

Letters of support from our clients

From: ian and mo <yeti>

Sent: Sat, 12 June, 2010 10:21:13

Subject: Re: Last Visit

Dear Shokat,

Apologies for the delay in sending this to you but we were told last week that Ian's aunt (the lady that brought him up and is therefore more like his mother) has only 6 weeks, at the most, to live. So as you can imagine we have been rushing to and fro to sort out a hospice place etc., for her.

Anyway, thanks to you, we are both coping well with the situation and I look forward to hearing from you and seeing you again for our 12 month check-in.

Best wishes, Maureen and Ian.

To whom it may concern

My husband and I had quit smoking, on a number occasions over several years, but sooner or later we always started again. We had tried everything from patches and Zyban to herbal remedies, as well as sessions of hypnotherapy and even previous attempts using bio-resonance, but nothing seemed to work for very long, if at all.

My health was beginning to suffer severely from the effects of long-term cigarette smoking. I was having problems breathing due to smoking related chest complaints and knew that my health and well being could not be improved unless I firstly overcame this powerful addiction.

We had had some success in the past using bio-resonance in isolation so when I searched the web, in desperation for something that may help, and saw Shokat's triple approach to addictions, I wanted to know more.

I was extremely impressed with the testimonials I saw on the website and, following discussions with my husband, I rang Life Principles and asked if they could make arrangements for both of us to see Shokat.

I knew from the minute Shokat contacted me that he was genuinely concerned about our health and wanted to help. We travelled from the north of England to see him and following that first session we both quit smoking.

Unfortunately, although my husband had no problems quitting smoking after our first session with Shokat, I relapsed several weeks later as a result of a family trauma. I rang Shokat and he told me to return immediately for further support. Within days he had managed to reschedule his appointments so that I could see him again as soon as possible. The booster session has been a total success and I know now that whatever comes my way, I shall never smoke another cigarette in my life.

I cannot thank Shokat enough for his kindness and understanding and I can say, with absolute certainty, that he is one of the nicest people anyone could ever wish to meet. He is a true gentleman and his professionalism is outstanding. I certainly have never felt uncomfortable or threatened in any way whilst being alone in his presence.

I would recommend Shokat Ali to anyone with a problem. Whether their suffering is due to an addiction, a mental health problem or any of modern day life's complications, I am convinced that Mr Ali will do his utmost to help anyone in need. My husband and I both feel very privileged to have met and been treated professionally by such a kind and caring individual.

Maureen and Ian.

On 28 May 2010 09:11, <viv> wrote:

To Whom It May Concern

My name is Vivien, I am a retired educationalist.

I first visited Shokat Ali in December 2009 for help with smoking cessation.

I have now visited his premises on three occasions, where I have always found him to be totally professional and appropriate in his dealings with me.

I have spent time both alone and with another person present in the house, I have never in any way felt vulnerable to inappropriate behaviour from Shokat. He has always dealt with me in an extremely professional manner.

I have been ceased smoking for six months and cannot speak more highly of his service.

Please do not hesitate to contact me via my email address should you wish further clarification.

Vivien LLAM, Consultant Education Advisor

On 30 May 2010 11:52, Sisi <roc> wrote

Hi Shokat, I just wanted to let you know how good I am feeling, I went to for 1 week to Turkey after seeing you and have not touched any alcohol or anti-depressants since I had my 2 appointments with you, no cravings at all & in fact I feel great. I feel like at last I have a life worth living, People are beginning to comment on how healthy I am looking, I have been in pubs & restaurants with people drinking around me & it does not bother me in any way at all. My skin has improved, my IBS has improved & my outlook on life is now full of hope for the future. Today the sun is out the birds are singing (I can hear them now!) & I am going out for a long peaceful walk. Thank you so much, Sue.

On 30 May 2010 21:45, Sisi <roc> wrote:

Hi Shokat,

Unknown to you I am a Fully Qualified NLP practitioner who was trained by Richard Bandler & Paul McKenna (I can provide a copy of my certificates if required). I felt total trust in you; your manner was very professional & more importantly VERY caring. You have given me back my life as I said in my previous email & it would be awful if you cannot carry on this work helping other people.

Please try not to worry as you are a good, kind man and often people cannot understand kindness. Some people are motivated by greed and therefore they cannot imagine a person can do something good to help another person less fortunate without some type of gain, financial or otherwise. It is sad but it is a fact in this greedy world.

<http://www.youtube.com/watch?v=4AhTItVC8ns>

Regards Sue

To Whom It Concern,

I am writing a letter describing my treatment, help received and the time I spent with Mr Shokat, please contact me if further details are required.

I contacted Shokat several months ago after reading about the treatments and his almost 100% success rate. When I originally contacted Shokat I explained that paying for treatment was very difficult as was on benefits and the sole carer for my adult autistic cousin. Shokat immediately offered to treat me for a minimal deposit and allow me to pay monthly with no interest. This in itself gave me faith in Shokat's ability to treat my alcohol addiction but I did wonder if there was a catch as this did seem too good to be true, a person willing to treat an addict for a small deposit and trusting an addict to continue to make monthly payments.

I am very happy to say I placed my trust in Shokat, arranged my appointments and travelled to Birmingham to meet Shokat at his house for my initial consultation, 1st treatment session and make arrangements for my 2nd appointment the following day.

I arranged a taxi to take me to Shokat's house from the hotel, the taxi driver told me he often took people to and from Shokat's house and that he was amazed by the stories people had told him regarding successful treatments they had received from Shokat, adding " No-one has ever said a bad word against him so he must be doing something right ".

When I arrived at Shokat's house I was introduced to his wife who then went upstairs while I had my consultation and 1st treatment session. I felt completely at ease in Shokat's company and he was extremely patient explaining everything to me in detail and put me completely at ease about my treatment sessions. I have not had any alcohol since my 1st treatment with Shokat and also gave up my anti-depressants after my 2nd appointment. I have suffered no withdrawal symptoms at all. My own GP had kept me on anti-depressants for over 13 years, I was originally put on them for post natal depression, my son is now 14 years old! I have never felt better in my life, can finally see a future for myself and look forward to each day as never before, this is all without any doubt a result of my treatments from Shokat. Shokat's wife was in the house during both my sessions but I felt safe alone in Shokat's company, Shokat acted professionally at all times but it was also obvious to me that Shokat cares a great deal about his clients and really does want to help people overcome their problems.

I am a fully qualified hypnotherapist and Master of NLP, trained by Paul McKenna & Richard Bandler (Unknown to Shokat at the time of my treatment). I will most certainly recommend Shokat to anyone who needs an honest, caring person to help them with issues that are controlling their lives.

Regards Susan Smith

2010/6/3 judith <sun>:

When I came to you last October for my smoking, my first thought of you was very professional, gentle, and a genuine willingness to help people. My second thought on entering your home was the peaceful tranquillity, and a safe place. And no problem revisiting as I will be tomorrow, as I have total faith in you, not that i could say the same for Champix, that terrible drug to help stopping smoking , I was only on it for 3 days, when I had the most scary moment ,i had opened the door to a tradesman I believe, and felt that if I had, had a gun in my hand i would be capable of shooting him, it upset me, it scared me ,so much I took the pills and burned them outside. For a time I was ashamed to tell anyone, only my sister, even now that has stayed with me, to think a pill could do that to someone. I feel confident I will give up smoking, but only using your method, I have no desire to use pills or poisons, and it's a great pity that your method was not available on the NHS, a lot safer I think. I look forward, to seeing you tomorrow. Whatever is needed, my support will be there, for you. And as I have already said I have total faith in you. I feel sad that there are always others that want only to discriminate others that do good work.

Judith.

On 8 Jun 2010, at 06:40, Judith <sun> wrote:

Dear Shokat, thank you for seeing me so quickly, regarding my weight gain, after my first visit with you to give up smoking, which was successful, until that little bump in the road to a healthier life. After seeing you Friday last, I have not touched any sweets, and my eating habits are normal (great) and I am still not smoking, you cannot imagine how happy I feel to have complete control of my life, and to be free of nicotine and those dreaded sweets. I feel very positive, thank you once again. Judith.

From: Claire < Claire >

Hi Shokat

Sorry it's taken me so long to write the reference for you (see below) - I hope it's not too late. I'm in Tunisia at the moment and I only have occasional internet access.

Very best wishes, Claire.

TO WHOM IT MAY CONCERN

I first met Shokat in March 2009 when he helped me to stop drinking after many years of struggling with alcohol addiction and having previously had expensive residential treatment in a private clinic, which did not resolve the issue for very long.

I have been back to see him for two further top-up hypnotherapy sessions in order to complete the full programme and can thoroughly recommend his methods.

With or without other people in the house while I was there, Shokat behaved in a thoroughly professional manner and I felt totally comfortable and at ease with the treatment I was given. Shokat has shown himself to be a caring and genuine therapist who works really hard to help people get their lives back on track, using his considerable experience in the field of addiction. His successful treatment of so many clients speaks for itself and his pioneering techniques have enabled us to regain control of our lives where other methods have failed.

It is a privilege to have met Shokat and I have no hesitation in recommending him to anyone who needs help with addiction. I would be happy to provide any further information required and I can be contacted by phone or email (full contact details available via Shokat).

Claire, Bedford, June 2010.

On 30 July 2010 09:45, Philippa wrote:

In September 2009 I made an appointment to see Shokat after trawling the web site for help. You see, even though doctors will tell you that the 'New' anti-depressants are not addictive I found it very difficult to stop taking them and I mixed them with large glasses' of red wine just for good measure.

Shokat has helped me to turn my life round. I had been dependant on anti-depressants and alcohol since my husband died in an accident nearly 10 years earlier. I had tried on numerous occasions to wean myself off anti-depressants, by taking one every other day or every three days, but if I had a bad day or week I would be back to taking them daily. The same with alcohol I would have the most terrible craving if I tried to go a few days without it.

The treatment was the closest I have come to a miracle. To say I don't have my bad days would be very foolish, I have had a few since my first treatment, but Shokat has always been at the end of the phone, or rang me back if I left a message and made an appointment within days for me to see him if need be.

In June of this year I lost my mother in a tragic accident, and I am ashamed to say I drowned my sorrows with alcohol, I soon realised it was not going to change anything, in fact, if truth be told it made me feel more depressed. I rang Shokat and asked for help, an appointment was made for me within days (where else would that happen) he wasn't judgmental or made me feel weak (which in fact is how I did feel,) but very understanding and put back on the right track again. I felt like a different person again when I left after the treatment and much more able to cope.

I have visited Shokat's clinic on four occasions. On my first visit his wife was present. Shokat has helped me to turn my life around, so much so I agreed to share my story, which can be viewed on YouTube.

http://www.youtube.com/watch_popup?v=YuwJLUWmZtM

http://www.youtube.com/watch_popup?v=PKfD2oq8K5o

At all times I have always felt safe and have been treated with the utmost respect, and have always found Shokat to be very professional in his manner.

Shokat is one of the kindest, honest, caring, most genuine people I have ever met, and one of the few gentlemen left on this planet.

I would not hesitate in recommending him to my friends and family.

Philippa [Sales Manager], Newcastle, Staffs (Quit drinking alcohol and anti-depressants 16/9/2009 and overcome her bereavement on 8/7/2010).

On 28 July 2010 10:06, Anne wrote:

I am a 21 year old female psychology student.

I first saw Shokat in March 2009 as a last resort to help control my anxiety and stop myself from self harming. At the age of seven I was sexually abused and this abuse continued for many years afterwards. I was unable to tell anybody of what was happening or what I had gone through because at that tender age. I myself was completely unaware of what was happening to me. The only thing I knew was that it was something wrong and there was a possibility I could have got into trouble for it.

I thought I had forgotten what had happened to me and started to believe it did not even occur - maybe it was just a nightmare or I was just imagining this had taken place to me. I became very secluded from members of my own family and was very quiet in gatherings. I spent most of my time playing with my younger cousins rather than interacting with those whom were of the same age. I felt a form of uneasiness towards them, I don't know why. Perhaps it was because it was me who was chosen to have these nasty things done to rather than them. I retaliated in a very different manner and very defensively - if a joke was made about me in public or if my parents spoke to me using certain terms and tones. My mum knew something was wrong she was unable to put her finger on it.

At the age of thirteen I began self harming with objects, it was very subtle at first nobody was able to tell as I conducted it on parts of my body nobody would have been able to see and used a drawing pin to cut into my arm. I was unable to deal with the pressure of exams and I hated going to school because I just felt as though I never truly fitted in.

At the age of 16 I finally had the courage to tell my mum what had happened, I was ready to make a run from the car we were sitting in and I remember telling her she had to promise not to shout at me. I realised by the reaction on her face that had I told her before my mum would have stopped it all from happening and perhaps got me the justice I was entitled to. It was too late for that. I could not have imagined things getting any worse from here but they did when I started college. My anxiety got to such a stage where I was unable to go to my exams and complete my coursework. I would start having panic attacks the night before any work was due in. I then moved onto using a knife to self harm and trying all sorts of things as an act of desperation to rid myself of this turmoil I was in. I was

blinded during those moments of desperation to how my mum was being affected by it all. I was overcome with guilt and did not know how to get out.

On the morning of my exam I had suffered from the worst panic attack I had ever experienced. I was in tears and completely hysterical to the point I walked to a centre where my mum was training. Immediately she phoned my GP. I had seen my GP prior to this occasion a couple of months before where I had informed him of what had happened to me and how I needed some help. The only response I was given was he was 15 years old, boys experiment at that age. I felt sick to my stomach and thought to myself I am on my own. The fact I was going back to this same GP in this state I thought he would have given me something for my nerves or referred me on to somebody for professional help perhaps a community nurse. Again I received nothing.

This vicious cycle continued for two more years and it was at the peak when I was hit by extended family members and accused for lying when things got worse, as if they could not have been any worse already.

It was by chance whilst at a cinema we saw an advertisement for life principles. My mum did all the necessary research about it and had persuaded me to go to see Shokat. I was very reluctant at first and did not have trust or faith in him, especially since he was a male and the experience I had had with my GP. However, when I went to see him things changed. I was introduced to his wife who went upstairs whilst me I had my treatment session.

I had had Hypnotherapy before but it had not helped me. I was not relaxed at all not in the slightest and felt I was wasting my time. However, Shokat's session was completely different. In fact I don't think I had ever been as relaxed as I was after this first session I had encountered. He was very professional and very kind in his approach. The first time I had gone to Shokat's house for my treatment was with my mum and she stayed in the next room. After the first session I did not have an urge to pick up a knife or to harm myself and since then I have not harmed myself at all.

It feels great to have just finished my second year of university and not have had to have any extensions or deferrals because I am managing everything a lot better. My outlook to life is positive and I am determined to achieve things which were not the case 5 years ago. I have my final session coming up and to be honest I cannot wait to become relaxed once again.

I don't think I have ever met a therapist who cares a great deal for their clients and wants what is truly best for them. If I had not gone to Shokat last year I don't know where I would have been. I have not met anybody to be caring and yet remain professional at the same time. There has not been a single moment where I have felt uncomfortable yet I have only seen this person 2 times. The same could not be said about my GP. I have recommended Shokat to people I know who have a variety of problems whether it is smoking or suffering from bipolar depression. I know they think very highly of Shokat as well from the discussions we have had. My support for Shokat is always there and it is a shame that these programmes are not available on the NHS or recommended by the NHS.

Anne [Student], Leicestershire (Overcome her self-harm tendencies and depression on 12/12/2008).

On 6 August 2010, A wrote:

Hi Ali – Apologies for this ‘more rushed’ testimonial. I had a much better one, nicely laid out and in much more detail all ready to send off to you but, annoyingly, my laptop decided to ‘give up the ghost’ completely! It is now away for possible repair, not sure when/if will be back! In any case, I will probably have lost all my work so I have had to start all over, go to a Library and type up this abridged version but - no matter - the sentiments are the same. I hope they are of assistance.

To Whom It May Concern:

I wish to fully endorse Mr Ali Shokat's work /treatments and his manner of dealing with patient/client.

The crux of my original testimonial was-

1. Mr Shokat's methods and treatments are, by far, the best I have come across (and I have tried other methods in the past – one, with some success, but nothing like the success I am having with Mr Shokat's methods). I am undergoing his Luggage of Life programme, whilst trying to get rid of 3 deeply entrenched bad habits/addictions – one of which an increasing problem was with/dependency on alcohol.
2. I have been being treated for almost 1 year now and am continuing with my treatment. I most certainly would not be continuing my treatment with Mr Shokat,

if I had any doubt about his professionalism! His manner is correct and professional.

(In fact, as a female + as someone, who is also rather circumspect, I always take appropriate measures of security in certain situations, e.g., meeting unknown person/especially male - for the first time. Thus, (unbeknown to Ali – I feel I should apologize to you, Ali, for this next bit but I know that you will understand and indeed, may even be grateful, as it is further proof of your trustworthiness + professionalism) on my first visit to Mr Shokat's, I made sure I was driven there (and waited for) by a senior, male relative (one who has the power and contacts to deal with any untoward instance that may/may not occur). Nothing, of course, did occur but I consider it pays to be cautious, at times. Furthermore, I took no valuables/jewellery – only paste jewellery with me (such were my own fears about hypnotherapy!), except for my mobile phone and a good watch. No problem again. In addition, on the website, it states one can have the session recorded. I duly had my session recorded. I can't recall now if I or Mr Shokat brought it up but, either way, he was quite happy to do that.)

Out of the 3 things I went to see Mr Shokat for, I am free* of 2 of them. (* I would say 100% 'cured' but am a little wary of using such wording, in case I jinx my so far excellent success in these 2 areas!) The 3rd area (+ probably the main root cause) is also a great deal better but may need a little more work. I have every confidence that Mr Shokat will eradicate this too. I understand this latter issue – namely, truly believing in oneself fully, having a deep, inner confidence, eradicating anxiety, having the inner strength to believe in a happy future – make take more treatment, after all, it has been with me since I was a small child.

In conclusion, I ONLY WISH I had had the good fortune to have met Mr Ali Shokat/come across his website YEARS EARLIER - it would have spared me years and years of emotional distress and pain, as well as damage to my health and well-being. However, I am not going to dwell on that – I shall now make up for the lost time, the lost years - now that I am healthy and well again and growing stronger emotionally. I would advise anyone struggling with similar, entrenched bad habits and/or addictions to seek Mr Shokat out. It will be the best thing they ever do.

I would be quite willing to give further information and support, if called upon – as long as this is treated confidentially. It is simply too embarrassing to have just anyone know of one's personal issues/struggles. As far as I am concerned, it is like a doctor/patient relationship and as such, should be treated in the same

manner, i.e., in strictest confidence. Thus, I prefer to remain anonymous but again, would be willing to prove 'my existence', to the powers that be, in confidence, if necessary.

Yours faithfully, A [Teacher], Scotland (Enrolled on the Alcohol and Anxiety programme on 31/07/2009).

On14 August 2010, Heather wrote:

My Name is Heather Allen, I am a qualified nurse and group therapist, now with my own company, working as a consultant to the Fire Service.

I first met Shokat 3½ years ago when I wanted to give up smoking. I knew the success rate was of the methods being offered by the NHS was 5-14%. I didn't like those odds. I knew I only wanted to do this once. I did an extensive search on the internet, looking for bio resonance in particular as I knew people who had good results with it.

I liked Shokat's 3 pronged approach, which I thought would mitigate the emotionally difficult time others had told me about, following bio resonance alone. I spoke to him before going to the clinic. My best friend came with me, she decided to enrol on a weight loss programme.

Shokat's attitude was fully professional. We were both impressed with our treatment and the clinic. We stayed in the area and went back the next day (treatment regimes have improved and now just one treatment is enough). I was amazed that 2 hours after being a smoker, I could sit surrounded by people smoking in a pub and not feel even slightly tempted. I just thought they looked very old fashioned! The success continued and I have never smoked since.

I am so happy with Shokat's professionalism that I took another 4 members of my family to see him and subsequently, another two close friends. Now no-one around me smokes either!

I have happily recommended him to my clients, putting my professional reputation on the line each time someone went to him. I am fully confident that each person will be dealt with in a professional manner and will come away, delighted by the results.

Shokat says to me, often, that I seem to him like a sister from another life! Whatever the reality, we certainly have a connection in this life. We are currently planning a joint venture and I very much look forward to working with him.

http://www.youtube.com/watch?v=Sgazx_H9JZA&feature=player_embedded

Heather Allen RGN, Dip TCp [Trainer], Oxford (Enrolled on the nicotine addiction programme on 26/06/2007).

From Caroline:

Hi Shokat,

I have only praise for your treatment and support in giving up smoking. The ongoing support is very reassuring as I know that if ever I lapse I only have to call you.

I had already tried bioresonance on its own - I stopped for a couple of weeks but was still craving, and would have been charged again for a 'top-up'. The combination of bioresonance and hypnosis seems to be the key.

I had tried preciously through the NHS - patches and Zyban - both failed and both were adding chemicals to my body. Shokat's treatment put nothing in - just takes nicotine out. The NHS thinks their methods have succeeded if you quit for a week or two - Shokat monitors his clients regularly.

I felt completely safe in Shokat's home, it was the same as same as being a doctor, he behaved professionally and appropriately at all times.

I believe the NHS should be supporting people like Shokat and actively encouraging people to use services such as his. They subsidise things like patches and Zyban etc. at great cost and often get no results - I think they should embrace methods such as bioresonance and hypnotherapy.

It's like all 'alternative' treatments as the NHS likes to call them - because it hasn't been produced from chemicals by large pharmaceutical companies holding them to ransom, then they attack or try to put of business people who are genuinely helping those of us for whom their methods didn't work.

Let's embrace other methods - treatments such as Reiki have at last been recognised by the NHS, as has Reflexology - I was actually offered both while undergoing cancer treatment. If not now, then at sometime in the very near future,

I believe bioresonance will also be recognised as a very successful alternative to what the NHS offer at present.

Finally, Shokat's methods do NO HARM.

Regards

Caroline [Medically Retired], Bristol (Quit smoking on 29/09/2009).

To whom it may concern.

Mr. & Mrs. Shokat Ali have been our neighbours for seven years and during that time we have found them to be kind, caring and helpful in many ways and have become our close friends. I am happy to vouch for their integrity and generosity of spirit.

Shokat has a genuine concern for people who have problems with all manner of addictions and apart from making a living from the treatment he provides, has a deep desire to help people. I am more than happy to offer these words as a testament to his character.

Yours faithfully,

Brain and Janet (Our next door neighbours)

From: Greeta <greeta>

To Whom It May Concern

My name is Greeta and was working as an office manager for General Motors when I met Shokat Ali in Year 2000. We have since then become good friends.

During all these years Shokat has never tried to take advantage of me or behaved inappropriately with me. He is a compassionate and caring friend.

Shokat has performed two sessions of hypnotherapy on me and at both times I found him to be thoroughly professional. He has explained the process to me and at all times maintained professional boundaries.

He is an intelligent man who has used his genius to provide a valuable service of Life Principles to all his clients.

I feel proud to be Shokat's friend and encourage and support him in bringing wellness into people's lives. I recommend his professional services to all my friends.

Please do not hesitate to contact me via my email address should you wish further clarification.

Yours sincerely

Greta

On 1 June 2010 12:28, Linda <linda> wrote:

To whom this may concern:

My name is Linda and I am a qualified Clinical Hypnotherapist.

I first met Shokat Ali in 2004 when we took a Clinical Hypnotherapy course together. Our training lasted over a few months and continued into 2005. We were the only two being tutored at that time and Shokat was a complete gentleman at all times. I always felt comfortable in his presence and could tell Shokat was a caring family man from the conversations we had during our break times.

We became good friends and Shokat and his wife Nasreen were invited and came to our wedding in July 2006. We have kept in touch ever since mainly via email and telephone conversations, generally to do with our line of work and progression in our field.

From conversations we've had during these times I have always found Shokat to be very professional and always wanting to do the very best that he possibly can to help his clients overcome their personal issues. His advanced Hypnotherapy techniques and caring personality give him continued, glowing testimonials.

I could never imagine him doing anything untoward towards any of his clients. If anyone should ever question his integrity then I would be curious to understand their underlying ulterior motive and what they would gain by it.

Yours Sincerely, Linda PIICH, APIICMH, MPLTA

I felt like poking my son's eyes out with my pen.

Here is Jacqueline from Aberdeen sharing her experiences of how we helped her come off anti-depressants / prescription drugs that she has been taking since she was 13 (she is now 43). In the video interview, she shares her story of how the therapy helped her obtain true freedom from her alcohol addiction and prescription drugs. For over five months she has not had a drink or taken any anti-depressants again.

A few months ago she met a monster of a man who totally ruined her life by covertly programming her mind using NLP. For the past few weeks she has been suicidal. However, what was even more frightening is that she kept seeing visions of stabbing her son's eyes out with her pen – this really freaked her out. She knew how her life had been changed with my help so she travelled all the way from Aberdeen for two sessions to help her with her acute anxiety bordering on manic depression. The conventional psychiatry route would have put her on very powerful anti-depressants or locked her up or both.

Here is her email before the session expressing her concerns about doing harm to herself or her son:

On 25 May 2010 09:48, jacqueline <jak> wrote:

Dear Shokat,

You helped me stop drinking after a long-term, serious alcohol problem in November, that lasted over 10 years and I am very very grateful. This issue had overwhelmed my life, and you gave me it back, which I didn't think could happen at one point. We have worked together alone more than once, and I am convinced of your integrity, ethical and moral code. You never touched me and I have complete faith in you. You work to save people, to enhance their lives, to free them from nightmarish scenarios, and are helping humanity. One of the good guys....I wish there were more people like you in this world.

I phoned you yesterday as my lifeline. I am severely traumatised due to being subject to covert hypnosis/embedded words over a four week period, and have been 'taken over' by a master who wants to control me as his 'slave' I cannot get out of my head. Suicide thoughts have entered my mind, and I am terrified. I know you can understand and treat this, as you also have the ability to do this technique but don't, due to ethical reasons.

This person brainwashed me and used me and my computer for his own evil ends, and it was you who I knew could save me, offering lengthy support at awkward times even though it wasn't in our initial contract, and I called at inconvenient hours. You have given me hope for my future for the second time, as I know and I can't express my gratitude enough, you are a rock and please keep up the good work. I know your hypnosis will clear this influence and once again free me.

Jacqueline, Aberdeen.

In the video interview she says that she felt an 80% improvement after the first session. She rang me two days after the 2nd session and told me that she was no longer obsessing about this man and moreover she was no longer thinking about poking her son's eyes out – she got her life back with my help.

Here is Jacqueline sharing her story of how two pills give her the freedom she never had before. Just two pills provided her with freedom from anti-depressants for life. Sometimes you have to break the law in order to help your clients. If we had followed normal guidelines this woman could have been dead by now. Here is her interview:

http://www.youtube.com/watch?v=HJvH4vobW_k

On 14 July 2009, Peter wrote:

"I get lots of ups & downs, tried to take my own life in June 07. Been on anti-depressants ever since."

Three months after the first 'Luggage of Life' session Peter give us this video interview:

“My name is Pete. I am 39 years old. I am director of my own business...a very busy and hectic business. I have been suffering from depression for the last two years. I tried to commit suicide two years ago...and been on very strong anti-depressants for the last two years. Before I called Shokat I was trying to come off my tables for six to seven months. Tried every angle I could; dropping the dosage; different dosages; taking it down but I would hit a real low so I couldn't do it. I was recommended to come and see Shokat by a friend (Sofia). I came to see him and he assured me that I wouldn't need to take my anti-depressants tablets again

after one session which I didn't believe. And sure enough after one session I stopped my anti-depressants, I never took another tablet and for two to three weeks afterwards I had the most massive high, feeling exhilarated and excited every day. I had this weird feeling that I had my whole life in front of me...I levelled off and It felt very normal now for the last three months. I had no problems at all, not even thinking I wanted to go back to my anti-depressants. I can't thank you enough; I think you have done such an amazing job."

<http://www.youtube.com/watch?v=IENjjOfImw0>

Peter, Birmingham.

Thomas and Julie and their nightmare at the hands of the NHS

Thomas quit smoking about five years ago with someone's help but reverted to drinking alcohol. He then stopped drinking alcohol with someone's help only to start using cocaine. No one bothered to find out why he was behaving in this way.

Although a successful builder Thomas needed a fix every morning just to get out of bed let alone do anything useful. His wife was at the end of her tether when she rang me. She wanted me to help him with cocaine which I refused. My argument was that unless we take care of the underlying issues then we will take away the only friend he has and I can't afford to do that. So we agreed to book him in for a two session anxiety programme. Thomas at this point in time was in no mood to give up his cocaine.

Five days after the first session I got a call from Julie. This is what she had to say.

"Thomas has been absolutely marvellous. Thomas told me that he was no longer riddled with guilt of his past mistakes. He now wants you to help him with the cocaine."

The hypnotherapy failed in the second and third session as - Thomas could just not relax. So in the fourth session we used a combination of techniques (electronic relaxation system and the laser system) to help him relax down to a level where we could make the changes. We got a call from an excited Julie four days later:

"Thomas has not had any of the 'stuff'. He says the cravings have totally gone. I can't thank you enough for persevering with us."

By the way Thomas has had psychotherapy treatment for the last five years. Even with the full might the NHS Thomas could not be cured of his addiction. We helped to turn his life around in just four sessions. Don't you find it amazing that even with these sorts of results the government will still not endorse hypnotherapy for quitting smoking? We really do live in a pretty messed up world don't we?

Thomas has been subjected to hell for the last five years going from pillar to post in the NHS and not once did anyone suggest he should try hypnotherapy. Now, Thomas wife Julie has had enough of the government and the NHS and is proceeding with suing the NHS for wrongful advice. Julie herself ended up with so much trauma that we got her in for a combined session with the bioresonance and hypnotherapy to take away the pain of her past. She has also been given an e-Capsule which will work 24/7 to try and balance her life from now on.

<http://www.youtube.com/watch?v=bVnyA02iYEc>

Julie and Thomas Hope, Birmingham

Keep the authorities informed to avoid problems

In 2008 we wrote to the West Midlands Police about our concern that we were breaking the law in order to do our job. In fact most people who use the Bicom 2000 and allow their clients to bring in a sample of say cannabis are breaking the law. This brief was way beyond their understanding so they never wrote back. This then compelled us to write to The New Scotland Yard two months later who wrote back that yes, technically what we were doing was in fact breaking the law; they advised us to get in touch with a Charity called the Joseph Rowntree Foundation who were looking into this issues which we did. We continued to develop revolutionary and controversial methods of inducing trance; all of them could potentially get us into trouble one day.

Do I believe in the divine?

I suppose I have to, the evidence is all around us. You only have to look at the stars and the heavens. You only have to appreciate the beauty of creation all

around us. The ability to think, the ability to reason, and the ability to feel is evidence that the divine (providence or God) exists. But the problem is that he also made our worse nightmares come true, because he created us.

The universal law of attraction

It is said that the universe is held together by the weak attraction between the atoms. Why don't they admit that the universe is in fact held together by love?

Be true to God. Be true to your fellow humans. Be true to yourself. If you follow these principles then nothing can stifle you and you can do no wrong.

Is the Law too rigid?

There is a famous book on the law which says that sometimes we have to be careful that the law does not become too rigid because then good people will start to break the law and it will bring the whole judicial system into disrepute.

Here are some good people who broke the law because it was too rigid or unjust:

Mahatma Ghandi (defiant against the British Raj)

Nelson Mandela (fought against the oppression of apartheid laws)

Emmeline Pankhurst (Suffragettes wanted the right for women to vote)

Moshe Dayan (great Israeli general who at one time went about blowing up the British)

Rosa Parks (The lady in the USA who refused to give up her seat to a white man)

So when a therapist breaks the law he/she is making a sacrifice to help his/her client. Every time they do that they are putting their own welfare and livelihood at risk. This is a sacrifice beyond measure to unselfishly put the needs of vulnerable people before the needs of the therapist and his family.

The law has become far too rigid for therapists all over the world and good people are having to break the law in order to help people:

Dr Hulda Clarke (She had to run away from the USA into Mexico after saving countless lives with her non-invasive anti-cancer therapy).

Dr Ryke Hamer (He was locked up for two years because he rubbished the use of surgery, radiation and Chemotherapy for treating cancer. He saved countless lives but that did not stop him being incarcerated for two years.)

Dr John Holt (Was thrown out of the medical profession by his own colleagues for coming up with a safe, inexpensive and effective cancer cure).

The guy in Wolverhampton who went to jail for advertising Vitamin B-17 as an effective cancer cure.

Even Doctors who break the rules in order to help humanity are not spared. Here is one touching story that could have saved millions of lives if it had been implemented on time but wasn't:

In Vienna, a doctor named Ignaz Philipp Semmelweiss was stating that providing that doctors in maternity hospitals washed their hands, fewer new mothers died of infection. These doctors and the students were accustomed to working in the maternity wards immediately after dissecting corpses.

Semmelweiss noted that babies delivered at home, instead of in hospital, almost never contracted the fatal fevers. Within a year of adopting the new regime, the death rate in the wards from these diseases fell to almost zero. Semmelweiss's colleagues were outraged. It seemed to prove them murderers. Semmelweiss was hounded from his position. Old practices were resumed. The death rate rose to its previous level as doctors continued blissfully killing people for another decade. Semmelweiss died ten years later (1865), at age of 47, just too soon to see his methods vindicated by Louis Pasteur theory of germs around 1864.

Now let's punish the therapist

And what is our crime? We help to save lives by getting people to snap out of their self destructive behaviours without nasty anti-depressants or useless drugs. Yes as a therapist we break the law all the time. Every time we allow someone to bring us a sample of cannabis, cocaine, crack or heroin we have broken the law. If we encourage a client to get a pharmaceutical drug from his/her GP and take it during the session then we may have broken the law. If we merely touch a female client on her shoulder to break her anxious state then we have broken the law.

And our reward is that we have to suffer the humiliation of being dragged through the courts for doing our job.

What sort of justice is this? Is the law completely out of touch with reality or only serving the wealthy and the rich? Well, maybe the law is also serving the ignorant.

Don't let this wonderful judicial system be applied without compassion remembering that some of the people who have influenced these laws have demonstrated ignorance beyond measure. By the applying a law indiscriminately creates injustice for the therapist but also undermines the very people we seek to protect.

Let there be some justice for the therapist who is trodden on mercilessly by a system that is rotten to its very core. Be fair to us, so we can help others who are being totally let down by the conventional and totally useless health care system.

The nightmare is finally over

On Wednesday 29th September the Crown Prosecution Service unconditionally dropped all charges - the nightmare is finally over.

You never know how wonderful liberty is until it's threatened. We can learn to breathe again and concentrate 100% on helping our clients.

To everyone who has supported us, you have our heartfelt thanks and the eternal gratitude of my devoted wife and my two beautiful children.

God bless,

Shokat 01/10/2010