

From Emotional Pain and Hopelessness to Healing, Trust and Feeling Reborn

Will Cheeld

Before Working with Francesco

For much of his life, Will had unknowingly been carrying unresolved emotional pain that was affecting both his inner world and the people closest to him.

At the time he reached out for help, he believed he had only been struggling for a few months. What he later realised was that many of these emotional patterns had been present for far longer.

He described:

- Feeling emotionally overwhelmed and mentally exhausted
- Carrying unresolved emotions from the past into daily life
- Struggling internally while trying to function normally
- Feeling stuck in emotional pain that was impacting loved ones
- Losing connection with happiness, ease, and hope

Like many people, Will also carried fear and scepticism around therapy itself.

He expected:

- Awkward silence
- Passive listening without real guidance
- Medication and antidepressants
- A long, difficult process with little real change

Instead, his experience turned out to be completely different.

The Transformation

From the very first session, Will described feeling immediately safe, calm, and understood.

Francesco's grounded and compassionate presence allowed him to quickly open up about painful experiences and emotions he had been carrying for years.

Together, they were able to:

- Identify the true emotional root causes behind his suffering
- Access unresolved emotions connected to the past
- Release emotional pain that was still affecting his present life
- Create meaningful emotional change rapidly rather than simply "coping"

What shocked Will most was how quickly the shift happened.

After only one session, he already felt profound emotional relief and described the experience not as temporary comfort, but genuine healing at the root level.

Rather than feeling judged or analysed, he felt supported, understood, and empowered to change.

He later said:

“When I say fix, I mean fix, not soothing over the pain.”

Life After the Work

Although Will only attended two sessions, he describes the impact as life changing.

Today he reports:

- Feeling emotionally lighter and happier
- More hopeful and optimistic about life
- Greater emotional awareness and self-understanding
- Confidence in managing negativity when it appears
- Deep trust in the therapeutic process
- Feeling calmer, more grounded, and more connected to life

Most importantly, he describes the experience as feeling “reborn.”

Instead of carrying the emotional weight of the past every day, he now feels he has been given a second chance at life.

“I still feel reborn and most importantly, forever grateful.”
— Will Cheeld

From Survival Mode and Emotional Exhaustion to Strength, Self Worth and Inner Power

Mami Mashkoori

Before Working with Francesco

Mami arrived feeling emotionally exhausted, overwhelmed, and disconnected from herself after years of silently carrying emotional pain and internal struggle.

On the surface, she continued functioning. Internally, however, she felt trapped in survival mode.

She described:

- Carrying years of silent emotional battles
- Feeling anxious, guarded, and emotionally overwhelmed
- Living in constant emotional protection and hypervigilance
- Feeling disconnected from her true self
- Struggling to understand her reactions and emotions
- Feeling burdened by trauma and past pain
- Losing connection with her own strength, voice, and identity

Although she initially believed she simply needed “help,” she later realised something much deeper was missing.

She had lost connection with herself.

The Transformation

Working with Francesco did not feel clinical or mechanical to her.

Instead, it felt safe, human, grounding, and deeply compassionate.

For the first time in a long time, Mami felt truly seen, not only for her wounds and struggles, but also for the strength hidden beneath them.

Rather than trying to “fix” her, Francesco helped her reconnect with the answers already within herself.

Through emotional processing, nervous system regulation, self-awareness work, compassionate guidance, and therapeutic support, she gradually began to:

- Understand her triggers and emotional reactions
- Feel emotionally safe again
- Stop identifying herself through trauma
- Reconnect with her courage and inner resilience
- Rediscover her voice, dignity, and self-worth

- Trust herself again
- See strength where she once saw weakness

She described the process as being gently guided through darkness while rediscovering her own inner light.

Instead of becoming dependent on therapy, she learned how to stand more fully in her own life.

Life After the Work

Over time, Mami experienced a profound shift in how she viewed herself and her life.

She no longer saw herself as broken or damaged.

Instead, she realised she had been wounded, and that wounds can heal.

Today she describes:

- Feeling stronger, calmer, and more emotionally grounded
- Living with greater self-trust and confidence
- Feeling empowered rather than defeated by her past
- Being able to face pain without being defined by it
- Reconnecting with hope, possibility, and purpose
- Feeling more authentic, courageous, and emotionally alive
- Understanding that her survival itself revealed her strength

Most importantly, she reclaimed the identity she had lost beneath years of emotional pain.

Not as someone weak or damaged, but as someone powerful who had simply forgotten her own strength.

“I walked in feeling like someone who had endured too much. I walk forward now feeling like a warrior who finally knows she was one all along.”

— Mami Mashkooi

From Emotional Overwhelm and Trauma to Calmness, Clarity and Emotional Freedom

Jon McGrath

Before Working with Francesco

Jon reached out to Francesco during one of the most emotionally traumatic and overwhelming periods of his life.

At the time, he was struggling deeply with:

- Anxiety
- Stress
- Guilt
- Regret
- Emotional heaviness
- Persistent worry and mental overwhelm

Although he had already tried working with CBT therapists, he felt he still had not experienced the emotional breakthrough or relief he desperately needed.

The emotional weight of what he had been through felt relentless and difficult to escape.

He described feeling emotionally consumed by the events happening in his life and unsure where to turn next.

The Transformation

After discovering Francesco's work, Jon arranged an initial call where he learned about the possibility of creating meaningful change in only a few sessions.

Although initially surprised by this, he also felt hopeful for the first time in a long while.

During the very first session, Francesco guided Jon to focus not on endlessly retelling the events themselves, but on identifying and feeling the emotional responses connected to them.

Jon rated many of those emotions, including anxiety, guilt, stress, regret, and worry, at intensity levels of 8 and 9 out of 10.

After approximately one hour of therapeutic work using Francesco's techniques, Jon was shocked by the result.

The emotional intensity of nearly all those feelings had dropped dramatically to around 1, 2, and 3 out of 10.

For the first time in weeks, the emotional pressure that had been building inside him suddenly felt released.

He immediately noticed feeling:

- Calmer
- Emotionally lighter
- Happier
- More optimistic
- Less trapped by what had happened

Over the following sessions, including meditation and additional emotional processing work, Jon experienced a complete shift in how he related emotionally to the traumatic events that had once felt impossible to move beyond.

Life After the Work

Within only a few sessions, Jon described his emotional state and mindset as having changed dramatically.

Instead of feeling consumed by stress and emotional pain, he now felt:

- More grounded and emotionally stable
- Better able to process difficult emotions
- More hopeful and positive about life
- Less controlled by anxiety and mental overwhelm
- More emotionally resilient and self-aware
- Capable of moving forward instead of feeling trapped in the past

Most importantly, what once felt emotionally unbearable no longer controlled his inner world.

He now describes the experience as genuinely transformative, not simply temporary relief or coping.

“The feelings of anxiety, stress and emotional heaviness that had been building for weeks suddenly felt released.”

— Jon McGrath

From Lifelong Anxiety and Overthinking to Presence, Peace and Self Trust

Rory McCloskey

Before Working with Francesco

For most of his adult life, Rory struggled with what he believed were chronic mental health problems, including anxiety, depression, emotional instability, and periods of alcohol dependency.

Despite being highly intelligent, successful, and professionally accomplished, he felt unable to truly cope with life internally.

Rory:

- Graduated in Chemical Engineering
- Built successful careers in engineering and software development
- Was repeatedly promoted within large corporations
- Later launched his own retail business

From the outside, he appeared successful and capable. Internally, however, he was trapped in cycles of:

- Constant overthinking
- Anxiety and depressive states
- Emotional overwhelm
- Feeling disconnected from life and society
- Persistent negative self-talk
- Difficulty understanding purpose and motivation
- Periods of alcohol misuse to cope emotionally

Although he had a loving family, meaningful passions like surfing, music, literature, and strong career achievements, he still felt something was fundamentally wrong with him.

Over a 25-year period, Rory sought help through:

- SSRIs, SNRIs, mood stabilisers, and tranquillisers
- CBT, DBT, MBT, psychodynamic therapy, and interpersonal psychotherapy
- Multiple psychiatric diagnoses including anxiety disorder, treatment resistant depression, personality disorder, and suspected ADHD

While some treatments provided temporary relief, none created lasting transformation.

Instead, the repeated diagnoses reinforced a painful belief that he was somehow “broken” or suffering from a permanent “chemical imbalance.”

The Transformation

Working with Francesco completely changed how Rory understood himself, his mind, and his emotional struggles. Rather than seeing himself as damaged, he began to understand how years of societal conditioning, pressure, self-judgment, and unconscious patterns had shaped his suffering.

Through meditation, emotional release work, nervous system regulation, therapeutic guidance, and practical lifestyle changes, Rory learned how to:

- Quiet the constant mental noise
- Stop identifying with destructive thought patterns
- Release long held emotional negativity
- Develop deep self-trust
- Make decisions from intuition rather than fear
- Create healthier boundaries and relationships
- Reconnect with calmness, clarity, and presence

Meditation became a turning point in his healing journey. For the first time, he experienced stillness beyond the endless mental chatter and realised he was not the anxious narrative running through his mind.

Life After the Work

Within five months, Rory described feeling like an entirely different person.

Today he reports:

- Greater emotional stability and inner calm
- Reduced anxiety and overthinking
- Improved family relationships
- Increased productivity and clarity
- More trust in himself and his intuition
- Healthier emotional boundaries
- Greater presence and enjoyment of life
- A deep sense of optimism, freedom, and peace
- He no longer has any issues with alcohol.

He no longer takes medication for mood related issues and now feels equipped with tools and strategies to regulate himself when challenges arise. Most importantly, he no longer believes he is fundamentally broken. Instead of feeling trapped by fear, stress, and self-criticism, he now experiences life with greater awareness, acceptance, and trust.

“I have become very present. I am no longer preoccupied about my past or worried about my future. I have an inner calmness. Life just seems to flow, and I greet each day with a new sense of optimism, joy and freedom.”

— Rory McCloskey

From Despair and Emotional Crisis to Purpose, Healing and Connection

Kaylum Newell

Before Working with Francesco

For most of his life, Kaylum struggled with his mental health and felt trapped in emotional patterns he could not fully understand or escape.

He had tried multiple forms of therapy, including:

- CBT
- Talking therapies
- Conventional mental health support

Some approaches brought temporary relief, while others had little impact at all.

After experiencing a painful breakup, Kaylum reached one of the darkest periods of his life.

He described:

- Feeling emotionally stuck and overwhelmed
- Carrying deep suffering internally
- Losing direction and hope
- Struggling to understand his behaviours and emotional patterns
- Experiencing severe emotional pain and hopelessness
- Contemplating suicide and even planning how it might happen

That moment became a turning point.

He realised something fundamental needed to change.

The Transformation

After hearing another client's experience with Psychedelic Assisted Therapy and Francesco's work, Kaylum decided to explore a different path toward healing.

From the very beginning, he described feeling deeply safe, supported, and intentionally guided.

Rather than focusing only on the psychedelic experience itself, Francesco helped him understand the importance of preparing the:

- Mind
- Body
- Nervous system
- Emotional state
- Inner intention

Through meditation, havening, preparation work, therapeutic guidance, and the retreat process itself, Kaylum gradually learned how to surrender into the experience rather than resist it.

For the first time, he began to see clearly:

- Why he had been stuck in painful emotional patterns
- How suffering had shaped his behaviours
- What needed to change internally for healing to happen
- That healing was not only individual, but deeply relational and human

One of the most transformative parts of the retreat was the sense of connection and community he experienced.

Being surrounded by open hearted, supportive people allowed him to feel seen, accepted, and emotionally safe in a way he had not experienced before.

He described this human connection itself as a form of medicine.

Life After the Work

Months after the retreat, Kaylum says the experience continues to positively shape his life.

With the support of the therapeutic process, the medicine, and Francesco's ongoing guidance, he has been able to:

- Build healthier and more grounded habits
- Develop lasting positive behavioural changes
- Feel more emotionally stable and purposeful
- Understand himself with greater clarity and compassion
- Move away from hopelessness and despair
- Experience a deeper connection with life and others

Most importantly, he no longer feels trapped in the same cycles of suffering that once dominated his life.

Instead of feeling lost and disconnected, he now carries a stronger sense of meaning, direction, and hope for the future.

“What I received from the experience was something I had been searching for for years: purpose and understanding.”

— Kaylum Newell