

LIFE BREATH INTEGRATIONS

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FROM MAREN WITH LOVE

Here we are with another New Year. What do you want to experience this year? You have a choice. Is it time to start with a new beginning? Would that mean letting go of outdated attitudes, beliefs and behaviors that you've grown accustomed to? You may even think they are a part of who you are. In so many words, you've identified with them. But they are not who you are. If you choose to let them go (or at least some of them), it may even feel like a part of you is dying. Who are you if you let them go? This could be the scariest thought of all.

Transformation involves a letting go process. There are five steps we go through whenever we let go

of anything, whether it's a person, place, an issue or a belief:

1. Denial – You may not even be aware that some of the things you think and do that may be holding you back in your life, or creating the very things you don't want.
2. Anger – You may feel angry that the patterns are even there or want to blame someone else for why your life isn't working.
3. Negotiation – You may want to minimize the pattern or make it seem less than what it is.
4. Sadness/Grief – This phase is still a form of denial as the others, but you are only one step away from acceptance.
5. Acceptance/Surrender – Here is freedom and real choice.

We can truly re-create ourselves when we can allow the changes to happen. It takes courage to create these changes. The more we stop resisting and let go of self-judgment, the easier the journey is. And it helps to understand a little of what to expect as we move through and open to the new.

May God bless you in the New Year, Maren

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.

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.

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THE GAME OF LIFE RETREAT



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.

UPCOMING EVENT

Los Angeles Game of Life

February 21-22, 2004

**Saturday 12PM thru
Sunday 6PM**

**Investment: \$199/person
\$350/couples (friends)**

**Non-refundable Deposit: \$50
Due: February 8, 2004**

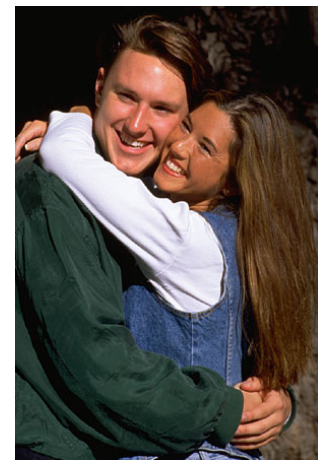
Wear comfortable clothes
Bring two pillows and two blankets
Bring munchies for break.

**Call Maren
for sign up**

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Cell: 310-480-7253

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TRAININGS

THE PERSONAL DEVELOPMENT BASIC
TRAINING (Group or Private)

Learn the Life Breath. Gain skills to find balance and bring mastery to your life. The Basic is a pre-requisite to the Life Breathing Practitioner level.

*Certifications Available

LIFE BREATHING GROUPS

(2 Hours Approx.) Group Breath Sessions.

Bring a pillow and 2 blankets each. RSVP

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