

EFT and Energy Psychology

BY KATHLEEN MORISON

In the last edition of the *Bridge of Allan Times* I included an article about Emotional Freedom Techniques. This technique is the new Reiki in that everyone appears to want to learn it, which is wonderful as it is a radical departure from conventional therapies. EFT comes into the body of work now called Energy Psychology and is lauded by people like Deepak Chopra and Candace Pert (author of *The Molecules of Emotion*).

The following is an excellent description of Energy Psychology, reproduced with kind permission of Bea Salmon-Hawk from her website <http://www.bayasalmonhawk.com>.

WHAT IS ENERGY PSYCHOLOGY?

A family of mind-body therapies and self-

help techniques, Energy Psychology addresses what practitioners believe are disruptions in the energy that runs through and around your body. These disruptions appear to be the cause of emotional distress, negative thinking and unwanted behaviours.

Energy Psychology methods include working with the human energy system using meridians and acupoints. The work often involves self-tapping, eye movements or holding particular points on your own body.

HOW DOES IT WORK?

Ever notice how you are not bothered or upset by something from the past unless you think about it? This is because simply bringing to mind an upsetting incident trig-

gers an emotional response that creates neurological changes.

Once an emotional response is triggered, there is an opportunity to change the way you react. Although the exact mechanism is not yet known, Energy Psychology intervenes during this window of opportunity and calms your response to the memory.

HOW CAN IT HELP ME?

Clinical reports suggest that these methods are particularly effective with anxiety, depression, addictions, trauma, panic attacks and phobias. They are also extremely effective in the process of facilitating life changes.

Further information about ongoing research is available from the Association for Comprehensive Energy Psychology at <http://www.energypsych.org>

For further information about Emotional Freedom Techniques and forthcoming courses, contact Kathleen Morison on 01786 833717.

The Running Company

Great news for all running and walking enthusiasts!

BY ROWENA MENDELSON

The Running Company' is a coming together of Stirling-based 'For Runners', owned and managed by Doug Robertson, and the business background of Bridge of Allan residents Kristin Henderson and Jane Greenlee.

Lifelong enthusiasts of the benefits of exercise and a healthy lifestyle for all, the team's ambition is to open a shop that will cater for every level of fitness within the community.

'The Running Company' will stock a fantastic range of top brand running shoes and clothes, walking shoes, cross country and tennis shoes as well as a superb range of children's wear. Top brands such as Gore, RonHill, Asics, Mizuno, Brooks and Saucony will be represented together with the all-important accessories from Polar, Nike and Timex. The very latest in video gait analysis technology will ensure the correct footwear for every customer.

But the aim is for this business to be so much more than just an ordinary shop. The



Kris Henderson, Doug Robertson, Sarah Pickett, Jane Greenlee

team hope that it will become part of the community and 'The Running Company' aim to have regular walking and running groups leaving from the shop.

Each year 'The Running Company' will select a number of high profile events and have fo-

used training groups for these races. Already in the diary for 2008 are the 5k Stirling Race for Life, Glasgow Women's 10k, Stirling 10k, the Paris Half Marathon and the New York Marathon.

In addition, Angela Mudge, world champion hill runner, will be working with us. She will be off to run the Mt Everest marathon in the next few weeks and we will be helping her raise money for the Strathcarron Hospice by having a raffle in a "Guess Angela's Time" fundraiser.

'The Running Company' will have a treatment room offering the services of various health professionals including sports massage, sports podiatry etc. The focus of 'The Running Company' will be on first class service for each and every customer.

So whether you are an experienced club runner or someone who wants to get out and walk or run for fun, your needs are important to the staff at 'The Running Company'. Come in and have a chat when you're passing the door. Our firm belief is that everyone regardless of age or status reaps the rewards of a healthy lifestyle.

Support Angela's Everest run - call in to the shop and pick up your entry form. Remember - the proceeds go to Strathcarron Hospice.

www.woodwinters.com
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Your taste is your own ...

There has been much talk recently, both in the papers and on television, about wine and how it relates to people every day. Much of it not making any sense. On the same page in one website I read these two headlines: 'Pregnant women should avoid all alcohol' and 'Pregnant women safe to drink two glasses of wine a day'!!

Oz Clarke and James May have been touring Europe and now America to bring wine and its taste

to the living room and the dinner table around the nation. And we think they have been making quite a lot of sense. What we have found with James May is that touring the vineyards, talking to winemakers and finding out more about how wine is made has helped him to enjoy wine beyond treating it as salt and pepper. Oz's instruction has helped his appreciation too, and recently we have seen him go from a complete non-believer to someone who can tell the difference between wines grown in warm climates to cool climates and enjoy doing that at the same time - quite a transformation.

We believe that everyone has the ability to go beyond the first step of whether they 'like it or not' - and although it is very nice, going to the vineyards is not necessary. We totally believe that everyone can taste, it's just a question of which food / drink you bother to think about. Some are passionate about toast: Marmite vs jam, butter vs. margarine. Some just love chocolate: there are few people who do not have a

preference when it comes to a tin of Roses (I like the chunky purple one). With wine, there are a few key pointers - and on some of our wine courses people who previously claimed to only 'know what they like' could actually identify the use of American oak over French - they just needed to taste with someone who could guide them. And this all helps when it comes to going into a restaurant to choose a wine from the wine list - you will be much more likely to find something that you enjoy, and you will get satisfaction from doing it too.

If you fancy learning more, we are running a beginners' course in the New Year. If you can't wait until then, come along to our BIG tasting on Friday 23rd November at the Royal Hotel - where you can taste over 50 different wines - some you'll love and some you'll like less, but it's a great starting point so that you are never disappointed by a bottle again. To book these, call the shop on 834894 or visit us at 16 Henderson St, or on-the-line at www.woodwinters.com