

Dentist...need I say more?

"One of my clients came to see me for an acupuncture session and during the session she mentioned she was going to the dentist. She said the last two visits to her dentist were horrific. 'I was constantly gagging. The dentist had to stop several times to calm me down. I have to go tomorrow for a 4 hour session and I am terrified and dreading it!'

I asked her if she would like to experience it in a different way. Of course she said 'YES!' We proceeded to do a PSYCH-K balance with her for 'knowing that her experience with her dentist is joyful and relaxed.'

Next time I saw her I asked her how her session with her dentist went. She said. 'It went so smooth. My dentist even commented how unusually calm I was. I had no gagging reflexes and he didn't have to stop to help me recompose myself. I didn't even need a break. He said, 'Wow - You did great today!' It was amazing...the fear and anxiety were simply gone.' Thanks Jill - what we did really worked!"

Story shared by Jill Tucci, Acupuncturist & PSYCH-K Facilitator, Colorado Springs CO