

# Healing Testimonials



## **Sec.1 – Physical Pain and Suffering**

Migraine Headaches  
Bursitis / Arthritis  
Joint and Muscle Pain  
Severe Back Pain

## **Sec. 2 - Emotional Pain and Relationships**

Depression  
Insomnia  
Panic Attacks / Chronic Fatigue  
Childhood Trauma Issues  
Self Esteem  
Marital Relationship Issues

## **Sec.3 - Distance Healing Work**

Kelowna, Victoria, Singapore, England, North Carolina,  
Massachusetts

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## **Sec.1 - Physical Pain and Suffering**

### **Connie Sue: Fibromyalgia Client**

Thank you once again for the wonderful insights into who I really am. I feel no pain at all in my body, it's unbelievable! Yahoo!!!  
I am looking forward to your workshop. See you then.

### **Sheila: Fibromyalgia and Chronic Fatigue Client**

When I left your place I felt very, very light in body and spirit, with an ease I've not experienced in many years. I FEEL FREE!!! I'm so excited to experience a few days in a row with **very little** pain. I am remembering the joy of being at home in my body, I am re-claiming my freedom. I am so looking forward to sharing in more healing sessions with you!

### **Steve: Migraine Headache healed on job site**

Just wanted to take some time and thank you for the treatment you gave me. It was very effective. My headache was so bad that I was white as a ghost and I felt sick to my stomach. The pain was gone in 20 minutes. I was impressed with the fact that you treated the pain, and taught me how the headache really started. Rocky took the time to teach me where the pain actually comes from, and how to heal those issues to prevent them from coming back. My quality of life has dramatically improved.

### **Linda: Migraine Headache**

"I am still amazed by my experience at your recent workshop. I just happened to be suffering with a migraine headache that day and, as usual, I had been fighting the headache with pain medication to no avail. You were able to recognize that I was not well and asked me if I was okay. I admitted I had a migraine and you offered to help me. I had never experienced energy healing but I was open to trying anything at that point. Your manner was so calming and gentle that I was able to really let go and after about 10 minutes of your healing process my migraine was gone. I felt really warm and a bit dizzy for a few minutes but I was completely pain free and my migraine did not return. When you asked how I was feeling I believe I said, "You're way better than Advil." Thank you for opening up a whole new way of thinking for me"

**Robert, Cailin's Husband: Migraine Headaches daily for 20 years**

Now I want to mention that it is now 10 days without the interruption of a migraine in our lives. We are both very grateful, thankful, blessed and send our appreciation for the part you play in this.

**Gordon: Suffered Migraines Several Days A Month**

I had never even heard of energy healing before, when I met Rocky at my workplace. I am a mechanic, and I had been suffering with a splitting migraine headache for 6 days. I have suffered reoccurring migraine headaches on a regular basis. Everything the doctors suggested could not do anything to stop the pain. You suggested that I just try energy healing: I figured I had nothing to lose. We went up to the lunchroom, and, within minutes, I was feeling extremely relaxed, and I had a deep sense of warmth going through my head and neck. Within one hour of you treating me, my headache was completely gone. I do not know how you did it, and, I don't care. I just know my headache was gone. Even more amazing, I have not had a headache since then. It was a miracle. Thank you Rocky for helping me

**Darlene: Acute Shin Pain**

I recently had the experience of acute left shin pain due to walking too far without preparation. That evening, I iced it and rested 'til the evening of the next day. With some residual pain, I decided to go out dancing. I met Rocky when he asked me to dance. I shared about my injury and trepidation at dancing but he was reassuring that it wouldn't be a problem. From within seconds of being on the dance floor I didn't have any more pain. Even after several hours of dancing I did not have any pain. It didn't return the next day either.

**Paul: Severe Bursitis**

I would like to share my unique experience that I had with Rocky. I am 62, my name is Paul. Ever since I was 25, I had problems with my right shoulder. It would pop out with the slightest pressure and cause me great pain. This pain has plagued me all my life. Recently, my mobility was reduced to 50%. I was diagnosed with acute bursitis. Every day functions became difficult and painful. I went to the doctor and I was actually looking forward to surgery. Then I met Rocky and he suggested another option, Healing. I said if there was anything that he could do, please do it...the rest is history. Within 30 minutes of the first healing treatment, my shoulder felt brand new. The pain had been reduced to negligible. I told my fellow workers about this miraculous recovery, until they were sick of me talking about it. Thank you Rocky for giving me back my arm, and my life. Thank you for removing all the pain I was in. It truly is a miracle.

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**Jason W. Chan: Constant Lower Back Pain For Years**

After suffering from chronic lower back pain for many years, I have finally been able to manage it successfully with Rocky Krogfoss' help, using the visualization and stress-reduction exercise. Driving to my meeting with Rocky, I was in constant pain. Rocky said I could let the pain go quickly, and much to my amazement in just a few minutes that is exactly what happened. We were sitting in Starbucks, and it was gone. After the meeting, I drove back home pain-free. Honestly, it blew my mind. I would totally recommend Rocky.

**Jackie: Migraines and Depression**

I was dealing with severe migraines almost on a daily basis. I had been given one medication after another by doctors and had no long-term success. I had a severe migraine the day I went to see Rocky. When I left, it was completely gone. A year and a half later, I do not experience migraines at all and do not take any medication. The best part of it all, however, was that he helped me to find the inner strength I needed to pull myself out of the state of depression. The pains in my neck from the accident were dramatically improved and I now look at my fears in a whole new way. THANKS SOOOO MUCH

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**Lisa: Yoga Instructor – Acute Sinusitis – Negative Beliefs**

I just wanted to take the time to say thank you for the treatment you gave me. It had a really positive effect on me! I was suffering from chronic sinusitis and the treatment help alleviate the pain as well as release negative core beliefs I was holding on to at that time. The session helped kick start a new positive and productive beginning for me, one where I believe in myself and one where the fear and self doubt have been greatly reduced. Thank you sincerely.

Thanks again for taking the time to do a session with me and your kind, guiding, healing words. I was fortunate to have met you.

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**Nicki: Intense Migraine, Nausea Healed in 20 minutes**

Dear Rocky,

I would like to thank you for helping me the day when I had a migraine headache, that nothing I did or anyone else could do seemed to make any difference. I had just come out of the acupuncture treatment and there you were in their living room, installing some electronic equipment. I could barely hold my head up and I felt very dizzy and nauseating. I thought I was going to faint, so I sat down at their kitchen table, trying to focus and take deep breaths.

Out of my peripheral vision, I heard you say, "Let me help you, Nicki". At that point, I felt that nothing anyone did would help me, but that it couldn't hurt to try something new. I was willing to let you do whatever it was you do, as I had experienced Reiki and Hands-on-Healing before, I assumed it would be similar. While you were working over my head and standing behind me, I felt warmth around my neck and head and the warmth seemed to melt away any tension and pain in my neck. It spread up and around my head, relieving the nauseating feeling. When you finished your treatment, I slowly drifted back to consciousness, while still sitting upright at the kitchen table.

I felt some reluctance to come back down into my body. I was expecting the headache to be still present in my physical body, but when I opened my eyes, and to my delight and surprise, my head and neck were pain free, my headache had vanished.

I was very grateful to you Rocky, as this was the first time I had not vomited and felt ill for days after having a migraine headache I envisioned that just speaking would ground me into my body and I would feel that excruciating headache again. In fact, your work was miraculous and I have not experienced any recurrence of a migraine since. Whatever you did, it worked permanently. Thanks a million

**Lisa: Yoga Instructor – Acute Sinusitis – Negative Beliefs**

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## Sec. 2 - Emotional Pain and Relationships

### **Jen: Lifelong Panic Attacks Healed**

I have to say how great your session was with me. I realized further into that day that I had no aches or pain anywhere in my body. It lasted right through till the next day. Also, even greater than that, on the weekend I was driving into UBC from Langley, using Hwy 99. I usually take the Alex Fraser Bridge because I cannot go through the Massey Tunnel.

I have but only once driven through the tunnel, under complete duress, as a passenger, with my eyes closed, breathing deeply just to make the fear go away. This time, after the healing work, I realized I had no worries, no fear, no lingering memories; the fear was completely gone. I had changed. I drove through the tunnel and again coming home. I thank you greatly. You have a unique gift.

### **Janine: Suffered from Depression for over 20 years**

I wanted to thank you so much for what you did for me at the Wellness Fair on Sunday. You have done wonders for me, I felt so good after the healing, I just cannot explain it. When I went to sleep that night, I went into such a deep sleep like I've never had before, and it was like an out of body experience. It seemed like all the bad energy in my body was pushed out through my toes. When I woke up, I could not believe how good I felt. I just wanted you to know that what you did was unbelievable, even my friends noticed a big difference in me. I am going to let everyone I know about your healing work. I am so blessed to have met you, thank you so much.

### **Mary Beth: Life Coach**

My husband and I talked over your many comments, observations and advice ... and appreciate the easy manner in which you 'hit the nail on the head' for both of us. You're down to earth; practical approach was truly a relief. Thank you for being refreshingly humble, honest and down to earth. You don't pretend to be anything other than what you are ... that was the biggest gift of all ... We would like to see you again. Thank you again Rocky ... thank you mostly for NOT being a self important demi-god! And thank you for helping us believe that we can make some sort of positive contribution in our new lives ... we'll look forward to seeing you again.

**Angie: Inspirational Healing Work**

I would like to thank you for being so brave to do what you did. I had been thinking about how much courage it took to do what you did. I never knew releasing pain could be so easy. I have been sitting here since this morning, letting my heart soften. I don't think I would have known to do this if I hadn't met you. You are a beautiful sweet courageous man. You have touched me in more ways than I can say.

**Helen: Relationship Healing Session**

I recently had an Energetic Healing Session with Rocky. I found the session to bring me back in balance and harmony with who I truly am. His insight was full of truth, tact and sensitivity. Most important, suggestions that were practical to apply which has me in my Goddess light and recognizing my own beauty. Having a session like this from a man was uplifting and perfect as it was related to my own relationship with my boyfriend. Blessings

**Bonnie: Feeling Stuck, Lonely**

Dear Rocky

My weekend was great, Thanks very much to you.

I have had some very interesting days, but now I feel great.

I can't thank you enough and now I am actually sleeping a lot better too.

I am having fun with lots of people, family, and friends just like I used to be.

I just love it.....Thank you so much.....

**Marilyn: Insomnia**

I was having trouble sleeping and felt very confused about many different aspects of my life due to some new realizations. Rocky helped me to ground and balance myself, and feel safe enough to look into those fears more deeply. He really empowered me to figure things out for myself, which I truly valued. He intuitively knew exactly what I needed.

**Karen: Self Esteem**

When I left that day, I felt a surge of personal empowerment and responsibility, which has stuck with me. I have much more clarity in my life and feel so much more responsible for the way I am feeling. People around me are responding in a very positive way to my new confidence and I am thoroughly enjoying my life.

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### **Carolyn's Daughter: Teenage girl in constant fear and anxiety**

My daughter is a young adult who is gifted intellectually and artistically. With this comes a certain kind of social anxiety. She doesn't usually feel like part of the social scene.

I took her to see Rocky and they connected right away, as I thought they might. He was able to easily reach her and her advanced way of thinking about the peace that the world bestows upon her and how to live it each day and dispel the fear when it tries to creep in. She was so relieved to have spoken with him and her anxiety diminished immediately.

### **Lisa: Neglect of Self**

Thanks so much for your very enlightening treatment the other night. I had some new doors open to help me accept my downfalls & really work on them. Continued focus is always a "joy" but this having to deal with "loving" myself has really hit home & I realize how important it is & how much I actually neglected myself in the past without knowing it. The ego stills want to come back & tell me that I need a guarantee to take this risk & just allow my true feelings to take control but I am sure that this is all of our ongoing battles? I look forward to seeing you again.

### **Robynne: Gratitude For Healing Work**

This morning was really bad for me. I didn't sleep much last night and I hadn't eaten and I guess the reality of what I was losing hit me very hard and I was crying for most of it. Your call has helped me put things in perspective and calmed me and given me some things to think about and learn about myself. I have a wonderful family and a good job, a roof over my head and everything I need materialistically and I appreciate it so much! But now I see that I need to work on myself more so I can get what I want romantically too. Your words of affirmation and your very comforting demeanor have had an impact on me that I guess I must have known on some level would. Self esteem at a time like this takes a beating so every positive bit of encouragement is welcome.

### **Valerie: Severe Childhood Trauma**

Wow! I just had a healing session with Rocky today and I experienced something very unexpected. I have been doing energy work and clearing for some time now. I am also a practitioner myself. With Rocky's help, I finally got to the root cause of a long standing childhood trauma and I experienced a huge emotional and physical release tonight. I was actually there witnessing the event in my own body and I could see all my surrounding clearly and remembered all the details. I released the pain in my little girl's body. The freedom that comes from that is so beautiful and profound. Thank you

### **Brenda: Best Friend Betrayal**

Rocky, thank you so much for helping me get "unstuck" from the problem that was causing me so much stress and some anxiety. After meeting with you I felt so much better. You helped me shed a whole new light on the problem that I could not have come up with on my own. You helped me see things as they really are and got to the "core" of what was really going on. The way you explained things to me was very enlightening and it made my stress and anxiety over the problem go away. The tools you taught me have already helped me and will be beneficial for future problem solving. I definitely felt a sense of empowerment and I really "GOT" what you said! Keep up the good work!

### **Carole: Nervous Depression**

"I was recently given the gift of some sessions with Rocky. I think I have been searching for this for my whole life but did not know until I attended my sessions. The ease with which I was able to focus on energy & parts of my body indicated to me that I had found something powerful & healing. As Rocky had indicated, the concept of healing is very simple. It is almost too simple for us humans to comprehend. But do find a way to understand it....it is so very powerful. I arrived for my first session with tremors in my vocal cords which affected my voice. By the next session a week later, my voice sounded normal. Talk about getting in touch with your body, I found that my body helped me with this healing process. Yes, it is complicated to do the work but we all have the ability within us to do it. I want to learn more about energy work & open my mind even more too all the possibilities awaiting me. Thank you, Rocky."

**Colleen: Deep Overwhelming Anxiety, Racing Mind**

"Rocky helped me with a persistent stress issue. He showed me how to relax my body AND mind, how to recognize my stress points, and how to deal with some very deep unresolved issues. Issues that I didn't realize I had, or that they were keeping me from moving forward. All in all, it was a very positive experience. I was somewhat reluctant to deal with a male therapist but he put me at ease with his calm and confident manner; he is very intuitive with women and their feelings."

**Trudy : Healing Deeply Seeded Beliefs Around Abuse**

Rocky was introduced to me by friends of mine that he has helped over the years. I have seen Rocky ongoing for a year now. Rocky has guided and helped me in so many ways. I now have much more value for myself and recognize an abusive comment or dysfunctional person immediately. I no longer make excuses for people who are undeserving of my time. I no longer doubt my decisions once made and have the ability to look forward and be happy and content with my life. Rocky has helped me realize that I must be thankful for all that I have and appreciate my abundance in life. Since being guided by Rocky I sleep better and am a much happier person. Rocky helped me become authentic and to be truly honest with who I am. The things that most embarrass us, that we hold close to our hearts, are truly the things that can set us free when we have the ability to express them. Rocky really helps you dig deep into your soul and be honest. Being able to fully express ourselves and get to the core of who we are as people is very healing. He helps you slow down and actually listen to yourself speak. He teaches you how powerful your words are and to choose your thoughts and words wisely. Rocky is an amazing healer who cares very deeply for those that are fortunate enough to have him grace their lives.

**Ashley Celebrating Her Freedom: From Facebook Posting**

Ashley is celebrating 5 weeks with NO anxiety attacks — feeling free!! I never suffered anxiety in all my life until our house fire. I had such bad anxiety attacks afterwards I had to go to the hospital because I couldn't breathe or calm my racing heart. Super scary!!

The healing was through the personal healing sessions I did with [Rocky Krogfoss](#)

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## **Sec.3 - Distance Healing Work**

### **Carole in Victoria: Anxiety**

I was able to reach a deep place of relaxation and trust with Rocky's healing. His energy and voice are very relaxing and soothing. During my healing process I felt a sense of tingling warmth run through my entire system as my energy blockages were released. It left me with a renewed sense of lightness. I feel at peace

### **Pamela in Kelowna: Hip and Lower Back Pain**

"Recently I was in pain for several days in my lower back and left hip area to the point that I was bent over sideways when I walked. Rocky gave me a distance healing session over the phone. He started gently guiding me back in time to the origin of my issue. He used a variety of techniques and was so caring and sensitive throughout. Two days later I was standing up straight and by the third day I was 90% better! I wouldn't hesitate in referring Rocky to assist in facilitating the healing of any issues and I love that he creates such a safe space. Rocky is very gifted at what he does and I love that he is willing to share his gifts and wisdom."

### **Taraka In Singapore: Acute Lower Back Pain**

Thank you for what you have done for my back pain. It is amazing how even over the phone that this healing can take place from a distance. My back has been in great pain since I arrived back in Singapore from Vancouver *a week ago*. As we talked on the phone, I could feel warm heat running down my spine and on the lower back. To be honest, I couldn't really remember much of what you were saying but I can sure remember how it felt on my body. I felt like being wrapped in a warm blanket as the pain began to leave my back. While my body began to feel lighter and lighter, my experience of the inner Silence became louder and more profound. I recall telling you that I felt like I'm melting into the bed. After our session is over, all I wanted to do was curl up in bed and sleep. I woke up at around 6.30am. Whatever had happen the night before with the healing work, I felt light as a feather and the rest of the day I was completely alive and up lifted. I had so much energy I completely clean the house. Whatever it was that I was holding on to and causing me pain, I know it is gone now. Thank you Rocky, so much for being the bridge to allow this amazing healing to take place. Deep gratitude, Taraka

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**Part 1**    **Email From Jen in South Yarmouth, Massachusetts:**    **Migraines**

I have had migraines my whole life, but in the past 6 months they have become severe, frequent and debilitating. I sit here writing this with a pounding in my left temple that will not go away. In the last month I have had migraines for 20 or 25 days, and the pain is excruciating. The cycle just won't go away. This migraine here I have had for 7 days straight. I wake up with it and go to bed with it. Then the next day it comes back on the other side of the head. I even signed up for a Migraine Program and it is not helping, it seems that they are only getting worse. I am getting desperate and was wondering if you think some distance energy healing could help my head? I can't stand it anymore and am about ready to check out if you know what I mean. **Please help!**

**Part 2**                                    **Jen : After Healing the Migraines**

I just wanted to say thank you again for your help. I have been feeling so much better in the last week or so and just wanted to tell you this; that you're healing really helped! You have been a big part of my getting better and I thank you for that! I realize after our session too that I need to trust my intuition, and not rely on what others say. The people at the Migraine Program are trying to do what's best, but they thing is they don't know what's best for me...I felt like a medical "guinea pig"! So thanks for helping me to take back my power in all areas! I am still feeling well, and definitely do want to do another session sometime. I know others that get migraines and will definitely refer them to you!

Many thanks once again for your healing work and kindness

**Sarah May: British Radio and TV Star Medium - Ghost Hunter**

I have had this awful congested chest and sinuses that have been hanging on for days...I have no idea what or how you have done it, but you have cleared my congested chest. I woke up breathing freely and feeling incredibly light around the chest area, like I'm breathing clean filtered air with great ease. The only way I can describe it, I'm impressed and humbled. I highly, highly recommend Rocky's distance healing work.... wowowow

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## **Ani Lyn - Back Pain in Oregon, USA**

**It was back in December 2012 that I had the opportunity to have Rocky Krogfoss work on me. I was in Ashland, Oregon at the time. Prior to leaving Morro Bay, California, I had fallen and injured my lower back. When I got to Ashland, Oregon I thought I would have to see a Chiropractor. We talked on Skype and he noticed I was in pain and asked me what happened. I told him how I fell and twisted as I went down and the pain I was having in my lower back. He asked me if I'd like him to work on me. I know a lot about energy work since I too am an energy worker, but was still surprised that energy work could be done through Skype. I turned around and put my back to the screen. I sat there maybe 5 minutes as Rocky did his thing. I felt immediate relief when he was done, but still wondered if I wouldn't have to see someone else in person. I thought the physical contact with my body would be needed due to the way it twisted as I went down. I am happy to say that to this day, a year later, I have had no issues with my lower back! I believe Rocky has a very special gift and encourage anyone with physical pain to see him.**

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