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Fr. Ursula Sauer

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Dear Ursula,

for 4 weeks now, I have allowed myself the luxury of using the lung program daily [Sinfonie of Light - Healing for your Lungs].
I must say, I am so thrilled!

I have had a constant cough for over a year. I never went to the doctor because it was clear to me that this cough was a stress symptom. And this was sometimes so violent and long that I often had to take myself out of conversations. But somehow I didn't really know how to counteract it either ...
So, for the time being, everything stayed as it was.

Well, 5 weeks ago - when Corona became so intense - I told my family that I want us ALL to use the healing meditation - the lung program - every day.

So, what can I say? I have NOT been coughing for a week now!!!!

I did not really notice this at first. But last Sunday morning I thought to myself: „Wow, you haven't coughed at all today. And you didn't yesterday either.“

It is so liberating.

Best regards
Elke