

“J” – 160<sup>th</sup> SOAR “NightStalkers”

I was made aware of Vetitation in July of 2017, went home and was trying to explain to my spouse, barely got halfway through my story, before being told “YES, GO!” 😊

As the Vetitation date grew closer, OCT 05-08 '17, I became more apprehensive, with a growing number of questions crossing my mind, mostly negative, providing excuses to myself as to why I should not attend.

- I don't like people; I don't like salad; I don't care for granola; I look weird in yoga pants.
- I do like bacon, beef & caffeine and pretty much anything that has gluten in it.

Although, the most important reasons that I should attend and not back out were;

1, I gave my word

2, I knew that *I was getting so close to my last straw with only one other option* (it seemed in my mind), but I could not foresee how that option would benefit absolutely anyone. Nor would I ever want to know that my children and grandchildren were without a dad and papaw, and it was my own fault.

The flight was seamless and quick paced, upon arrival at The Chopra Center, every session was perfectly laid out and I felt that every second of my time spent there was to my benefit. The sessions and classes, although seemed to be overwhelming initially, were very beneficial. I believe that I took something useful from each and every one.

Testimonial

- Knowing that we had our own “Green Room”, where at any time you could go be alone or with your buddy, to just “get away” from everything, if it was needed. This was a huge plus and a sigh of relief just in case you needed alone time.
- Having our own doctor assigned to our group, was to me, one of the most beneficial advantages that we had. Dr. M is exceptionally knowledgeable in the area of veterans suffering from PTSD. Her simplistic, yet extremely in-depth description(s) allowed me to more fully comprehend what was happening to my mind and body. Along with her extraordinary knowledge in this area, she also provided very advantageous methods of coping.
- Every one of us seem to have the “ah-ha” or “light bulb” moment (not necessarily at the same time) as the classes and sessions progressed, giving way to a whole new light/perspective. As well as the uncanny feeling, knowing that you had “Brothers” there with you.
- Knowing that they were experiencing the same thing as you... It was as if every one of us had served side by side together and never missed a beat, although we had never met.
- Feeling like I was actually myself again, and no one could take that from me....you couldn't/cannot slap the smile off of my face after gaining/receiving the gracious gift of knowledge and enlightenment that has only been made possible by Vetitation.

Overall, Vetitation is the absolute best program/method/choice that could have ever happened for me, IRT PTSD and my life overall. Thank You Vetitation, moreover, Thank You Erik for taking that first step; and my family and friends thank you as well.

NSDQ!!! (NightStalkers Don't Quit)