



JUNE/JULY 2006

A CENTER FOR HOLISTIC HEALING AND PERSONAL GROWTH—AN AIWP MINISTRY

# LIFE BREATH INTEGRATIONS

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## WHAT YOU WILL RECEIVE:

- Release stress and increase life-force energy.
- Recognize and release negative beliefs and old patterns that prevent you from experiencing life joyfully and fully.
- Improve business and personal relationships (when we heal, we are never healed alone)
- Release the fear of personal power and success.
- Learn to create balance in every area of your life.

**310-480-7253**

**PO BOX 1105  
VENICE, CA 90294**

**NEW WEBSITE!!!  
WWW.  
MARENELSON.  
COM**

## FROM MAREN WITH LOVE

**Forgiveness and the Release From Guilt** - Recently I had one of those epiphanies. You know, one of those that stays with you for weeks as new insights come in daily. I did a Breath session on myself and became acutely aware of a deep guilt I had been in denial of. The feeling was awful. I wanted more than anything not to feel it. There was a deep sadness mixed in with the guilt too about what I've done to myself because of it. Having learned, "It's just a feeling" and wouldn't overtake me, I stayed with it, but I groaned under the weight of it.

As I kept breathing, I began to see it was a feeling I'd had my whole life. I could see it stemmed back to the original belief that I had separated myself from God and All That Is. I had placed my will before the will of God who knows I am Love. At a deeper level than my conscious mind was aware of, I believed my arrogance deserved punishment and death. I thought about those behaviors in my past that proved how bad I am, unconsciously making myself right in my mind and sometimes in the perceptions of me from others.

As I kept allowing myself to feel this oppressive emotion, it began to dissolve. I kept praying to Spirit to help me to see this differently. I saw how much my ego had a hold of me, causing me to believe I don't deserve love or abundance. I started reading A Course In Miracles again and this reinforced the new information coming in. I realized all I needed to do was to bring my behavior into alignment with what I really am as Love.

It's a work in progress, but hey, that's the journey, right? I feel like a weight has lifted off me. I pray that I can retain and fully integrate this information and not allow the ego to draw me back to it's lies about me and about you. I pray for this for us all.

Love, Maren

## MAREN NELSON

**Maren Nelson** is a healer and a certified Master Teacher of Connected Breathing and Founder of the renowned Life Breath Integrations, a center for holistic healing and personal growth in Scottsdale, AZ and Los Angeles, CA. She works with private clients, trains and certifies practitioners in Life Breathing (Holotropic Breathing/Connected Breathing), and has been facilitating workshops internationally since 1988.

Maren is a Minister of Mind/Body Healing for the Association of the Integration of the Whole Person (AIWP). She is a sought after speaker and continues to develop innovative workshops and seminars across the country.



## PRIVATE SESSIONS (BY APPOINTMENT ONLY)

### LIFE BREATHING SESSIONS

The Breath is a powerful tool to use for clearing negative toxic energy caused from anesthesia, drugs and suppressed emotions held within the body which blocks our Life Force.

Maren combines the power of the Breath with visualizations such as: inner child work, gestalt, reframing, along with energy work, to rapidly assist you in freeing up and rechanneling this energy to re-awaken to the Source of Life and Love within yourself. Allowing you to create what you truly desire.

### LIFE READINGS AND CONSULTATIONS

Maren blends her intuitive abilities along with years of metaphysical study to share practical information to help you create more success, balance and love in your life.

## WORKSHOPS AND TRAINING

### HOW WOULD YOU LIKE YOUR OWN PERSONAL TRAINER FOR SPIRITUAL AND EMOTIONAL GROWTH AND DEVELOPMENT?

#### What you will receive from Personal Training

The Training is an experiential process in which you will encounter a rapid and profound growth opportunity. It is designed to open your heart and mind.

By combining personal support, along with powerful, innovative healing and processing techniques, you will learn to recognize and release old patterns and limiting, subconscious beliefs that prevent you from experiencing life joyfully and fully. You will gain more self-confidence as you learn to take control of your life through conscious awareness.

The Training offers you the opportunity to learn the Life Breath. The breath is an empowering tool to use for clearing negative, toxic energy caused from anesthesia, drugs and suppressed emotions held within the body at a cellular level.

#### Other techniques you will learn:

- Release stress.
- Hands-on energy work.
- Receive approximately 12 breath sessions.
- Access and claim your Spiritual Purpose.
- Access your hearts' desires and learn how to manifest your dreams.
- Learn how to process and clear negative beliefs and patterns.
- Learn to balance the emotional, mental, physical and spiritual areas of your life.
- Develop more personal commitment, and integrity skills.
- Certifications available.

**Dates: 12 meetings of 4 hour sessions** (Schedule to be decided by client and trainer)

### MANIFESTING WORKSHOP

After reading dozens of books on manifesting, what if you could find that missing link to create what you truly want?

**It is our feelings, not just our thoughts, that are the key to manifesting.**

You will learn and practice the ground rules of deliberate creation. The information and exercises in this fun and exciting workshop are designed to awaken the power to manifest in us all.

#### Suggested Reading:

"Excuse Me, Your Life Is Waiting"  
by Lynn Grabhorn

## THE GAME OF LIFE WORKSHOP



### Is Your Game supporting Your Life...

We are all born in this life with no instruction manual to follow, not knowing how to play this game called life. How would you like to check back with the designer and learn the rules of the game?

More than half our communications are unspoken and delivered on the feeling tone, which opens up the left (Analytical) brain and the right (Creative) brain. When you tap into the full potential of both hemispheres of your brain, you communicate more effectively.

The Game was created by Marshall Thurber, Buckminster Fuller and Werner Erhard; all forerunners of personal growth programs and considered by many to be geniuses of our time.

Players are instructed to portray four empowering words from the feeling tone through team support, individuals break through barriers that prevent more healthy communications, better relations and abundance.

### What you will receive from The Game of Life

- Turn fear into power.
- Improve and enhance intimate and business relations by learning to communicate more effectively
- Through team interaction and support you will recognize and release old patterns that prevent you from experiencing life joyfully and fully.
- Learn how to heal childhood wounds to bring that energy and focus into the present to create what you want.
- Take control of your life through conscious awareness and self confidence.
- Life Breathing (Connected Breathing) group sessions release blocked energy and integrates the whole experience at a cellular level.

COME ONE, COME ALL!!!  
 COME VISIT MAREN'S  
 NEW WEBSITE...  
**www.**  
**marenelson**  
**.com**  
 Get all the lateaaaast  
 news and dates of up-  
 coming workshops

