

An Awakening Center

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



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Psychotherapy
Hypnosis
Meditation
Breath Work
Shamanic Healing
Classes • Private Consultation

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Upcoming Events

Awakening Your True Power

Saturday, March 27, 2010 – 1:00-5:00PM – Cal State Northridge – 4 CEUs

How do you or your clients go from the feeling of being overwhelmed, a victim, and powerlessness to experiencing true personal power and being in charge of the direction of your life? True Power comes from the Soul which means taking action, speaking your truth, and manifesting your goals. Masculine energy brings greater strength to face limiting fears preventing you from taking power. Feminine energy brings you love, flow and creativity. Developing presence, setting boundaries, clear and honorable communications and understanding the shadow side of power are all part of acquiring personal power. We will balance the masculine and feminine energies and begin the process of eliminating fears of being powerful. Join Helaine so you and your clients can create what you each desire! In this class you will:

- * Understand the concepts of awakening your True Power
- * Learn breathing processes for power
- * Explore and begin to release your fears of power
- * Begin the process of bringing your masculine and feminine energy together

Most importantly, honor your true nature by allowing you to meet your more balanced and Powerful You!

THE JOURNEY OF LOVE - HEALING HEART WOUNDS

Saturday, May 8, 2010 – 1:00-5:00PM – Cal State Northridge – 4 CEUs

Love is a choice. Many of us crave Love, yet we close our hearts because of previous hurt, rejection and abuse. We will explore these heart wounds and release your fears and negative programming about Love. This frees your energy so you can develop receptivity and compassion balanced by protection and strength. Knowing what you need to feel safe enough to surrender and still have boundaries is important in developing healthy trust. We will use Meridian Tapping Techniques (MTT), hypnosis, dyad processes and Shamanism to assist in healing your heart and the hearts of your clients. As you explore the polarities of fear and trust and masculine and feminine energy, you move gracefully into expanding, thus knowing your deeper nature as Love. In this workshop you will:

- * Explore your fears of intimacy and healthy trust
- * Begin to heal past heart wounds
- * Experience your masculine and feminine energy
- * Open your heart
- * Learn to apply these principles with clients

By filling the emptiness in your heart and Soul, you tap into the Universal Energy Flow that is there for everyone. No one ever needs to feel empty and lonely again!

To RSVP, call 818-782-6869

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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For more information, please visit
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