

# An Awakening Center

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



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Psychotherapy  
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Classes • Private Consultation

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## Transform Stress and Anxiety into Power and Peace

### One Day Workshop - Saturday, April 24, 2010

Discover how to transform fear, anxiety and concerns into awareness, power, excitement and renewed hope. Reprogram your mind and heart For Success and Love... In 5-Minutes A Day! Yes, you can expand your comfort zone, using the Law of Attraction guarantees you the results you want. Coming to terms with the tension in the psyche between polar opposites like work and play, success and love, masculine and feminine energy allows you to come closer to understanding The Secret and the Law of Attraction.

If you've ever wanted to be one of those people who live their dreams, the answer is at hand. Find out how to harness your personal power and meditation to create your desires. I know it sounds incredible, but there's a simple, easy to use proven formula which unlocks everything your heart desires, and automatically creates the life you really want.

In this exciting workshop you will:

- \* Clear limiting thoughts, emotions and blocks
- \* Learn how to **shift your energy vibration**
- \* Experience Energy Medicine Exercises and a **5-minute daily practice**
- \* Tap into **Mother Earth nurturing to feed your Soul**
- \* Understand how to bring balance into your life
- \* **Enjoy Power and Peace now!**

CEUs: 6 - Certificate \$15

Time: 10:00 AM – 5:00 PM

Cost: **Early Discount**  
**\$125 by 3/24**

**Regular Fee**  
\$135 by 4/15

**Late Fee (if there is room)**  
\$150

*"I am awestruck by your powerful insight, intuition and ability to uncover the core issues that prevent us from living up to our full potential for happiness and fulfillment Within a matter of minutes, you detected and articulated what I haven't been able to figure out, and that which has been at the heart of my low-grade depression and anxiety, AND you provided me with solution for healing the dissonance resonating within me."*

-Evie M

[www.HZHarris.com](http://www.HZHarris.com)

**Call (818) 782-6869 for more information or to register**

**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. She brings 30 years experience and 40 methods to select the best for her clients and for the class. So she knows many of the best healing methods. 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.

