



Core Transformation: Reaching the Wellspring Within

Connirae Andreas , Tamara Andreas

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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."

Core Transformation: Reaching the Wellspring Within Details

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From Reader Review Core Transformation: Reaching the Wellspring Within for online ebook

Rebecca says

A great book to start un-weaving deeper issues for reasons we hold ourselves back- or cannot progress in certain aspects of ourselves. It is, in my opinion a bit slower than a few other techniques, but perfect for a beginner into self healing with energy work. And in shortened versions, an undeniable way to quickly 'discover' a clients, or our own, hidden psyche.

MizzSandie says

Overall: Good book - good method.

BUT...

It was a little confusing (in spite of trying to do the opposite), and repetitive, and it was difficult to follow the logic of the structure of the book (for me anyhow), because it seemed too similar to be set apart in different chapters and yet it wasn't differentiated enough to make sense that it didn't go together and was seemingly a repetition.

But I liked the examples, the method and the message - just really didn't like, or get, the structure.

Jude Bee says

The Junk Psych Reviews #1:

Core Transformation by Connirae Andreas with Tamara Andreas

DISCLAIMER: THE FOLLOWING REVIEW IS ENTIRELY BASED ON THE REVIEWER'S PERSONAL RESPONSES TO THE BOOK REVIEWED. NO ATOM OF IMPARTIALITY HAS BEEN ATTEMPTED.

IT'S refreshing to read, for once, a self-help book not written by people flaunting their Dr. titles (usually in a different field than the subject of their books); it's not refreshing to encounter the same abuse of psychological terms or the offering of willy-nilly hodgepodge of formulas as we find from the so-called Doctors. On the very first page of the first chapter 'THE JOURNEY BEGINS', the authors berate two approaches of getting to 'a restaurant with wonderful food': the first approach encourages the readers to 'just visualize the restaurant clearly... that's all you need to do', which 'seem(s) silly' to our authors, while the second deems necessary 'years (of) thinking about how bad your own cooking is... how you became such a bad cook', which 'seems even sillier'. After drawing the line so clearly, the authors propose their very own and unique approach, which turns out to be a rather uncanny combination of the two they just set out as shooting targets: FIRST, you need to engage with your 'unconsciousness' (the authors' definition of this key term is rather different from the Freudian concept; in defining it as simply the collection of what you are not consciously aware of at any given moment and hence changing drastically from one moment to the next, it has become the polar opposite of what Freud once proposed as 'the timeless, eternal darkness that never changes') in order to isolate the parts guilty for producing the bad cooking (your unwanted emotional

responses; without the painful and time-consuming process of Freudian psychoanalytical methods, of course) through a light-hearted conversation with such parts blessed with continuous positive reinforcement (keep thanking your parts for any response you get); THEN, you CLAIM the ultimate 'core states' of 'beingness', 'inner peace', or even 'okness' by simply PROCLAIMING 'I'm here already!' -- the power of words has taken the place of the power of visualization, it seems. But is that really 'all you need to do', we ask? The authors seem to think so. In a book that could have ended after the first two facing and opposite pages -- one pointing out the impotency of the two current ways of curing, another the promised potency of the new cure that is simply a mechanical combination of the two impotent cures just and justly judged -- the authors spend the remaining 238 pages expounding and pounding those two pages into us, so that at last we can all see the 'liquid light'. It's uncertain exactly how such states of blessedness, of 'liquid light', differ from what is induced by the quick fixes and drugs the authors rightfully warned us against at the very beginning. Yet, on second thought, the Drug of Core Transformation is probably cheaper -- especially if you get the book from a library and you haven't become the neophyte junkie of the new religion yet -- and possibly safer than a lot others, and in that light, the book is getting two stars instead of one.

Recommendation Level: on par with any poetry book written by Virginia Hamilton Adair.

Aaron Estel says

A very practical guide for a very specific process. I'm currently reading a few different books around this whole area of integration and improving body sense, and it's not hard to take the information in here and run with it.

That said, as someone who hasn't actually run through the process yet, I'm skeptical that every problem you have is really just an expression of desire for one of a few "core states" (Inner Peace, Oneness, etc.). I also have difficulty accepting that it's as easy to achieve these states as they make it sound. If these were readily available to us, it's unclear why our subconscious would have abandoned them in response to stress or trauma, as they seem like the exact thing we would need in those moments...

My assumption is that these states are very useful mental tools in certain circumstances, but can be very dangerous if embraced 100% of the time. I want the ability to access them again, but I doubt that's really all I want, as this book seems to imply.

Tony Boyles says

This book describes an interesting and potentially useful set of techniques for self-help. Unfortunately, it's also entirely bereft of any scientific investigation of the phenomena behind the technique. Also, the style is uneven, which makes it occasionally jarring to read. Not, in general, recommended.

Kaj Sotala says

I would give this book six stars if I could. The cover and name initially set off lots of "pseudoscience

nonsense" warning bells in my head, but the technique was similar enough to Gendlin's Focusing to make it seem worth a try. After I did start using it regularly... well, I can only say "wow": I've made more progress on various emotional issues in a matter of months than I'd made on them in last several decades.

(I expect to edit this review to contain more detail once I've written up more about my experience.)

M says

a strategy/technique for integrating and changing destructive habits

Josh says

I learned this process first in my coach training with Erickson College.

This book helped me get a much deeper understanding of this process and allowed me to practice it thoroughly.

The process itself is profound and leads to impressive changes especially where many other methods have failed to make a difference before - generally because this means we know how to get past whatever it is we want to change, but a part of our unconscious is "stuck". This process pulls a judo trick, by stopping the fight with the stuckness, and embracing it instead. That doesn't make much sense written in one sentence, so you'll have to read the book to figure out how that works.

If you are a coach, this book is a must-read.

Sally says

Excellent resource for practitioners and general readers; mercifully free of the verbiage of some NLP texts. Clean, elegant techniques for resolving inner conflict, without getting into pointless intellectualising.
