

# ACKNOWLEDGE IS POWER!

- with Frank Gjata -

What's YOUR TRUTH right NOW?



The most important "study findings" there is... is the one that results from consulting our own truth.

- Frank Gjata

## “acKNOWLEDGE IS POWER! / Life-Changing Moment”

### PERSONAL SESSION

Get to the root of an issue. Release a self-defeating pattern.  
Free yourself to live the life you want!

#### Frank Gjata

*As a life coach (and a frequent participant of The Hendricks Institute trainings) I've personally witnessed amazing life-changing transformations of many people (including myself) in short periods of time—sometimes in just a matter of minutes! I was so inspired I decided to put together a book of people's life-changing moments, exploring common themes that could end up being “life changing” for others. I've taken these elements and combined them with the tools I've learned for rapid transformation and share them with my clients. The simplest, most powerful shift I've found is to acknowledge our truth in the moment...We then are lead to what wants to be healed or transformed.*

*I now offer this personal ONE ON ONE “acKNOWLEDGE IS POWER! Life-Changing Moment” session. My intention is to co-create a life-changing moment in THIS SESSION together and to provide you with an experience and tools so you can do the same on your own AT WILL! Where are you stuck in your life—relationships, work, money? There's no need to suffer to realize meaningful and lasting change— that's completely optional! Suffering itself doesn't lead to change, but its potential side effects can—surrender, acceptance & non-defensiveness. Why not take the direct route? It's a lot quicker and considerably more enjoyable. As we heal ourselves, we indeed heal the world.*

*“Change can happen in an instant. I've experienced it! My life has not been the same since the first time I sat in his chair. Frank loves what he does and he is a master of it!”*

— Kathleen Kelly

#### Please email or call for availability:

**Frank@FrankGjata.com**

**(310) 780-6859**

**Bend, OR**

**Los Angeles, CA**

[www.acKNOWLEDGEispower.com](http://www.acKNOWLEDGEispower.com)

[www.blississippi.com](http://www.blississippi.com) | [www.MyNakedGuru.com](http://www.MyNakedGuru.com) | [www.ConsciousInk.com](http://www.ConsciousInk.com)

# ACKNOWLEDGE IS POWER!

- with Frank Gjata -

What's YOUR TRUTH right NOW?



*The most important "study findings" there is... is the one that results from consulting our own truth.*

- Frank Gjata

## “acKNOWLEDGE IS POWER! / Life-Changing Moment”

### WILLINGNESS AND COMMITMENT AGREEMENT

Willingness and commitment are essential for healing, transformation and manifestation. Life-changing moments are available to us at anytime. Often, it takes years to set up a life-changing moment, but it's not necessary... it only takes one moment to execute. If you're ready and willing, please sign the agreement below!

#### **The ONE Question:**

What's My Truth Right Now?

#### **The ONE Commitment:**

I am willing & commit to acknowledge and speak my truth in the moment.

SIGN \_\_\_\_\_ DATE \_\_\_\_\_