

Stress & Anxiety

I have written a few words as a testimonial to the effectiveness of your treatment for stress and anxiety.

Early this year I was at a crisis point in my life. I had recently moved to Townsville to join a local company in a new role and was experiencing a great deal of stress and anxiety at work. The stress and strain was starting to affect my personal and home life and was threatening to overwhelm me to the point where I was frequently not able to think clearly or feel secure in my abilities to handle my day-to-day work responsibilities.

I was introduced to Wendy's work through Colin, my Yoga Chi Gung teacher and also through my Naturopath who prescribed a visit to help alleviate symptoms of stress and anxiety.

Within minutes of meeting Wendy she was able to touch on a very important personal issue that had been unresolved for decades. Using the Emotional Freedom Technique (EFT) she allowed me to release some very deep and powerful emotions that I had been carrying around for almost forty years. Over the following weeks other feelings that had been submerged deep inside emerged spontaneously to be released.

Sometimes I was fully aware of where these feelings related to; at other times I was not. Either way, it did not seem to matter because immediately after my first EFT session and then cumulatively over the following weeks I found that I was living with a noticeably lower level of stress and anxiety. There was a greater sense of ease in my relationships with colleagues at work and with family members at home.

On my second visit, Wendy undertook a course of muscle testing to identify and correct any non-functioning muscles. Immediately after this treatment I was able to breathe with greater ease and depth than before. Combined with my ongoing practice of Yoga Chi Gung, the two EFT treatments have made a lasting and profound difference to my sense of comfort and well-being.

I am very appreciative of the help that I received from both Colin and Wendy and would certainly recommend Yoga Chi Gung and EFT to anybody who wanted to improve their health and peace of mind.

Peter D. (Annandale)