## Re-Code for Life

Have you ever wondered why you get triggered when someone says a certain phrase to you? Have you ever observed how particular people, places or things can throw you back into old habits and patterns?

Have you ever wondered why you seem to repeat the same old non-productive patterns over and over again?

If so, you're not alone. There is a valid reason why this happens, and it has nothing to do with anything being wrong with you or you being broken in any way. The best part about it is that there is a way you can change these patterns and tendencies with more ease than you ever thought possible.

You may wonder, "How can that be?" Let me introduce you to The Re-Code for Life. The Re-Code for Life is a fast and simple process that rewrites the information and instructions in your subconscious mind, which is where all the programs that cause these triggers, fears and habits are stored. The subconscious mind is the part of our mind that is outside of and beneath our awareness. It is also the part of us that governs these habitual tendencies and triggered reactions we want to let go of. This explains why we may often be unable to change them, and are usually unable to figure out why.

At this event, as we go through The Re-Code, we will be guiding you in a relaxing process that harmonizes the functioning of your conscious and subconscious mind. This will bridge the struggle that often ensues between them, and will allow the two aspects of the mind to co-operate in harmony. When the two hemispheres of the brain are functioning in harmony in this way, it facilitates your ability to bring into form your goals/desires and consciously create a life you love! How would you like to finally have the missing keys that let you be in the drivers seat of your life?

We use the Re-Code for Life system for practically everything, including dissolving and neutralizing your switches, obsessions, compulsive behaviors, fears, triggers, and phobias. This opens up the path for you to begin creating a life you truly love living by clearing toxic emotions, thoughts and unproductive beliefs and feelings, releasing trauma, guilt and pain, transmuting grief, and much, much more. One of the many notable effects of using The Re-Code on a regular basis is improved relationships especially the one with self; something we all can benefit from.

Come join us Sunday, June 23, at 12:00 pm and discover how much sweeter and smoother your life can be with The Recode for Life in it! This Spring event is just in time to give you a tool to rebirth yourself in this time of the year of renewal and regrowth. We look forward to seeing you there!