

# An Awakening Center

Awaken Your True Power  
with Helaine Z. Harris, MA, MFT



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**MAKE 2009 YOUR BEST YEAR EVER!**

**Turn these turbulent times into success - for you and your clients!**

## Treating Anxiety with Energy Psychology Methods

**Saturday, March 28, 2009 - 1PM to 5PM**

**California State University, Northridge / 4 CEUs**

Are you anxious about what's going on in the world - with our economy, or even on a personal level? Are panic attacks on the rise in your practice - or maybe even your own life? Learn to help yourself and your clients develop coping techniques through Energy Medicine and Energy Psychology, including Emotional Freedom Techniques (EFT) as well as shamanism. In this class you will:

- \* **Learn** calming and grounding processes
- \* **Understand** how childhood experiences effect the development of anxiety
- \* **Practice** a 5-minute daily routine to balance the energy body
- \* **Experience** using the short form of EFT

**Course Title & Number: XEDU 959 / 18943 / To register: [tsengcollege.csun.edu/edpsych.html](http://tsengcollege.csun.edu/edpsych.html)**

## Discovering Joyful Flow During Stressful Times

**Sunday, April 26, 2009 - 1PM to 5PM**

**California State University, Northridge / 4 CEUs**

Are you ready to keep your spirits up when the economy is down? This is a critical time to discover how Joy turns around your experience of stress, creating a positive and healthy flow of energy in your body. Joy changes your heart rhythms and brain waves and allows you to feel safe in the face of difficulties. We will utilize hypnosis, Energy Medicine, and Energy Psychology, including Tapas Acupuncture Technique (TAT). In this joyful class you will:

- \* **Learn** the importance of your energy flowing in your body
- \* **Practice** daily exercises for releasing negative emotions
- \* **Learn** breathing and calming exercises
- \* **Discover** your Inner Joy
- \* **Explore** your intuition regularly
- \* **Have fun!**

**Course Title & Number: XEDU 949 / 19029 / To register: [tsengcollege.csun.edu/edpsych.html](http://tsengcollege.csun.edu/edpsych.html)**

**Helaine Z. Harris** has been a Psychotherapist since 1980 and the past Education Director for ACEP (Association for Comprehensive Energy Psychology). Author of award-winning book *Are You In Love with A Vampire? Healing the Relationship Drain Game*. Part of The Red Cross Disaster Mental Health Team and creator of An Awakening Center™ - which blends traditional and alternative psychotherapies, Helaine is dedicated to assisting clients manifest their greatest potential.

Contact us via email!  
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**Learn the keys to freedom and success!**  
Private consultations are available.

