

BREAK OUT of the cycle

RELEASE the Past

CHANGE Mindframes

CREATE New Opportunities

IMPROVE Relationships

LIVE your Potential

CHANGE your Life

When you find yourself driving down the wrong road, you know to stop, turn around and back track to the point where you can hop back on route towards your destination.

Life is the same.

YOU DECIDE where to go ...
what to do ...
who with ...
when ...
why ...

Whatever life may have taken you through, your life is your own and you deserve the very best that life has in store for you.

STEP UP and **CLAIM IT**
NOW !!!

Ready to take
YOUR LIFE
back into your own hands?

Call **Pauline Now!**

0800 377 363



True Essence

cnr Luckens Road and Hobsonville Road
PO Box 79-008, Royal Heights.
therapy@trueessence.co.nz
www.trueessence.co.nz
0800 377 363 or 021 566 880

CHRISTMAS 2010

SPECIAL OFFER !!!

Purchase before Christmas and receive

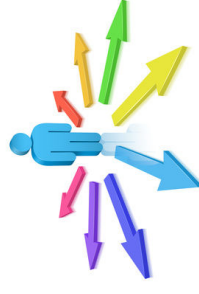
\$40 OFF the first session.

* Gift vouchers available.

Note: Special offer vouchers valid until 30th April 2011.
Bookings are essential and subject to availability.

Are there things
in life
you want

CHANGED?

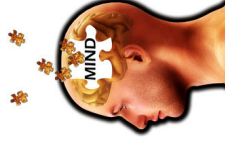


Life Direction



End Addictions

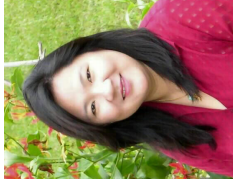
Shift Mindframes



Success and Happiness

It is time ...
to **ACHIEVE** them **NOW!!!**

HELLO! I AM ...



Pauline KAM Po Lin

People's need for therapy has changed as has the trend for personal development. In our current environment, when the process of change is triggered, it is important that you are equipped not only with effective life tools and skills, but also a healthy balanced perspective and the ability to make the best of the changes for optimal growth.

My role as Change Master is to

- enable the realisation and achievement of one's unique potential.
- assist people through the process of releasing the past and living a life of love, peace and trust.
- help open new doorways into the future.
- empower people to effect changes in this rewarding life journey.
- realign one's current life focus with that which is their innate potential and purpose.
- awaken consciousness to the greater universal cause.

A Change Master understands the dynamics of change and its intricate processes. The aim is to empower you with the keys of life and powerful knowledge about your mind and intrinsic self. You will learn how to link your conscious and unconscious minds and direct them effectively.

This in-depth understanding of the mind and spirit will guide you through a field of space and time to release past limiting patterns to ensure that success and peace can be easily attainable now and in the future.

When we decide it is time to change an aspect of life eg. to stop old habits and addictions, to start fulfilling the vision you've carried within you all along, to release the past and embrace the future or to become confident within yourself, you have in effect chosen ...



FREEDOM HAPPINESS CONTENTMENT

That decision is the very first step towards success where you can claim the wonderful life that awaits you.

From my experience, I can assure you that success is not merely changing the one aspect you feel needs changing. In order for you to be successful, you need to be clear about what it is you are actually aiming for ... and that is not as straightforward as it sometimes seems.

The most important thing is ... once the decision is made, the ball of action is set into motion ... and all you need to do is follow the yellow brick road.

Therefore, if you are reading up until this page of this brochure, it be safe to presume that you are pretty close to taking that step off the old cyclic pattern of limitation onto your natural creative pathway of success.

Change happens naturally whether

- we like it or not
- we agree with it or not
- we want it or not
- we know how or not

So ... don't feel you need to change anything. Choose to enjoy the experience and learn how to flow with it.

Review your life and consider if there are things you would rather enjoy differently. If so ... make a choice to remain status quo or to have a life changing experience.

SELF SABOTAGE

The first thing you will discover is that we do not have a self-defeating unconscious part that stops us from achieving our life visions.

What is commonly termed as self-sabotage is actually a miscommunication between the conscious decisive mind and its subconscious responsive partner. In order to work both minds effectively, we need to know how each part of our minds function and understand how we can operate them both together towards one mutual goal.

NEGATIVE MINDFRAME

There is an easy way to step out of a repetitive and reactive negative mindframe when we understand how it works and how to put it to rest. We can only replace a negative thought with a positive thought for a short period of time.

FREE THE PAST, EMBRACE YOUR FUTURE

Some people who have experienced disappointments, loss, abuse, trauma, failures etc replay the experience of pain and carries them forward through life as it manifests and builds over time into guilt, blame and hopelessness.

Life is worthy of love, inspiration, success and security but in order to move on, we need to be aware that life need not be full of pain and limitations from the past.

When staying put in not an option, we can either move forward or backwards ... never both ways. It is your choice

So ... when you are ready for change ... you will know. And when you know ... pick up that phone and [call Pauline on 0800 377 363](tel:0800377363)