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Ms. Oprah Winfrey

c/o Harpo Productions, Inc.
Chicago, Illinois 60690

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Dear Oprah,

It has taken me a very long time to write you this letter! (It is the first of its kind for me.) But I felt compelled to follow through after seeing your show last week about near-death experiences. One of your guests was Betty Eadie and you ran a film showing what she saw during her experience. I feel I could have produced the same film, but what is so extraordinary is that I did not have a near-death experience! In fact, I was not unconscious or physically compromised in any way at the time!

I was in southern California being treated for severe depression resulting from repressed memories of childhood sexual abuse. By sheer accident, I was able to work for a few hours with an amazing therapist named Brad May who has developed the most powerful tools for trauma recovery that I have ever seen or experienced! In one day I was able, with the help of Brad's incredible techniques, to discover the truth about what had happened to me as a baby (information I had no other way in the world of recovering!). Beyond that, I was able to resolve immediately a vast complex of feelings that had been a part of me for 45 years, that had directly contributed to drug addiction in my twenties, that accounted for many of my failures, and that most certainly caused my recent depression. I actually felt the depression stop and realized instantly that all the fear, anger, guilt and sorrow I had carried around my whole life as a result of those early events was gone. The struggle was over, as though an old,

festering wound was healed and no longer painful. The relief was exquisite and I felt emotionally healthy in a way I never had before! But, Oprah, above all I saw my spirit and where it comes from! The light and energy filled me and surrounded me and I had the answers to all the questions that I had ever had about God, Jesus (Buddha and Mohammed, etc.), religion In general, death and eternity, and the reason and purpose of life. I felt as if the huge, black, slimy, foul, bottomless hole inside me was filled with warm, golden light -beginningless, endless, all-forgiving, unconditional love and total knowledge and understanding. This was not just a split second experience -for days after the therapy I could be very still in a quiet place, shut my eyes, empty my mind of all the garbage and the light would come in and seem to invite me to ask questions, until I was satisfied. The answers I got (and to this day, almost a year later, still get) are the same exact answers that Betty Eadie so beautifully and accurately depicted. I have the same feeling of peace and security in the knowledge and understanding that the purpose and joy of life is love -it Is the most important and powerful thing in the universe and beyond -the only thing that really matters and lasts forever! I was in complete contact with my own spirit (which is a part of all the spiritual energy that exists everywhere) consciously, sub-consciously -and physically! The healing power has proved to be almost unbelievable.

For all of my adult life (I am now 46) I had suffered from back and neck pain due to a congenital curvature and familial degenerative disc disease aggravated by several automobile accidents, all easily documented by X-ray. A day did not go by that I did not take aspirin or some other pain reliever. At times the pain was so severe that I could not work and the knots caused by muscle spasm were so big you could see them as well as feel them! Since my experience in California (last November, 1995, I have had NO pain whatsoever -NONE!! I also have a history of psoriasis since the age of 14. At times it has been severe enough to destroy the melanin on my legs and arms, leaving large pure white scars. Within 30 days of my return from California, my psoriasis was gone! Now, 8 months later, the scars are actually filling in with color and beginning to look normal and healthy.

Although my experience in many ways is similar to people who have been near death, it differs in a few very important ways. First, of course, is the fact that while I was depressed and believed I was emotionally and spiritually dying at the time, my experience cannot be explained away by the oxygen-deprivation-to-the-brain theory. Nor was I under any kind of hypnosis or in an altered or trance state. Secondly, what I experienced was a result of deliberate therapeutic techniques, not an accident! Thirdly, my experience was not a matter of a few minutes of unconsciousness. It was a process that took place over a period of days, during which I learned that I could allow my conscious mind, my subconscious, my body and my spirit to touch and communicate and continue to resolve feelings that I had not had time to work on in California. It is still ongoing work that provides me with strength and courage when I need it, and reminds me of what is really important when I need that, too!

I know that I was able to avoid the long ordeal of traditional therapy, which is, of necessity, threatening, confrontive, painful and too often unsuccessful. Brad May's techniques require no history or prior knowledge of the person - when he began working with me all he knew was my name! His techniques are gentle, non-invasive and immediately effective, whether the trauma is remembered or repressed, recent or long past. In fact, as a former therapist myself and no stranger to therapy in general, the curious intellectual part of me was watching and analyzing as Brad worked with me, and not without a certain amount of skepticism and resistance! But his techniques worked anyway - and they have certainly proved to be lasting and profoundly life-changing!

Oprah, imagine what it would be like to recover from any traumatic event or experience quickly and easily! Imagine what people would be like if they could resolve feelings of terror, rage, helplessness and hopelessness immediately and be filled with a sense of peace and love! What would happen to all the violence, the self-imposed illness, the perpetuation of disorder and despair in the world? What if people could heal themselves and each other instead of acting out the pain!

I am writing you this letter in sincere hopes that you will investigate Brad May yourself and include him in the wonderful new direction your show has taken. It's about time someone started investigating real solutions to our problems instead of dragging out the same old, same old parade of victims - I'm really glad It was you! (And by the way - thanks for not playing amateur therapist on the air!) And the solutions are out there and we'll hear about them, thanks to you - now all we need Is some serious grand scale implementation. An appearance on your show may interest other therapists in learning Brad's techniques (which can only result in the cessation and prevention of an enormous amount or suffering} - a giant step in the right direction! And no small act of love in itself.

Perhaps we cannot avoid all the events in life that traumatize us and cause us pain, but as your friend, Paul Glick, said in his recent appearance on your show, "Pain is good. Suffering is bad." Now, thanks to Brad May, it is also unnecessary and avoldable! Please have him as a guest on your show, Oprah. You can reach me at:

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Thank you for your time and interest and thank God your strong and knowing spirit choose to live in you and through you in this here and now! You have succeeded in contributing to Its brilliance in your own loving way!

Sincerely,

Beth Curtis