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Royal tribute: How Camilla will face her BIGGEST fear for Prince Charles this spring

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Camilla, Duchess of Cornwall and Prince Charles will have been married for 15 years come April, and the couple have stood by one another through the years. The duo frequently attends royal engagements at the request of the Queen and soon will be travelling abroad for an official tour. For part of the visit in March, Prince Charles will be on his own, but later will be joined by Camilla. The royal trip is to Bosnia and Herzegovina, Cyprus and Jordan, and takes place towards the end of March. Often when Charles travels abroad, he is not accompanied by Camilla. However, she will go with her husband to Cyprus and Jordan on the tour, which was requested by the Government.

Camilla does not always travel with Charles as she has a fear of flying, having bowed out of royal engagements in the past. In 2018, her fear of flying was confirmed by a representative from Clarence House who said her bowing out of a visit to Australia was not due to ill health but her fears. The representative said: "She decided a few weeks ago to firm up her plans. We were always looking at the Duchess coming. There are no health reasons. "She is as fit as a flea. The Duchess does not like flying but I think she sometimes has to embrace that fear and get on with it." At the time, The Speakmans, a husband and wife team who help people overcome their fears, offered their services to Camilla. Speaking on This Morning the couple said: "We did obviously tell her that if she'd like our help - on the show obviously - we will help her."

Camilla does have techniques for combatting her fears however, with one report stating she had been using Emotional Freedom Technique (EFT) to try and get over her fear of flying. The technique is similar to acupuncture without using needles and involves tapping. Tapping on specific areas of the body can help explore previous trauma and reduce anxieties and fears. By tapping on the meridian lines of the body, the EFT technique is thought to release negative energy. Camilla will be facing her fears in March when she flies out to join her husband in Cyprus for the second leg of their three-country tour.

