



LIFE BREATH INTEGRATIONS

PO BOX 1105 • VENICE, CA 90294 • 310-480-7253

FROM MAREN WITH LOVE

INSIDE THIS ISSUE:

FROM MAREN WITH LOVE	1
PRIVATE SESSIONS	1
THE GAME OF LIFE	2
WORKSHOPS & TRAININGS	2
NEW ITEMS!!!	2
CALENDAR	3

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

I've recently been practicing how to stay open **no matter what**. Every once in a while, some old family or childhood pattern gets triggered in which I don't feel safe, and my unconscious response to protect myself is so immediate, I'm not even aware that I'm shutting down or what happened to cause me to do so. There may be a lag time of a few hours or days of inner suffering before I recognize something is wrong.

Now when I feel this distress, as quickly as I can:

- I take a little time to get

clear on what it is that caused me to shut down. I find breath work is an incredibly effective tool to get this clarity and release the energy and emotion I pushed down.

- I ask for assistance from Spirit to help me to see the situation differently. If I'm in upset, it's always based on some kind of misperception.
- If it involves someone else, I communicate with the person about what I'm feeling instead of withholding. I try to take personal responsibility for my part in what I'm experiencing, being careful

not to project or blame. Sometimes I learn that what I perceived was only partially so or not what was intended at all.

I find the more I practice these steps, the shorter that lag time is until eventually there is none. Many of the things that used to upset me, don't anymore. More and more I find I can feel all of my emotions and still keep an open heart. I pass this onto you. Give it a try. It's well worth the effort and saves a lot of time, energy, focus and needless suffering.

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 for over 15 years.

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 (Dry and Water)

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.

OCTOBER 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Group Breath Session 5-7PM RSVP by Sat.	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 The Game of Life
7 The Game of Life	8	9	10	11	12	13
14 Group Breath Session 5-7PM RSVP by Sat.	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				