

My Path So Far

In 2001 I signed a commitment 'to follow the pathway to the best of who I am'.* No one else knew that I had signed it, but I was determined to move on from who I had been.

To an outsider my life was, and had been, fairly comfortable. I had a loving husband, and wonderful parents and parents in law who lived not far away. I had a comfortable home in a village in Nottinghamshire. I had a large circle of friends. I ran my own thriving business in Reflexology and Chiropody. I was successful in my chosen sport of dinghy racing. And yet I was afraid.

I was afraid that I would lose the people I loved, and fail in other areas of my life. These were not small fears, they were huge irrational fears and they were wearing me down. I was suffering with continuous back pain. I cried often, hiding it from my loved ones in case they thought I was weak and left me. When my husband went away with his work as he often did, I tortured myself with thoughts that he would not come back. I kept myself busy, driving myself so that I did not have to think

Luckily a colleague recommended the Susan Jeffers book, 'Feel the Fear and Do it Anyway'. I bought and read it, almost at one sitting. Then I bought the companion book and persuaded a good friend that we should work through it together. That is when I signed the commitment to changing my life and began my search for happiness.

That book was only the start. I read everything that I could find and did the exercises. I went to workshops and talks. I tried many complementary therapies. One of these was incredibly life changing. Called Emotional Freedom Techniques, it is a number of techniques that realign the energy in the body meridians to change emotional perception of situations. I was so struck with this therapy that I trained in it and have used it extensively since. It has the versatility to help with past traumas, present difficulties and future dreams.

I also trained in (and continue to do so) several other therapies, and reached the stage where I naturally began to combine them to great effect. Each of the therapies can have dramatic results; when combined together they can be even more positively life changing. My sole aim when using them is to help each of my clients along the road to clarity and happiness.

The commitment that I signed in 2001 also said, 'I understand that this is a life long commitment but with every step of the way I will be learning....'

I intend to enjoy as many of those steps as I can and I hope that you will allow me to help you to do the same.

* The full commitment can be found in 'Feel the Fear and Beyond' by Susan Jeffers