

Frog Phobia

I went to see Colin Soper at the Optimal Wellness Clinic to look into my lack of energy and not feeling good. During the session I went into a panic due to a frog croaking very loudly outside of the clinic room. My appointment time was during a period of very heavy rain.

Colin didn't know what was happening to me at first, as I had my hands over my ears, also tapping my ears to try and stop the sound. You see I had a massive frog phobia for over 20 years, which made life very difficult. When Colin found out what was happening he asked if he could help me using some tapping points on the body, what I later found out was EFT (Emotional Freedom Technique).

He started tapping and each time between rounds he asked questions of how I was feeling; the fear I had got less and less, until it was completely gone. It was like a miracle to me. This whole process took about 10 minutes.

It has totally changed my life. I can now say the word FROG, look at a picture of a frog; hear frogs and nothing bothers me about them. I am truly thankful to Colin for this.

Linda Eggert (Townsville)