

Fear of Flying

In 2004 I had some fairly bad experiences with flying which resulted in me avoiding flying altogether. I could not even pick up the phone to go to book a flight, the thought of it would start to make me physically ill, anxious and panicky.

My Uncle knew about the Optimal Wellness & LifeSuccess Centre and mentioned that maybe they could help. I was very skeptical that anything could help me.

I decided to give it a go and to my amazement after only 2 sessions in with Colin September 2008 I felt totally calm around the thought of flying.

I then decided to try it in the real world in late 2008. I had no problems at all, in fact I was absolutely calm throughout the entire flight.

Last time I flew before this I could not look out the window without my stomach just about jumping out of my throat. I flew from Townsville – Brisbane – Sydney and returned and did it easily and happily looked out the window. I was very comfortable and happy.

Justin (Townsville April 2009)