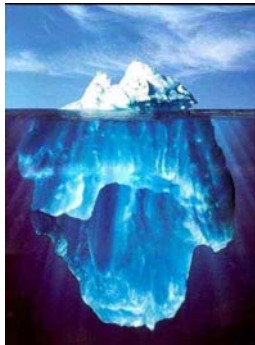


## Are You Living the Life of Your Dreams?

Very few people come even close to utilizing their full potential. Most people have settled for a life of conformity and mediocrity.

Our true potential is like an iceberg. Most of it is hidden below the surface, in our subconscious.



Isn't it time you awakened to your true magnificence?

Whether you are currently barely surviving and hoping for the pain to stop or simply want to get that special edge over your competition, we can help you to live a more rewarding and fulfilling life.

You will probably be surprised how quickly life can change for the better when you are serious about making changes within yourself.

**Call 9650-6520 today** to make an appointment or to discuss your situation in more detail.

### Sample of Services:

- Quit Smoking
- Improve Self-Confidence
- Overcome Performance Anxiety
- Release suppressed emotions (Anger, Sadness, Fear, Guilt, Hurt & more)
- Overcome Procrastination
- Understand what is truly important to you (in life, relationships, career, etc)
- Life Coaching
- Business Coaching

**Life is meant to be enjoyable, rewarding and exciting!**

### **Start Living Your New Life Today!**

**Investment:** \$220 per session (1hr)  
Coaching (Price on Application)

## **NATURAL STRESS THERAPY**



### **A NATURAL APPROACH TO LIFE!**

Suite 34, Level 2, 12 Collins Street  
Melbourne , Vic 3000

**Phone: (03) 9650-6520**

**Fax: (03) 9654-9177**

## **Peak Performance**



### **Klaus Ruehl**

Certified Trainer of Neuro-Linguistic Programming  
& Timeline Therapy, Clinical Hypnotherapist and  
Executive Performance Coach

**Do You want more**

**Health?**

**Happiness?**

**Wealth?**

**What are you waiting for?**

**DO IT NOW!**

**SAVE \$70.00 on your first appointment.  
Offer ends 31 January.**

**Tel: (03) 9650-6520**

# YOUR UNCONSCIOUS MIND HOLDS THE KEY TO YOUR FULL POTENTIAL!

## The Secret to Success

Why are some people ultra successful while others struggle through life? Research indicates that the **most important factor** contributing to success in any area of life is not luck, our genes, our environment, or any of a dozen other variables often blamed for lack of success.

The **primary key** to **success** in any endeavour is an **empowering mindset**.

An empowering mindset is **much more than positive thinking**. It is the totality of our beliefs and values about life which are **encoded in our nervous system**, mostly beyond the reach of our conscious awareness. The good news is that you now have access to state of the art techniques which can recondition your nervous system to the **successful mindset** that is **your birthright**.



***“Whether you think you can or you think you can’t—you are right.”***

**Henry Ford**

## Emotional Freedom

***“The Mind is like a parachute. It works best when open.”*** - **Albert Einstein**

Suppressed emotions such as anger, sadness, fear, guilt or hurt often create unconscious biases in our thinking and decision making. Our mind is programmed to ensure our survival by minimizing pain and maximizing pleasure. As we avoid painful emotions they are often driven into our subconscious and become powerful inhibitors to living a successful life.

The result is often mixed emotional signals stored in our nervous system which lead to procrastination and kill our passion for life. As we accumulate more of these subconscious emotional triggers we tend to find that we have great difficulty making decisions because we associate pain with every choice. Often we cannot even put our finger on the source of the pain.

In this state of emotional bondage, which is very common in today’s society, we often find it difficult to know what we really want. The suppressed emotional pain causes us to live reactively rather than purposefully and we view life as a tough task master.

Timeline Therapy™ is just one of the powerful tools available that can assist you to release negative emotions quickly, comfortably and effectively. When we let go of suppressed emotions from the past it often feels like a huge weight is lifted and we discover a new joy for life.

## Clarity of Mind

***“If you don’t know what you want, you won’t know when you get it.”*** - **Klaus Ruehl**

Once we have released limiting emotional biases it is time to become very clear about our desired outcome. You want to be more happy? What does that mean exactly? You want a better relationship? What exactly are you looking for in a relationship?

By taking you through a powerful NLP (Neuro-Linguistic Programming) process we discover what is most important to you. You might be surprised when you see the outcome but you will certainly have increased clarity which will allow you to focus on what is important to you and stop wasting time on the many small unimportant issues that clutter our life.

## Success Consciousness

***“We are what we believe we are..”***

**- C.S. Lewis**

*Once we clearly know our outcome we need to let go of any limiting beliefs that are holding us back in claiming our prize. It is difficult to give 100% to any endeavour that you believe will not succeed. Hence, our limiting beliefs all too often become self-fulfilling prophecies.*

***What would you do if you knew you couldn’t fail?***