

# An Awakening Center

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



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## Release Emotional Debris Including Stress and Anxiety

**A FREE TeleSeminar on Tuesday, June 1, 2010 @ 6 PM**

There is **one major energetic and practical key you need to successfully cope with stress, anxiety and the financial problems many are facing.** This one key creates the foundation that allows you to be **securely centered in yourself no matter what** is happening around you! Yes, many are experiencing huge stressors and **are feeling out of control and powerless to affect your own situation.**

**This does not have to be you!  
It's time for YOU to take your power and create calm!**

Summer is around the corner and you want to have some fun. So take this time to **clean up your old debris so you really can enjoy summer.** With Helaine's ***An Awakening Process Meridian Tapping***, it is so easy to **change all your self-defeating behaviors and patterns** such as negative self-talk, unproductive thinking and words you express, and all that emotional baggage.

**Those old painful and negative messages** are imprinted inside your body's energy, which you send out to others. It's as though you're screaming "No! I don't deserve any more money!" or "It's ok to take advantage of me, I'm your perfect scapegoat!"

You draw more and more negative experiences to you, almost by some unseen force, just to prove your beliefs are true. It is **your negative belief that actually magnetizes events to give you further proof you are correct** in holding onto out-dated messages.

### In this TeleSeminar you will

- \* Explore the **crucial mindset shift** you need to make to create the success you want
- \* Call in your **Inner Guides** and learn and **#1 Key for Calm**
- \* Learn a **meditation for centering and grounding**
- \* **Release** unwanted **negative emotions or beliefs**
- \* Learn the **most effective tools** to create a more powerful shift
- \* **Transform your energy vibration** so you can **magnetize the positive** to you now!

This is going to be a wonderful releasing and freeing seminar, so I'm excited to have you join us to insure **your summertime fun free of stress and anxiety.**

**Go to [www.HZHarris.com](http://www.HZHarris.com) to sign up!  
Or call (818) 782 -6869 for more information!**



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**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.