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# **Core Transformation Reaching The Wellspring Within**

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the well-spring of authenticity, the core of being. -Dan Millman, author, *The Way of the Peaceful Warrior* and *The Life You Were Born to Live* This book will take you there.

## **Core Transformation: Reaching the Wellspring Within ...**

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territories of the self—a place of greater courage and love, into the well-being of authenticity, the core of being.” —Dan Millman, author , The Way of the Peaceful Warrior and The Life You Were Born to Live.

## **Core Transformation - The Wellspring Within**

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it tangible, even  
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Connirae Andreas  
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Tamara Andreas is an  
international  
transformational  
seminar leader and co-  
author of the book,

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has been bringing the  
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work to people around  
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decades, and has been  
the lead trainer for this  
process and for the  
Wholeness Work  
trainings in Asia.

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--Michele Weiner-Davis,  
author, "Divorce  
Busting" Core

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## **Wellspring ...**

Tamara Andreas is an international transformational seminar leader and co-author of the book, *Core Transformation: Reaching the Wellspring Within*, and the *Core*

*Transformation Training Manual*. She has been bringing the *Core Transformation* work to people around the world for over two decades, and has been

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the lead trainer for this process and for the Wholeness Work trainings in Asia.

## **About - Core Transformation**

Reaching the Wellspring Within A 2-day Seminar to learn a simple yet powerful 10 step process to transform ANY problem or “challenge” in your life. What is The Core Transformation Process? \* It is a

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personal change  
technique that takes  
you on a healing inner  
journey to the depths  
of your being.

## **Core Transformation Seminar | Transpersonal Hypnotherapy ...**

Tamara Andreas is an  
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Training Manual.

Tamara has been bringing the Core Transformation work to people around the world for over two decades, and has been the lead trainer for this process and for the Wholeness Work trainings in Asia.

**Core Transformation  
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## **Trainings**

Core Transformation offers a simple process that empowers readers to experience healing and lasting change. Dr. Connirae Andreas, international best-selling author and therapist, goes beyond explaining how our core patterns trap us into feeling acting in ways that don't serve us.



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## **Transformation: Reaching the Wellspring Within eBook ...**

Core Transformation makes it tangible, even inevitable. The simple ten-step process in this book offers a gentle, compassionate way to melt limitations rather than fight them. People have used CT to heal relationships, "problem" emotions such as anger or jealousy, overcome

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anxiety or depression,  
stop smoking, improve  
health, and more.

## **Core Transformation : Reaching the Wellspring within**

Andreas is best known for her development of the groundbreaking Core Transformation process, a method of gentle and profound transformation through accessing states of Peace, Oneness, and Presence. She is co-

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author of many books and training manuals, including Heart of the Mind, an engaging introduction and "handbook" of key NLP methods.

## **Core Transformation: Reaching the Wellspring Within eBook ...**

Core Transformation:  
Reaching the  
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Connirae Andreas,

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Ph.D. and Tamara  
Andreas, M.M.

DESCRIPTION: This book will take you on a healing inner journey to the depths of your being. You'll be guided through 10 simple steps, through which your limitations become the doorway to powerfully transforming states of being that most people describe as "inner peace" "love" or "oneness."

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The Core

Transformation class is really the other side of the "entrainment" process in Quantum-Touch. The Basic and Supercharging techniques work with the sweeping and breathing to amplify our vibration and offer

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the energy through us  
to create a result. In  
contrast, in the Core  
Transformation we  
work on ourselves  
through what we call  
the "core ...

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