

Looking forward to a beautiful cruise on the Mediterranean Sea was all that I could think about...except for the fact that the food created quite a “fear factor”. You see, I have had an aversion to trying new foods my entire life and I knew that the foods in Turkey and Greece would not be my beloved meat and potatoes. Knowing that PSYCH-K™ had already created changes in my life, it occurred to me that I might be able to change my attitude about the food. According to others, I have been missing out on a key life adventure, that of tasting and relishing and enjoying so many more foods than I have ever been willing even to try. What I knew about the foods in this new part of the world was that lamb...yuk...and lots of seafood would probably be the daily bill of fare and I was not looking forward to that part of the trip in any way, shape or form.

I called Jessica, a long time professional colleague and friend and asked if she thought that PSYCH-K™ could make a difference in this area of my life. When her answer was a powerful “yes”, I invited my sister to attend my session so that she could experience both the importance to me of making the change as well as experience the process, thereby being of far more support to me than just hearing that I had “done” something about this aversion. She came to my PSYCH-K™ session with me, mainly for support but also to see the changes for herself. She wasn’t quite sure if and how this was going to work.

We began with belief statements such as “It’s okay to try new foods” and “I want to enjoy eating all foods”. Jessica tested those statements and they were all strong. I didn’t need to balance for any of them. Then we tried a few about which I knew my beliefs were opposed, things like “I enjoy eating all foods. I can enjoy eating all foods. I am free of the fear to try any food put before me. It’s okay to eat all food.” And, “It’s safe to eat new foods and enjoy them on the trip.” Powerful? Wow!! I found that it was necessary to talk out, about, and through many of these belief statements. After balancing for those we moved on to the statement, “It’s safe to try new foods”. At first the muscle test indicated a balance was needed, but as we talked it out, also known as completing a “VAK to the future” I was strong, no balance was needed. I was amazed that a part of the change included safety. I had never pondered that concept before and found that “pondering” was needed.

The final and most important belief statement for me was “I look forward to trying new foods and I don’t have to like everything.” I know the negative word isn’t recommended, but for me that’s what I needed to test. And it was strong!

By the end of the session I was excited about every aspect of the trip. With an exciting curiosity about what I would like to eat. My sister was excited, too. She, better than anyone, knew of this aversion and couldn’t believe how I was already saying that the idea of trying new foods was no longer an issue. I knew it was going to be okay, and that I was going to enjoy myself.

Are you ready for this? While on the cruise I tried just about every kind of fish that was served, avoided eggplant altogether with no guilt, ate grilled octopus, squid, and funny little fried fish, ate olives of which I have never been fond, and didn’t hesitate to try things that I can’t even name. With the permission to not have to like everything, I was FREE to try! I didn’t like everything and that was okay.

My sister, who is very adventurous about eating and my husband, who will, in fact, try anything, couldn’t believe what I actually ate. It blew them away. With a cruise planned to Asia, I want to reinforce, or maybe, just make sure that my new belief is still strong and in balance. Who knows what I will be challenged with there!

“Bunky” Lundberg, owner Chaos Cancelled, May 2007