

Would you like to feel enthusiastic about your life?

Would you like to be excited about each new day?

Would you like to experience less stress, less worry, less anxiety and more joy, more passion and more peace?

If you answered 'Yes' to any of the above questions then you are in the right place. This site is dedicated to sharing with you tools, tips and techniques that can enhance your life and change your vibration to one of joy, love and peace.

The tool I use and highly recommend is EFT (Emotional Freedom Technique). EFT is a universal healing aid that is in use worldwide by those in the healing professions. The discovery behind the method is that emotional upsets are the result of an imbalance in the body's energy system. In essence, EFT is a psychological version of acupuncture, except that we don't use needles. Instead, we balance the body's energy system by tapping with our fingertips on selected points along the energy meridians.

All the techniques, including EFT, can be practiced on your own to help you eliminate stress, reduce pain (emotional and physical), and to bring your body and mind into alignment with your spirit, your inner well-being.

If you have any questions about the techniques that are not answered on this site please contact me. Please be aware that if you use the information on this site you are agreeing to take full responsibility for your own emotional and physical health. Be guided by your heart and listen to the wisdom of your body.

May you experience perfect health, perfect love and perfect abundance which is yours by Divine Right.

Namaste.