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January 9, 2011

New Zealand Woman's Lifelong Anxiety Vanished

Scientology helped Paula McKenzie overcome anxiety, become the kind of daughter and mother she always wanted to be and create her ideal relationship. Her profile is one of 200 "Meet a Scientist" videos available on the Scientology website at www.Scientology.org.

A vague nervousness bothered Paula McKenzie for the first 30 years of her life. "I was very anxious around people and couldn't figure out why, but knew it wasn't me," she says.

Through Dianetics, she pinpointed the source of this, and now it is gone.

McKenzie, 33, learned about Scientology from her partner, Steve Green, when they started dating three and a half years ago. A single mother, raising a three-year-old daughter on her own, she had her share of issues and problems.

"Steve suggested I read the chapter in the *Scientology Handbook* on children," she says. "There were practical tips that had never occurred to

me. I tried them out. They worked. My daughter Grace calmed right down—and so did I."

But it was a Dianetics session that really changed McKenzie's life.

"In Dianetics auditing (spiritual counseling) you go back to earlier periods of your life," she says. "Suddenly I was looking at what happened just after I was *born*. It all stemmed from a decision I made as a *baby* that continued to affect me my whole life. Once I spotted that, it was gone."

In that session, McKenzie also confirmed something she had suspected before—that she is a spiritual being who has lived before and will live again. Having this knowledge gave her strength and confidence when her mother was diagnosed with terminal cancer.

"It was extremely difficult when she passed," says McKenzie. "I was able to reassure her and provide a calm and loving environment. I was so glad to be able to be there for her."

In addition to raising her daughter, now six, working as personal assistant to an executive in the Pacific Regional Football Association, and continuing with her Scientology studies, McKenzie assists Green in his work as director of Citizens Commission on Human Rights, a Scientology-sponsored watchdog group dedicated to eradicating psychiatric abuse. The couple look forward to getting married and the birth of their son in May.

"I love what I'm doing," says McKenzie. "I love my family, my work and my friends. I am absolutely relaxed in my relationship with Steve and no matter what comes up we sort it out. In fact, I just love my life."

View the Paula Mackenzie video at Scientology.org.

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The popular "Meet a Scientologist" profiles on the Church of Scientology International Video Channel at Scientology.org now total 200 broadcast-quality documentary videos featuring Scientologists from diverse locations and walks of life. The personal stories are told by Scientologists who are educators, teenagers, skydivers, a golf instructor, a hip-hop dancer, IT manager, stunt pilot, mothers, fathers, dentists, photographers, actors, musicians, fashion designers, engineers, students, business owners and more.

A digital pioneer and leader in the online religious community, in April 2008 the Church of Scientology became the first major religion to launch its own official YouTube Video Channel, which has now been viewed by millions of visitors.



Scientologist Paula McKenzie



Scientologist Paula McKenzie and her partner Steve Green, director of Citizens Commission on Human Rights for New Zealand