

## A Fascinating Personal Story

### Enlightened Cells says Dr Didge...

Approximately 9 years ago I was on an AIMA (Australasian Integrated Medical Association) 3-day conference, the group was 95% medical and there were a few alternative therapists like me there as well. I attended one of the workshops that was facilitated by a Doctor who was dubbed Dr. Didge because he played the Didgeridoo,... and very well I may add,... there were approximately 20-25 people gathered. Dr Didge asked everyone in the group for their permission to play the Didgeridoo on their chests at the end of the session... to which we all agreed.

It was a powerful session and in the final 30 minutes, as promised the Didgeridoo delivered its deep, haunting, melodious magic to the core of every heart. When the sound of the Didge finally subsided it's vibration still rang loudly in my cells drawing me further into a profound silence, alive with stillness. We all sat unmoving, seduced and mesmerised within the resonance.

As the group began to stir and return to normal consciousness Dr. Didge came over and asked me if I would wait around because he wanted to speak with me. I agreed, and waited patiently wondering what he wanted to speak to me about.

When he returned he asked me what I did, I told him I was a Breathworker and had done a lot of breathing and meditation. He continued to ask me many questions which I answered until it got the better of me and I asked him why he was asking me these questions. Fascinatingly, this is what he said...

"When you play the Didgeridoo near an object whether it's a tree or a person there is resistance, you can feel it when you are close to the object. **When I played the Didge against your chest there was no resistance, your body was different to everyone else's, there wasn't any resistance,** it just went straight through you like you were empty, and I've never had that happen before, and that's why I wanted to talk to you and find out what you do."

**I do Breathwork, the breathing I do makes the difference, it clears and purifies the cells of the body ridding the body of density and I have actually become lighter!!!**

**What a validation for the work!!! Breathwork ...Woo Hoo it rocks!**