

Ecstatic Rebuilding my Life

You may not be surprised but I am ecstatic!!!! The EFT technique is brilliant.

I was able to work most of yesterday, full of life and confidence and no problem using the computer.

Thank you so much. WOW!!!!!!

I'm rebuilding my life after a protracted and terrible divorce and complete nervous breakdown. I've gone from hospitalisation for acute depression to steadily climbing back to the top of the world. I've met a new lady and we plan to journey on together. Your help in getting me to let go, forgive and be confident and capable at work and in myself underpins our future.

And in case I didn't tell you - last year your yoga teaching cured a chronic sciatic nerve/hamstring/IT band problem that was seriously restricting my lifestyle. The first lesson relieved the pain and by the second lesson, the problem was gone.

I also found the image you shared of keeping ears directly above shoulders life changing as it creates a new perspective and encourages and exudes greater confidence and energy. Warmest thanks.

Garry H. (North Ward)