

actually based on ancient therapies and has been scientifically proven to have an 83 per cent success rate. After all, we all know about the benefits of acupuncture and acupressure, and the ayurvedic therapies practiced for hundreds of years in India, where this energy is referred to as prana (or Chi in China).

"I can get permanent results after as little as an hour of EFT," Ann explained. "Naturally, this depends on the issue and how many factors are contributing to it. But by working on the energy channels you can re-energise someone and make them realise that anything is possible.

"It's rather like going around with your batteries the wrong way round, then having them put back how they ought to be. It re-establishes your energy flow. This can mean that someone who hasn't had the energy to clean their home or the ability to lose weight, for example, will be able to rediscover the resource within themselves to do those things."

During the fear of flying session I could feel my attitude shift several times. The tight immovable ball of tension I had been carrying around in my stomach seemed to have been simply and painlessly taken away. My voice even relaxed and changed pitch.

Each aspect of my fear was tackled, such as claustrophobia, lack of control, not feeling safe, etc. During the process, Ann asked me, on a scale of one to 10, how scared I felt about flying. Before long we got down to a five, then a three, then a one. At certain points I started giggling as I became suddenly aware of the ridiculousness of being scared of flying. At another point I had to fight back tears. It was altogether very strange, emotional and surprisingly relaxing. Afterwards I felt really positive, as if I could happily hop on a plane without any hesitation.

As part of her New Perspectives business, which operates through the Link Centre in Exeter, Ann concentrates largely on stress management, working with many companies in the workplace. So successful is her approach, that she is constantly in demand for workshops both across the UK and worldwide.

And my fear of flying? Well, I did get rather anxious when we were about to get on the plane, but I still did it (with the help of some tapping), and at no point did I want to run away from the situation. (It also helped that I was pre-boarded by the kind people at Easyjet, who were aware that this was my first flight and that I was very nervous).

When Ann was taking me through the EFT treatment, she asked me how I wanted to feel when I was on a plane. I said: "Free, safe, relaxed and exhilarated". Funnily enough, once the plane had taken off, I felt all those things. On the return flight, I was positively enjoying myself, and even when we hit some turbulence, I didn't get scared. After years of being too scared to fly, I am now looking forward to my next trip. If that's not proof of the effectiveness of EFT, then I don't know what is! **DT**

THE FOLLOWING EFT COURSES ARE AVAILABLE OVER THE NEXT FEW MONTHS:

Monday November 29: EFT For Weight Loss as a Teleclass.

Saturday December 4: EFT For Stress Management, at the South West MS Centre.

Monday December 6: EFT For Success and Abundance as a Teleclass.

Saturday January 15: EFT For Weight Loss, at the South West MS Centre.

For more information about Ann Ross and these course call The Link Centre, Exeter Business Park, on 0870 167 0001.

Alternatively e.mail:

reception@link-services.co.uk

For more general information about Emotional Freedom Technique visit

www.emotional-freedom-techniques.com