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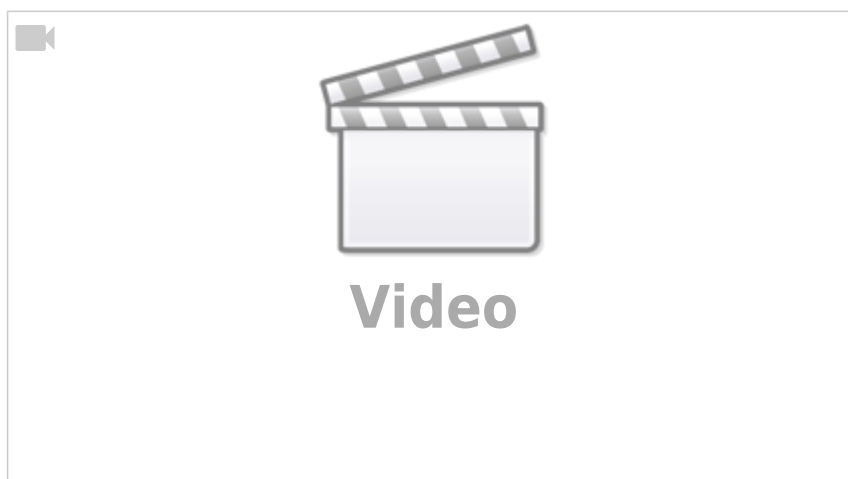
# Core Transformation

Core Transformation<sup>1)</sup> is a personal transformation method developed by Connirae and Tamara Andreas. Connirae Andreas is a pioneer in the field of Neuro-Linguistic Programming (NLP), psychology, and spirituality. The Core Transformation process is a simple ten-step method for discovering a profoundly healing inner “core of being” that people often describe as a spiritual experience. The approach offers a direct and accessible path to experiences such as oneness, inner peace, love, or being, regardless of a person's spiritual orientation. The process was developed and tested by Connirae Andreas in 1989, with the first teachings taking place in early 1990.

A method with which you can reach conditions within five minutes, that make others sit on mountains for years!. *Connirae and Tamara Andreas*

Unlike many self-help methods, Core Transformation is not about will-power, discipline, or positive thinking. Instead, it is a gentle method that helps individuals transform even deeply entrenched habits and emotional “buttons”. The benefits of transformational change include easily changing behaviors, from nail-biting to yelling at the kids.

Core Transformation is available in book form([Connirae and Tamara Andreas, 2015](#)), and demonstrations and trainings of the process are also available in video format<sup>2)</sup>.



## Ten-steps

The Core Transformation process is a ten-step process that can be used to transform negative beliefs, feelings, or reactions into positive ones. The first four steps are enough to reach the Core State, while the remaining steps are necessary for a deeper transformation of the original problem. The ten steps are as follows:

1. Choose a belief, feeling, or reaction to work on and welcome it.
2. Acknowledge the positive intention of the part and ask it what it wants.
3. Ask the part what it wants to achieve by achieving the previous goal and keep repeating this

step until the Core State is reached.

4. Reach the Core State and enjoy it.
5. Transform the chain of results with the help of the Core State.
6. Develop the part from its age through time to your present age, with the Core State present at every moment of time.
7. Integrate the part completely into your own body.
8. Look for opposing parts and guide them through the first eight steps of the process before proceeding.
9. Visualize your timeline and let yourself drift back into your past until just before your conception. As your core state shines through your being, move forward through time and let the Core State color and transform every moment of experience to the present.
10. Repeat the generalization of the timeline several times, each time faster.

The Core State is the state of being that is accessed during the Core Transformation process. It represents an individual's highest and most positive intentions, including wholeness, inner peace, well-being, love, and vitality. The Core State is a context-independent state, which means that it is not dependent on external circumstances or situations.

## Connirae Andreas

Connirae Andreas is an American author and psychotherapist who is known for her work within the field of Neuro-linguistic programming (NLP) <sup>3)</sup>. She studied undergraduate psychology at the University of Kansas in 1975, obtained an MA in clinical psychology from the University of Colorado in 1979 and a PhD in psychotherapy from North Central University in 1989 <sup>4)</sup>. Andreas is the originator of the Core Transformation process and has taught and developed that process with her sister and co-author, Tamara Andreas.

Andreas worked with her husband, Steve Andreas, in multiple areas of NLP. They have published several books on NLP through the Real People Press publishing business established by Steve Andreas. Their first book on NLP, *Frogs Into Princes* sold over 500,000 copies. Andreas and her husband edited several books of the work of the founders of NLP Richard Bandler and John Grinder, including *Trance-Formations* and *Using Your Brain for a Change*. In 1979 they established NLP Comprehensive, based in Colorado, to organize NLP trainings <sup>5)</sup>.

Andreas is also known for her work developing Eye Movement Integration Therapy, and has been an invited speaker at multiple Milton H. Erickson Foundation meetings. She is also an honorary fellow of the Association for Neuro Linguistic Programming. Her work has been published in over 14 languages, and is taught through a network of trainers around the world.

Andreas' most recent work is the Wholeness Process, which is the result of her personal struggle with health issues, plus an exploration of modeling what has usually been considered "the unknowable."

In summary, Connirae Andreas is a renowned American author and psychotherapist who is known for her work within the field of Neuro-linguistic programming (NLP), and is the originator of the Core Transformation process. She has worked with her husband, Steve Andreas, in multiple areas of NLP, and has also developed Eye Movement Integration Therapy. Andreas' most recent work is the Wholeness Process, which is a simple and highly effective therapy and personal growth, grounded in direct experience

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<sup>1)</sup> Core Transformation[conniraeandreas.com](http://conniraeandreas.com)

<sup>2)</sup> Core Transformation[andreasnlp.com](http://andreasnlp.com)

<sup>3)</sup> Connirae Andreas[Wikipedia](https://en.wikipedia.org/wiki/Connirae_Andreas)

<sup>4)</sup> Connirae Andreas[wholenesswork.eu](http://wholenesswork.eu)

<sup>5)</sup> Connirae Andreas[Everybodywiki](https://en.wikipedia.org/wiki/Connirae_Andreas)

1. <sup>^</sup> <sup>a</sup> <sup>b</sup> Connirae and Tamara Andreas, 2015. *Core Transformation: Reaching the Wellspring Within*. Real People Press, ISBN 0911226338.

2. <sup>^</sup> Connirae and Steve Andreas, 1987. *Change your mind—and keep the change, advanced NLP submodalities interventions*. Real People Press, ISBN 0-911226-28-1.

3. <sup>^</sup> Connirae and Steve Andreas, 1989. *Heart of the mind: engaging your inner power to change with neuro-linguistic programming*. Real People Press, ISBN 0-911226-30-3.

4. <sup>^</sup> Connirae Andreas, 2018. *Coming to Wholeness: How to Awaken and Live with Ease*. Real People Press, ISBN 0911226516.

5. <sup>^</sup> Connirae and Steve Andreas, 1985. *Using your brain—for a change*. Real People Press, ISBN 978-0911226270.

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