturing my self-esteem, put myself first and stopping this obsession with saving everyone, especially my ex-partner I just broke up with. And finally, I wanted to stop believing that I needed to earn love, to work for it because I never felt someone could love me just for who I was.

I chose Rachel because someone recommended her after having a life-changing session with her. I had 2 sessions with other therapists on the same issues but it didn't really work. After that I didn't feel like healing was available to me. But the session with Rachel changed everything. It went really well.

I felt amazing right after the session and since then (1 month), as I have been listening to the recording every day and acting on the new beliefs we have installed during the session, I am doing so much better: I am not obsessed anymore with my ex, I get less and less involved with everyone's problems, I spend time working on my dreams, I nurture my self-love every day by making a decision that supports me and my dreams, etc. I am much happier and more positive. I know that I will be able to meet different kinds of men now, emotionally healthy men because I finally feel emotionally healthy myself. Finally believing that there is nothing wrong with me.

Hypnosis is amazing to quickly access the root cause of your issues. I have had several other therapy the last 10 years, which helped me understand myself better but rarely helped me change radically my outlook and behaviour. That's what Rachel did for me, but you have to want to change and choose every day the new actions that support the new you. Definitely worth the price and much more."

Dawn

Relationships



Rachel was my last attempt to seek help. Having spent an enormous amount of time and money on 2 different counsellors over 2 years following the end of a difficult and cruel relationship, I honestly thought I was broken and unfixable. Nothing was going to get me over this relationship and constantly feeling low and anxious.

I stumbled across Rachel on social media and followed her posts for a while. I decided to make contact as all other attempts to feel better had failed miserably. This confirmed my belief that I really was broken and unfixable and making contact with Rachel was really a last attempt to prove myself right. How wrong I was!!

Right from speaking to Rachel, she put me at ease and her confidence that she could help me was both comforting and inspiring. Whilst I was apprehensive about being hypnotised as I struggle to visualise scenes, Rachel assured me that this would not be an issue.

After my initial session, I felt so much better. I was able to see the situation for what it truly was and not what I had convinced myself it was - this really was a light bulb moment. Following a couple of short "intuitive healing" sessions, I now believe that I am well on the road to recovery from my awful experience.

Meeting Rachel and using her services has been invaluable to me as I can now see a light at the end of the tunnel and know deep down that I have a future to look forward to that includes having a healthy relationship both with myself and with a new man when he crosses my path.

Thanks Rachel.

Anon

Relationships



I am feeling great and my relationships are improving. I am feeling positive and my world has been transformed. Just being me....no excuses! Each day is getting better and better.

Linda

I have noticed immediate changes. It was amazing working with you. I stop linking past events to now and see them in a positive or real time light. Not just from a child's perspective as I saw it at the time. This has enabled me to calm down. Plus I have had many other therapies but nothing is as quick and permanent as with you!

Jo

TOXIC RELATIONSHIP TESTIMONIALS



Extract from a blog from a client where she talks about why she came to see me. How doubtful she was that I could help her in the way I suggested and so quickly (not months and years of therapy) How much work we covered in just one session. How she's feeling now. Take a read. It's called 'Piecing life back together after loving an addict:

Movement towards healing'

December 16, 2019

I've struggled with Codependence and toxic relationships my whole life. From my unhealthy and essentially loveless relationship with my mother as a child and adolescent (which is where it started) to my first serious relationship at 22 years old with a raging abusive alcoholic 10 years older than I was and left me with a permanent neck injury and an std, and now the last 3 1/2 years with my abusive alcoholic ex-fiance I just couldn't seem to find a healthy mutual relationship.. because I was never taught what that's supposed to look like. Shortly after I left my ex I found this wonderful online support group for partners of addicts, and started sharing my story. As I worked through my healing process I became more candid about how I was struggling and how much I wanted to just bring

him back so I'd know he was safe, and was contacted by a wonderful woman named Rachel who specialized in the practice of hypnotherapy to heal at the root cause. I had been working in and around the therapy field for years and had never heard of this, so I was admittedly skeptical... There was just no way this crippling lifelong Codependence I had been at the mercy of for longer than I could remember would find even a little relief after only one session with Rachel, let alone that I would experience any level of change in my thinking patterns. I had spent most of my life believing myself to be unworthy and unlovable and those were the kinds of relationships I sought out. That's just how it was.

My first session helped me realize that just because it's how it had been didn't mean it was doomed to remain how it had to be, and reconcile some of those dark places that drove my fractured self to retreat to Codependence as a desperate need to find what I had come to learn was love. An intense and powerful experience, the session left me raw in the emotional vulnerability of my unhealed childhood trauma, but unlike traditional talk therapy it didn't pause there and put the process on hold until the next session. Instead, I was encouraged to speak out against those who hurt me, tell them how they hurt me, and take my power back through the recognition that I AM lovable, beautiful, and worthy and connection with the fractured inner child inside me that had been abused so much that she learned to interpret mistreatment as love. I knew logically that the well-being of my ex, or anyone else for that matter is not my responsibility, but my heart always vehemently fought against that; not because it liked the abuse, but because it never learned any other way.

The session was a week ago, and I've been in a continuous place of self-introspection and self-focus ever since. I've been able to draw boundaries with my ex without feeling guilty, and I recognize the difference between worry and guilt - that it's okay to worry about him, but I have no reason to feel guilty, just as I had nothing to feel guilty for because my mother was incapable of loving me when I was younger. In my continued effort to try and being about positive closure in my childhood relationship with my mother I kept seeking out emotionally unavailable and otherwise unhealthy men whom I saw as being in need, in the hope that I could "help" them to the positive place I could never find with my mother growing up.

Rachel was a warm and encouraging guide through this process, providing an open, safe, and nurturing space for raw emotional processing and healing to begin.

I can look around now and feel okay with my ex being gone, because I feel the peace that the separation has brought with it. I can support him as he tries to get back on his feet without feeling any obligation to ensure his safety and well-being. I can focus on myself without feeling like I'm being selfish, and that is HUGE for me. I can only take care of me, and that's a truth it has taken me my whole life to accept.

M

Severe Emetophobia (phobia of vomiting).



When Rachel first offered to help me, I wasn't quite sure what to expect. I've done many alternative treatments for various illnesses-- physical and mental, and I'll be honest, it's not often when I experience a result I can confidently say was due to the treatment. For as long as I can remember, I've had severe emetophobia (phobia of vomiting). I've only recently come to the point where I became willing to say that it might be something I'd be willing to get help with. Through the sessions I had with Rachel, with her kind voice and caring demeanor, we ended up uncovering a memory that we realized played a large role in forming the phobia. She then brought me through her techniques to work through and understand it, and after these sessions, it's clear I've made so much progress.

Before I never even wanted to think about working through this, because it meant facing my fear. Now though, I realize I'm strong enough to do so. Not only am I experiencing less of my typical adrenaline-filled flight response, I've even begun to feel a bit curious. I'm confident that because of the work I did with Rachel, my greatest fear will someday dissipate. She's given me hope for something that caused me so much anguish and anxiety. I can truly see the light! And for that, I'll be forever grateful.

Bethany

Self-sabotage



I can't tell you how much you have changed my life Rachel! I have so much more time to do fun things, it is like I have been punishing myself for not finishing my work all my life and now I am free!

Claire

Weight loss



I have lost 7 ½ lb and lost nothing last year. Since working with you Rachel I am in a much better place. I do not have to comfort eat to make myself feel better.

Jane

I am feeling positive motivated to change as if a weight has been lifted, quite literally. I am losing weight steadily, but it is so easy, I walked past all the fruit and nut and I couldn't believe it!

Tina

Wrist pain



Rachel is one of the best Hypnotherapists I have come across.

I feel meeting some people is itself a divine blessing. I had just one session with her and we found the root cause for my wrist pain.

I am fortunate to have gotten a chance to experience her session. She is such a great soul and is doing a fabulous job.

Not only she has she helped me heal my issues but also mentors me periodically to fine-tune my skills as a coach.

If you are an individual with different life challenges, or a seasoned practitioner looking to deepen your skills, Rachel is the source to reach out.

She is gifted with amazing abilities to help people to address their root cause and make their lives better.

NT

Emma Is Now Ready to Adopt a Child



Emma wrote an email to me saying: "My mental health has deteriorated and has resulted in me having to take time off work. I feel completely stuck and this is not the life I want to have. I have read your reviews online and you have helped so many people, I hope you can help me too."

She said that she felt so alone and wondered if anyone could help her. She had tried counselling and other methods but nothing worked.

Later she told me that "I remember our very first chat on the phone Rachel. I knew instantly that you were the one who could help me. You made me feel so relaxed and I never felt judged."

4 days after our session she emailed me saying "The last time we spoke Rachel you said "you've got this" Emma and you were so right! I have got this! I now wake up every morning with a spring in my step, it's like walking on air! Every morning when I brush my teeth I tell myself how wonderful, amazing, strong and powerful I am! But of course I don't need to tell myself this because I already know how amazing I am."

I am now living the life I always wanted and deserved. You are not just a therapist Rachel, you are also a kind, passionate and caring woman with the most special gift. I will always be forever grateful to you for giving me my life back!"

2 months on and she says "I really feel that anxiety and depression is something I used to have. I am super confident, I no longer panic, I stand up for myself and everyday I am calm and happy.

I have also lost nearly a stone in weight! I feel there is lots more to come!

My love for poetry has also returned and I am taking steps to adopt. My dream to be a mum is about to come true!

How Hypnosis Changed Heather's Life



I used to care if people liked me. I used to try to convince them to like me.

I forgot to ask my true self if I actually liked them. I kinda didn't. And now? I am SO thankful if you don't like me.

You open space for amazing people who LOVE me to pieces! You open space for people who want to be in my life consistently! You open the door for new and incredibly grounded and connected people to enter my life! You pave the way for me to have the friendships and familial relationships that I have longed for my entire life.

It's easy to get confused when you don't really love yourself. You *think you want a person in your life but if you're approaching ANY relationship when YOU aren't in a good headspace? What do you think you will attract? I'll tell you. You'll attract perfectly well meaning but other broken humans who haven't healed their own garbage. They will FEED your insecurities from childhood. They will carry their own unhealed abandonment issues, their broken hearts, their mother wounds, their father wounds, their trauma wounds RIGHT into your space.

Because THAT is the energy YOU are bringing and they are simply matching with you because of that.

This can ALL change when you shift your neurological pathways. I did this through MANY attempts and hypnosis was THE single most successful method I tried after trying MANY methods.

Rachel Claire Farnsworth was my hypnotherapist, and she helped to change my life.

Hypnosis can change yours too.

Releasing Trauma & Working Towards My Spiritual Awakening



Rachel, working with you has been one of the most amazing events in my life. When I first came to you, I just wanted to release trauma and free myself so that I could work towards my spiritual awakening.

What I received was WAY more! Not only was I able to find the sources of my trauma, I was able to cut the energetic ties to those events and people. Plus, through the travels of past and future life I was able to see why for years many of the things I have felt (strong intuition, healing of others naturally, being the person people go to, sensitive to spirits) were linked to being a shaman.

What a mind blowing experience that was! As I have had time to absorb our sessions so many pieces of the puzzle are coming together. During our first session, I mentioned that I felt like I should be a spiritual healer. (I felt silly even mentioning it then) but look what was the result! This is my exact gift. Knowing this, I am more confident in growing in this area. I am more attuned to what my guides are wanting me to do. Now I just have to listen and follow.

The result is just amazing. I was able to find the root causes of trauma. Cut those ties, learn techniques to reduce stress and anxiety, remove the need to be in fight or flight continually, gain insight to what my gifts are and I am free from the obstacles that were preventing me from growing in my spiritual gift

All in 4 sessions!

I have tried so many other avenues for years to get where I am now. Your gift is absolutely amazing! I will forever be grateful to you.

I cannot fully express in words how beneficial this has been for me. Thank you from the bottom of my heart. You are now a forever friend. I do hope we continue to stay in touch with one another.

Tatum

Fully Express Myself to Become more Abundant and Creative.



As a Man in his 40's working in the creative industries, I found it difficult to fully express my voice and vision, to have it truly heard and to stand firm / true to my convictions

With retrospection I understand now what some of the limiting beliefs and behaviours through my subconscious that were holding me back from reaching my full potential. Expressing my voice with utter confidence was a strong theme, which with Rachels strong direction we identified through my childhood as the root cause....

Led by Rachel's calm and collected approach along with a deep breath and a bout of Courage...she helped me delve into my past childhood and adolescent experiences which had truly steered my present, It Really forced me to face past traumas that were still haunting my actions and subconscious behaviours. This was a very emotional experience with buried feelings resurfacing and old wounds being re picked at. All the way through Rachel was a powerful guide and I felt safe and secure throughout.

It was a whole new experience for me and involved me revealing and speaking about intimate personal situations, I found myself freely expressing everything which looking back proves the instant trust and belief that I had given to Rachel to address and heal my limiting beliefs

I recommend Rachel's services in her listening and understanding my issues of always feeling that I was never able to express my voice, needs and desires fully assertively and confidently...

A more calmness in my approach, more self-assured, my self-confidence has grown and my feelings of self worthiness are growing into my true authentic voice..and I am able to speak my truth

For me was a priceless experience as not only helped me grow and address the issues but can now also count Rachel as a dear friend. It was not only the live session but the recording which I listened to nightly for some time and the weekly check in calls which were incredibly inspiring especially during the great reset of 2020.

I feel that I am more armed to express my true authentic self with true confidence and without the fear of being wrong or ridiculed for my views, opinions and beliefs

Abundance, creativity

This experience has aided me To become a better leader through my understanding and empathy and has helped in the expansion of the community through my own business and creativity

Friendship and long-term collaborations on many initiatives and projects moving forward.

JP

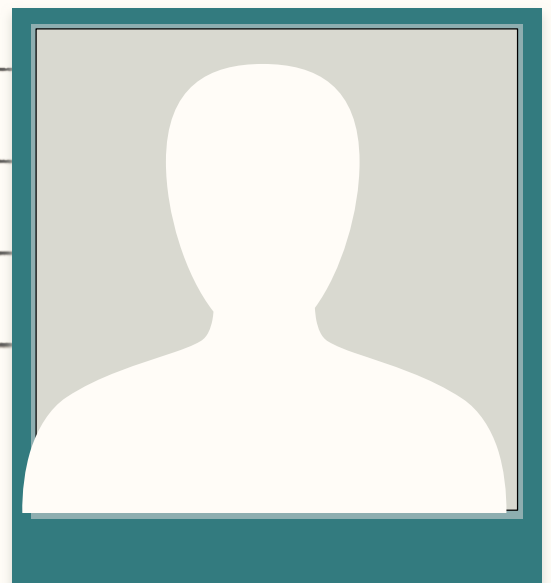


THIS PAGE IS RESERVED FOR YOUR OWN TRANSFORMATION

Pause for a moment & think about what it would feel
like.

Who would you be now without the issue you are
experiencing now?

your Name



A PHOTO OF YOU



Thank You!

Thanks for taking the time to download and read my testimonial e-book. All these results were as a result of working with me in my Quantum Breakthrough 30day programme.

What would you love to achieve for yourself?

Imagine a month from now ... You are free from your presenting symptoms, have released the trauma so that you can stand in your own power, you believe in yourself, ...even love who you really are.. What would you create in your life then?

It is available to you too!

So, what next?

Step One: Come on over and join the conversation in my Facebook group **Decoding The Body's Messages To Transform And Thrive**

at <https://www.facebook.com/groups/decoding>

Step Two: Let's arrange a Complimentary Consultation/Power Hour so you can see what is possible for you too! Please refer to the next page for my contact details.

I look forward to hearing from you soon so we can begin setting you free!

Warm regards,
Rachel

WHAT'S NEXT?

BOOK YOUR FREE POWER HOUR!



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[Podcast: transform and thrive](#)

More testimonials are available on my podcast that don't feature in this ebook. Here and see for yourselves what's possible for you from past clients. You'll be delighted with what's possible for you without countless sessions.



RACHEL CLAIRE FARNSWORTH

Releasing emotional and physical pain without countless therapy sessions

Award Winning Transformational Coach and
Wellness Therapist, International Bestselling Author

DISCOVERY CALL:

<https://bit.ly/43NliCs>

