

## **Sadness & Loss**

I am writing to let you know how very successful Kinesiology and EFT (Emotional Freedom Technique) has been in allowing me to let go of a long held grief and resentment issue. Over a period of almost 5 years I would waken with a sadness and sense of loss and often cry as I relived this particular issue.

In fact any degree of success or happiness that I allowed myself to achieve would somehow feel insignificant and undeserved because of this issue which always seemed to make its presence felt even more intensely at such times.

It would play itself out in self-sabotaging behaviours. However, it was one thing for me to recognise it but quite another to effectively stop doing it. Anyway, I had just had enough and wanted it to go away.

I can honestly say I was both skeptical and yet hopeful about this therapy. In fact, it was the few sessions you suggested to achieve a measureable, sustainable result that was the biggest incentive for me to give it a try. Having associates who had and are still receiving many years of ongoing counselling this seemed by far the most attractive alternative.

After the first session I immediately felt the issues had been dealt with, the burden had been removed and most importantly I felt different. Even now that whole state of mind hasn't returned at all. In fact I can actually look back on that issue, when I choose to, in a totally unemotional, objective way.

It has given me a depth of understanding and insight into my behaviours that were previously a mystery to me. Most importantly I'm now living in the present and loving it. Thanks again Colin.

**Angie L.** (Townsville)