



## *Summer/Fall 2008 Schedule*

*Sign up for our e-Newsletter on our Website [www.hzharris.com](http://www.hzharris.com)  
and get your Free Report "11 Tips to Personal Power"*

*Find out about our Sliding Scale Fees.*

### **LIVING BEYOND INCEST**

**Ongoing Tuesdays through August 19, 2008, then ongoing Wednesdays beginning September 17, 2008**

Are you suffering from the effects of incest and sexual abuse? Do you space out, experience eating or sleeping disorders, have relationship problems, avoid sex or are promiscuous, suffer from anxiety and depression, trust the wrong people, and have underlying fear or anxiety, feel dirty and unworthy? These affects you may have from incest take away your power and limits your ability to have healthy, fulfilling, and meaningful relationships. For our group, we'll define INCEST as sexually inappropriate acts on a child by any family member, or by a close, trusted friend.

True healing from incest and sexual abuse requires courage and a personal commitment to facing the demons that arise. In this very safe, supportive, confidential environment, we will use a combination of Hypnosis, EFT, BSFF (Be Set Free Fast), and Shamanic Healing. Helaine has many years of working with incest and sexual trauma, and has developed techniques to assist clients. Decide now to live in freedom and joy!

This group will:

- Identify and transform patterns resulting from sexual wounds
- Understand how these patterns impact you as an adult
- Explore how the child's coping methods interfere with adult satisfaction
- Recognize how the child's survival instincts affect adult choices
- Meet Your Inner Healing Guides and Angels
- Experience love, inner peace and safety

**CEUs:** 8 \*\*

**TIME:** 5:30pm – 7:30pm \*

**COST:** \$250 for 4 sessions (prior to series)

### **SUCCESS AND ABUNDANCE THROUGH TURBULENT TIMES**

**8 Tuesdays beginning September 16, 2008**

It's hard to imagine experiencing financial abundance through times when we as a nation are experiencing economic uncertainty, but it is possible! Not only has Helaine increased her net income this past year, but she has also helped her clients to increase their income as well!

Are you ready to be abundant through these difficult, financially turbulent times? Are you coming from a place of fear or love in dealing with your situation? What new choices will you choose to change chaotic times into inner peace and success? This class is for those who truly want to increase prosperity, health, love and joy in their lives. Through demonstrations, formulas, practical ideas and exercises you will learn how to:

- Release limiting beliefs blocking you from prosperity
- Meet your Prosperity Guide and Council
- Use your intuition to make sound financial decisions
- Channel the power of adversity and use it to your advantage
- Build your success and abundance consciousness
- Attract vibrations of love and gratitude
- Learn the 4 Step Success Process

Join Helaine on an amazing journey where you will experience the power of focus, beliefs, and expectations by using EFT and the Law of Attraction to magnetize financial abundance TO YOU. It's time to enjoy overflowing prosperity in your life, and this class will teach you how to accomplish this.

**CEUs:** 2 ½ per class, 20 for the series \*\*

**TIME:** 6:30 – 9:00 pm \*

**COST:** \$380 by 8/12, \$410 by 8/26, \$435 by 9/10, \$70 per class

