

Tai Sophia Institute

To whom it may concern,

I am happy to write this letter on behalf of Meselech Haile-Michael, as someone who has had the great fortune to work with her over the past year. I had never received acupuncture before coming to Tai Sophia and from our very first meeting, Meselech took the time to listen to all of my symptoms and concerns and then also to explain to me the approach that she planned to take. She is always patient, allowing me the time I need to describe how I feel, and her demeanor is caring, gentle and kind. I also very much value the advice she has given me, encouraging me to listen to and trust my body, to let go of anger and stress, and to get more sleep! I feel strongly that the healing I've experienced over this year has had as much to do with her words as with the needles.

In doing her work, she is focused and professional, and checks in with me often to see how I'm doing. I have felt sometimes subtle and sometimes profound changes from acupuncture this past year but I always feel more grounded and present than when I arrive for a visit. The transformation I've experienced has been nothing less than miraculous for me—at first seeking help for a body that hadn't menstruated for years to now being the proud mother of a baby boy—I am incredibly grateful for the changes that Meselech has helped me to realize.

I have watched Meselech grow more confident since last year and I know that she is ready to begin this new chapter in her life. It is obvious to me that Meselech has found her calling in acupuncture, and I am excited that she will now share her gift with many others.

Sincerely,

A handwritten signature in cursive script that reads "Amy D".

Amy