

WHEN AWARENESS ISN'T ENOUGH

Is This You?

Are books, workshops, affirmations, and analyzing your issues, not creating the results you want? Do you keep repeating unwanted thoughts and reactions even though a part of you knows better?

Awareness Alone Is Not Enough

Our subconscious mind is made up of parts, all based on core beliefs. Some are positive and life enhancing, and some are not. Most were created in early childhood to help and protect us to the best of our understanding at the time. These parts, the core beliefs, the thoughts, emotions, and behaviours accompanying them, are firmly imbedded in our subconscious. When, as adults, we choose to believe something in opposition to these original beliefs, there is a feeling of being pulled in two directions at once or being "stuck." The old core beliefs can limit our choices, happiness and success. We must transform beliefs at our deep core level if positive changes are to last.

An Important First Step

While conscious awareness is not enough, it is a good beginning. To recognize our lives are off track and some thoughts and behaviours are not producing the hoped for results is important. It motivates us to keep searching for answers to our unhappiness. Core Belief Engineering accesses and aligns our negative subconscious beliefs with what we now choose as adults. Then a transformation of the old beliefs, feelings, thoughts and reactions is complete on every level, spiritual, mental, emotional and physical, down past the layer of the cells. *"At last, at 58 I have finally made it! I tried all kinds of other therapies but nothing else worked. I have solved a 5-year writing block. Negative drama has become intelligent pleasure. Life is exciting!"*

-Sharon T., Writer, Kelowna

When thorough and complete transformation occurs, you need much less time to resolve long-standing issues. As well, changes last and grow stronger over time. *"Laara's gentle non-leading approach resulted in creativity and organization in my work. A year later I am even more creative and organized, I continue to prioritize more clearly and to trust my way of doing things."* - Alan J., Chiropractor, Kelowna

What Happens In A Session?

Laara uses Core Belief Engineering as a powerful, yet gentle way of guiding you into creating a partnership between your conscious, aware self and your subconscious core belief systems. You are fully conscious, and there is no need to relieve painful experiences. You create a feeling of expanded harmony, respect and well being within yourself.

You work in partnership with Laara who acts as a facilitator, helping you to determine your goals and access answers and resources from within, so they are real to you. *"Laara helped me to change my life completely. I speak up for myself diplomatically, I know who I am and what direction my career should take and I have the courage to follow through."*

- Christina F., Psychologist - (phone client) Toronto

As one of only three Master Practitioners in North America, Laara Bracken is highly respected and trusted. She maintains absolute confidentiality.

Laara originally experienced Core Belief Engineering to solve her own problems. She was so impressed with her results she decided to make it her life's work. She has 22 years experience. *"I have solved the problems within myself that you may be having in your life. I know what it's like to be on your side of the problem as well as mine."* - Laara

"Time and cost efficient," "gentle," and "lasting," are just a few of the words that have been used to describe Laara's work.

Call Laara now and discover how she and Core Belief Engineering can help you!

• If you feel like something is holding you back and you don't know how to change, but really want to:

• If you have a talent or ability you would like to develop and/or enhance...

Then you are a perfect candidate for, and will benefit from:



Since 1983

Now certified as The College of Core Belief Engineering

RAPID, GENTLE, LASTING RESOLUTION OF INNER CONFLICTS

- **RAPID:** Dramatically reduces the time you need to create positive, permanent results.
- **GENTLE:** No need to relive your pain.
- **LASTING:** Transforms deepest core beliefs on ALL levels. Changes last and accumulate.

CALL: LAARA K. BRACKEN, B.Sc.

Certified Master Practitioner 21 YRS. EXPERIENCE

Kelowna (250) 763-6265

PHONE SESSIONS AVAILABLE