

Remove Stress with LECNA



the solutions within themselves, their own inner wisdom – no-one tells them how to think,” program facilitator, Nikki Ward said.

“When they do the work on themselves, they answer four simple questions and they get clear. That’s it.”

The program is also designed to encourage not only stress recovery, but thriving under the

There is a ground-breaking new stress reduction program based on reviewing core beliefs that takes place at the Logan East Community Neighbourhood Association (LECNA).

The program is designed to help people remove stress for good. Based on the work of Byron Katie, Nikki Ward, Bachelor of Arts (Psychology), offers an evening program session to all adult members of the public, every Tuesday night at 7pm for one and a half hours.

Nikki said just come on down for an easy evening of laughs.

“Participants do their own work, and no-one has to speak in front of the group if they don’t want to.

“Everything and everyone is welcome. We don’t analyse, judge or criticize. It’s my job to keep everyone safe while each person does the work on themselves.”

Michelle Pavel is a regular participant in the program and since she has been doing the program, she has found that the thoughts that produce

stress in her life are no longer there. Michelle said it’s so amazing.

“The belief lets go of you, you don’t have to let go of it – there is nothing I have to do or think about. This technique literally rewired my thinking for the better.”

“I am now able to love my life as it is, even in the face of some of life’s greatest challenges.”

Sponsored by Logan City Council’s Live Well Logan program, the aim of the journey is for people to remove stress with long lasting results.

“It’s so effective because people find

pressure of stress, whether that be performance anxiety, going into business for the first time, launching a music career, or attending university in later years or facing old age.

“Everything is welcome in the space we create for people to explore. We all have our own individual stresses, such as relationships that are broken or breaking, money problems, family issues, and concern for our kids.

“These issues, when brought to enquiry can produce deep insights and healing in a very profound way.”



Belief Busters

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