

Please add me to your mailing list so that I can receive information about events happening in my area:

Name:.....

Address:.....

Email:.....

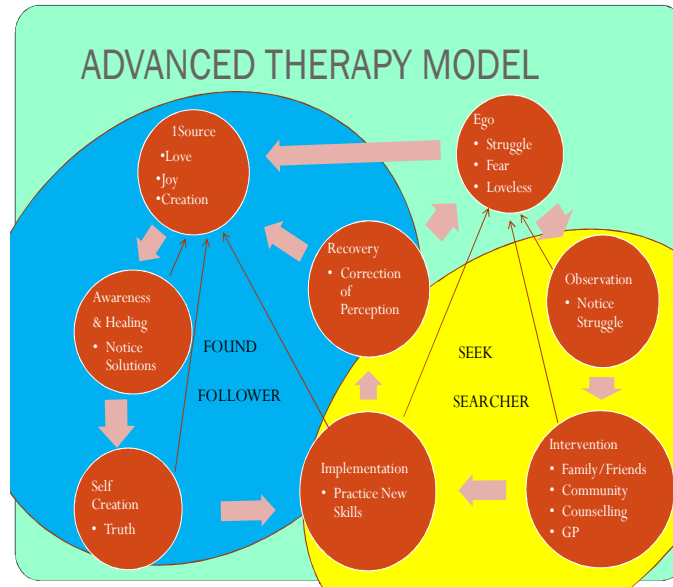
Phone:.....

Mobile:.....

Please post this form to:  
**The Treasurer**  
**20 Old Spring Bay Rd,**  
**Swansea, Tas, 7190**  
**Or register online!**

Donations of cash, cheques, and postage stamps always gratefully accepted. Or you can make a donation online at:  
[www.1source.org.au](http://www.1source.org.au)  
**Thank you!**  
**ABN: 57 168 535 393**

Call us:  
**0400 606 321**  
 When you're in a fix!  
 Email  
**support@1source.org.au**  
 Web:  
**www.1source.org.au**

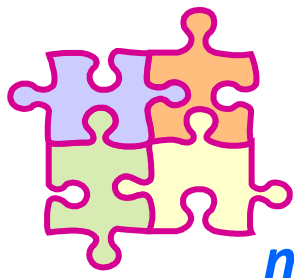


COUNSELLORS REGISTERED WITH:



*“The truth about mental and emotional health & well being finally revealed!”*

*“The keys that you must be aware of that enable mental and emotional health, bringing Peace, Love, and Contentment into your life!”*



## “The missing piece of the puzzle is finally revealed...”

If you are sick and tired of trying every type of counselling, reading a pile of self help books, and attending an abundance of workshops and depriving yourself of the life you enjoy, only to slip back into pain, depression and anxiety, then I expect by now, that you're screaming inside for some answers.

You see it's all very well for spiritual gurus, personal trainers and diet companies to go on about meditation, eating less and exercising more, but what they are not telling you is why it's not working for you. The answer may surprise you – let us explain...

### **Mandy & Ron Cruickshank**



## The missing information that you must know...

You see, the reason that all this help hasn't worked long term is because you are fighting a fierce battle with your own unconscious mind – and guess who wins!

It works like this – If you have some unresolved emotion or internal conflict that needs sorting out, your mind will force you to suppress the emotion or conflict, creating an emotional void.

It may feel like you are banging your head against a brick wall sometimes, but the good news is that we can help you take away all the pain once and for all. Here's how...

## Here is how we can Help...

As a qualified and registered Counsellors, Ron & Mandy Cruickshank can help you to deal with the unresolved emotion that is costing you your energy and your life's peace, love and joy.

Afterwards, you will no longer need to deprive yourself of the joy you love, because your own mind will regulate your well being, happiness, and the speed at which you move forward in your life.



## That's just the start, you see, you will also...

- ✓ Feel great about yourself
- ✓ Love, like and approve of yourself
- ✓ Enjoy your life more
- ✓ Break free of barriers that you used to put in the way of happiness

## So what next...

You probably have many questions that you want to ask us. To help you decide if this is right for you, we offer a **FREE** and totally confidential consultation. Let's get together, have a chat and you see what you think.

To book your **FREE**,  
no obligation consultation  
call now on:

**Ph. 0400 606 321**  
and present this brochure.

We will travel to you for your home visit counselling consultation in all areas including the East Coast of Tasmania, Hobart and the Upper Derwent Valley!

# 1source.org.au

**Ron & Mandy  
Cruickshank  
Registered Counsellors**