

"I have always had a problem with being alone and as a matter of fact it has been a life long issue. Whenever I traveled for work and I went to my hotel room I always experienced a sense of discomfort and anxiety. Even at home if my room mate was not there with me, I always had the same dreaded feelings of anxiety.

It all started when I was 5 years old and my family accidently walked away from me at Disneyland when I was captivated by a street performance. When I realized that no family member was around all I could do was stand there in complete horror and confusion and cry. Eventually a nice man took me to lost and found and was reunited with my family. I had a few other experiences like this as a child that really seemed to stick with me and hence a life long fear of being alone developed.

After relating this to Elizabeth she suggested we do a PSYCH-K balance. I balanced for "I am safe and comfortable when I am alone" on the first day of the Basic class. The balance took all of 5 minutes. That evening I went back to my hotel room alone, I was surprised that I didn't feel any of the usual discomfort or anxiety. As a matter of fact I felt darn right comfortable going to dinner by myself etc. When I returned home to California I woke up the next morning and found myself alone. My roommate had already left for the day. I didn't feel a stitch of anxiety or panic. What a difference!

Being alone now is a non-issue. I don't think about it anymore. Yet here I had spent my whole life planning to make sure I wasn't alone and now when I am alone it doesn't even cross my mind. Amazing. PSYCH-K has given me a freedom I've never known! I am so grateful to this amazingly powerful transformation tool! C.H. San Diego, California

*Story shared by Elizabeth Powers, Certified PSYCH-K Instructor*