

Facebook: Empower Me 2 Be Free

Women's Workshop Testimonials

New Beginnings Therapy



Healing the Emotional Body



Facebook: Empower Me 2 Be Free

Page 2

“The workshop is truly life changing. It was an experience that left me feeling deeply empowered in the knowledge that who I *really* am, who we all are, is far more magnificent than I have ever dared to believe. The small powerless person who I thought I was is just an illusion. It is an illusion that I now have the awareness to dismiss with love and forgiveness. This in itself has given me a peace that I didn't know was possible. There are no words for how deeply this changed how I think of myself.

I also connected with an unconditional love that is far more profound than anything that I have ever felt before. It is the love that I have always been searching for, the love I feared didn't exist yet somehow knew it just *had* to be there, and it is. It has been there all along with open arms just waiting for me to see and embrace it. The deep relief and joy I felt knowing that my greatest wish, my most earnest prayer has been answered, filled my heart to overflowing. I felt that my very soul was being recognized and honored for the first time and at the same time I had the *knowing* that this has always been. These gifts I will carry in my heart forever. Thank you Rocky: for showing me the way.

The process was simple, gentle yet very powerful and easily revisited. This workshop has opened the door to the place where the answers I have been seeking are. I feel a deep peace and profound love for myself because I see the truth of who I am and I know that I am the creator of my life...and that's exciting! It is so much more than a beautiful thought; I now know *how* to make the changes I want. And I have, and I AM! Rocky's intuitive guidance and heartfelt kindness led this workshop in a most natural and comfortable way. He is truly a teacher and way-shower of love. The journey with Rocky and the other women was so beautiful, so joyful and so much fun!” ----- **Julie Gilmore**

Stress: Men, Relationships, Wellbeing Workshop

This is a great workshop! I walked away feeling empowered and can't wait to go back so that I can hear it all again. Rocky is truly an inspirational speaker--**Tara**

Facebook: Empower Me 2 Be Free

Page 3

Workshop Testimonials

“I would encourage anyone wanting to explore the "possibilities" in order to promote their own growth and self development to take Rocky's course on Quantum Physics and, Healing.

The workshop on “How do I change my reality by changing my thoughts”, Rocky gave me the tools to see that the most valuable things are to be found within ourselves.

His gentle demeanor and genuine passion for what he is teaching creates a harmonious learning environment. He empowers you to 'step out of the box' and 'Think Big', realizing the potential that is within each and every one of us. I am looking forward to the next course and continuing on my journey to freedom.

Thank you Rocky for helping me return to the 'Goddess' within!”

Sincerely, Stephanie

“I wanted to thank you for the insights that you brought into my life. It helped me get out of the cycles of fear and pain. I learned to elevate myself to a higher state of perception that enabled me to deal with my challenges.

I also learned how to activate the power within myself. I have been able to heal my own migraine headaches a few times since taking the course. I am grateful for all I learned in the workshop series. I appreciated the safe, empowering and supportive environment you created in our class. Overall, I was amazed at the results of the healing wisdom and results of the course material and I highly recommend anyone wanting to make changes in their life, that they take this course.”

Regards, Jessica

“Thank you so much for the most enlightening workshop yesterday. You packed it so full of useful, pertinent info that I wondered if my head was going to implode on itself! I’m really looking forward the next level ... and ... the meditation circle too!”

Great Love & Deep Gratitude, Bernadette

Facebook: Empower Me 2 Be Free

Page 4

Workshop Testimonials

“ I want to thank-you so much for your awesome workshop I wanted to let you know how this has empowered my life.... I have struggled with weight issues from a very, very young age and although I have tried every diet under the sun, the weight seemed to always creep back on! I have felt hopeless in finding what would work for me. I had resigned myself to the fact that this is my genetics, my “body type” and I would have to except that!

When you started talking about how each individual has the power to change their DNA, I knew this was the answer I was looking for. Every morning I go to a meditative state inside myself and find my energy source and I move it through my body and I tell my metabolism to speed up and it actually WORKS! My energy level has increased so much that I have to find outlets to burn this energy and keep it going “I am on FIRE” and I love it!

I have experienced the power of quantum thought for myself... I know now that this is real and there is no limitation to what I can accomplish! Thank-you!”

Anna

“Wow! Your workshop was great. I can honestly tell you it certainly rocked my world, right to the inner core!! As you know and everyone who was there knows, I experienced a very profound healing. Afterward, I felt quite up lifted and a huge emotional weight was released from my chest which I had carried around for all these years.

Thank you so much Rocky – you really Rock!”

Diane

Facebook: Empower Me 2 Be Free

Page 5

Workshop Testimonials

“I really enjoyed the workshop. It was inspirational and freeing. I found the material a lovely reminder of what I learned long ago and then got away from. You also presented it in a really nice way which I found comforting. There were also some wonderful new things in it that really helped me realize that I need to get back to my spiritual side and that I need to look after “Me” now. I rarely feel comfortable recommending something to anyone, however, your workshop is one I will happily recommend to my friends and I wish you many blessings, as you are a blessing to all those you come in contact with. I look forward to the next workshop and more of the realization of who I really am.”

Shari

“Thank you from the bottom of my heart for opening yours to all of us. Thank you for sharing your knowledge of what is really going on and for assisting us to remember who we really are. Your workshop has awakened in me the knowledge that I am powerful, I am worthy and I am loved. I always knew it, but the workshop opened up my mind to really feeling it deep within my very being. This has left me feeling a freedom I never knew before. I feel deeply relieved that I know the truth about myself and that all the powerlessness and unworthiness I felt in the past was all lies....all lies. I know now in the deepest core of by being who I really am and that I am so ready to embrace the love that is...me!”

**With deepest gratitude,
Julia**

“Thanks Rocky.
That was absolutely the greatest workshop I've ever attended.
Thanks again.”

Susan

Facebook: Empower Me 2 Be Free

Page 6

Workshop Testimonials

“I want you to know that it really was timely for me, and that it has started a cascade effect on my healing. I have been holding in so much for so long, and now I am letting my angels help me let it all go. Even if it is painful, I am letting it go and freeing me for what is coming next. I am so grateful for you and your gentle way of informing and helping each of us. I am glad Julie told me about your workshops and I want to help you continue to do what you do... so I will steer those I meet your way, if they are at all ready to hear. I have been allowing those that are firmly planted in the old way to be close to me, and I am a little drained. I think that will change soon and then I will come in contact with those who are ready to hear. Thank you for being you”

Brenda

“I felt honored and respected by you in the workshop. Your gentle nature is wonderful. I loved your humor and the fun you made of yourself coming to terms with your ‘male ego’. Your humanness made it easy to feel safe with you and make light of our ‘stuff’ – we all have ‘stuff’. I loved your Starbuck’s in the Sky analogy and I’ve decide to steal it. You made it so fun! The goodies and tea added to the easy going-ness of it, like we were all just a bunch of friends hanging out.

The atmosphere you set made it easy to share and be vulnerable. Sharing your crystals and playing the beautiful music made it feel special and nurturing.”

Rachel

“I attended a Rocky Krogfoss workshop called "The Law of Attraction Enhanced". The information provided gave me answers to questions I had without even asking the questions. I feel if you attend with an open heart possibilities are endless. I personally experienced an intense release of emotions regarding childhood trauma which left me feeling like I was 40lbs lighter inside. I offer a heartfelt thank you to you Rocky for stepping forward and sharing so much of yourself with every individual in attendance.”

Sherry L

Facebook: Empower Me 2 Be Free

Page 7

Workshop Testimonials

“Something has happened again. When I meditated I kept sending love to my brother and asking that he live the life he was meant to live. I had seen positive changes in him and his attitude was shifting. He has been out of work for almost three years. He couldn't even get a ten dollar an hour job doing anything.

He called me yesterday. He is a driller/blaster/road builder. He just got his dream job with the best contractor in B.C. His contract is out of this world and he say he has the most up to date machine in existence. He says it was unbelievable. So last night I sent love to everyone I knew with problems.

I have been talking to a lot of my friends and they are talking about your program. I am going to email them your schedule.

I also have a lot of energy and I am completing all sorts of tasks I have been putting off. “

Sandra

"I thoroughly enjoyed Rocky's workshops and have found them life changing. I have used everything I learned in my business and personal life and have found it to be one of the best things I ever gave myself. Very worthwhile to any woman, no matter how much you think you have it under control. You will be delighted with the results!" --- Shari

“Dear Rocky

I am moving forward like you said. The Law of Attraction Enhanced is working for me. I have taken my inventory and I am ready now to let go of the old crap. You inspired me to really do a lot of work on myself introspectively to remember who I really am. The workshops validated so many things I intuitively knew about myself along with new discoveries about myself. My Law of Attraction is definitely enhanced. Thank you for helping me.” **Sharon**

Facebook: Empower Me 2 Be Free

Page 8

LCSS Testimonial

“Hi Rocky

Your presentation last night was awesome – you had all the ladies with you and that is the key! You are genuine and compassionate, and that draws your audience to you. It was a wonderful start to the group! It’s a gift to be able to reach people from all walks of life – you have quite an assortment in this group, and you got them all!

I’m doing a couples workshop this Saturday, and I always hope to have the group with me, the way you had us all last night.”

Lorraine

“Hi Rocky,

I forgot to debrief the big success story with you – Janelle. Isn’t it awesome how much good your group has done her! She actually looks better – more open and “shiny”. It’s worth everything to make a difference in that lady’s life. She has suffered so much, but here she is now – less pain, more optimistic, and getting out more! I wanted to cry when she shared that. On the way out I touched her arm and told her how happy I am for her. She looked so happy.

Thanks so much for all you do for these “goddesses!”

Lorraine

Facebook: Empower Me 2 Be Free

Kamloops – Sept. 21, 22, 23rd 2012

For quite some time now, I have been interested in the Law of Attraction. I have experienced many times in my life where I was getting lots of what I did NOT want, but also times where I was getting lots of what I DID want. I just wasn't very good at figuring out what I was doing to attract these negative or positive things. My life felt chaotic, rushed and like a LOT of effort all the time. For the last few months, I had been struggling with this whole concept of attraction, and how to truly manifest it in my own life. I wanted inner peace and I was ready for it. After taking Rocky's "Law of Attraction Enhanced" workshop this weekend, I was truly impressed. What a smart and very connected workshop leader, what a well put together course and what a shift. The shift for me during this weekend was big. I dove deep within myself and faced my demons. I was able to see the patterns I had created in my own life that had led me astray and I decided it was time to embrace my inner goddess and say "No more!" Rocky showed all of us how in every moment we have a choice to choose love over fear, and how it truly is just that simple. I learned how to say no to what I don't want in my life, and how to focus simply, yet effectively on what I DO want. This workshop was profound, memorable and I am so glad that I took part in it. Moving forward, I have new wisdom and knowledge that I did not have before, and my heart is open and ready to receive all the joy and beauty that this life has to offer me. I would gladly take Rocky's workshop again.

Regards, Lynn Roberts

Director of Operations,

Innery Corporate Yoga Inc.,

www.innerycorporateyoga.com

Facebook: Empower Me 2 Be Free

Kamloops – Sept. 21, 22, 23rd 2012

Hey rocky! Thanks so much for the workshop...loved it... :)

Your kind and caring demeanor enabled all of us to open up, and feel safe and comfortable..thanks :)

I enjoy it so much. Also I am interested in the next healing workshop and I want to do some private healing work with you.

Stephanie

“Healing the Emotional Body” Workshop

- “Rocky was tender, caring and kind. I learned not to judge myself – *Shelly*”
- “Very good speaker. Very uplifting and positive – *Jeanie*”
- “I enjoyed the interacting in this class, it was light hearted – *Jen*”
- “It gave me the strength and the courage to make tough decisions and it is ok to take good care of myself – *Sheila*”
- “Pleasant manner, made it a safe environment – *Carrie*”

Facebook: Empower Me 2 Be Free

Jill

"After attending a 3 hour Healing Pain and Stress Workshop with Rocky I was immediately comforted by Rocky's calm and gentle presence. He radiated happiness, compassion and genuine interest in all who attended. He awakened feelings within me that society dictates as unacceptable to voice. Rocky taught us by 'blocking and walking' away from negative energy we increase love for ourselves and all those around us. And, the greatest gift we can give ourselves and every other soul in the world is to love- Love Ourselves! Thanks Rocky for teaching me that there is nothing selfish about loving myself."

Laura

It was a pleasure to meet you today & to experience your event. Honestly, you really blew my mind. I have really thought that I had healed a lot of my pain but, I now realize it's a journey I need to continue. Your message hit me so intensely, I am a smart woman and I am not easily convinced by people who are "healers" but, you are something delightfully different!!!

Nicole

I know I came into your workshop somewhat skeptical but I could not believe how quickly 3 hours went by....I wanted to hear more. I absolutely enjoyed the presentation and I realized (well...I actually already knew) that taking care of myself and loving myself will give me some new found freedom. Unfortunately, this has been a very tough process for me so I am allowing myself to be a bit more vulnerable...kinda scary. I am looking forward to your next workshop. THANK YOU for taking the time to help us become stronger and more confident women. I appreciate and respect what you do.

Facebook: Empower Me 2 Be Free

New Beginnings Therapy

Professional Healing Services

Rocky Krogfoss

Core Belief Energy Healer

Life Coach and Intuitive Counselor

- **4 Session Healing Package -\$500**
- **Healing all emotional and physical pain and fear:**
- **Depression, Anxiety, Severe Stress**
- **Chronic Fatigue, Panic Attacks, Insomnia**
- **Migraine Headaches, Fibromyalgia, Bi-polar**
- **Bursitis, Arthritis, Addictions, Back/Body Pain,**
- **Empowerment**
- **Relationship conflicts with Family, Marital, Workplace**

604.802.6390

stressfreeme99@gmail.com

www.empowerme2befree.com