



APRIL/MAY

A CENTER FOR HOLISTIC HEALING AND PERSONAL GROWTH—AN AIWP

LIFE BREATH INTEGRATIONS

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FROM MAREN WITH LOVE

With Easter knocking on our door and “The Passion of the Christ” playing in our theaters, I thought it would be an auspicious time to write about another possible explanation for the meaning of Jesus’ life, death and resurrection than the one that is commonly shared.

What if the whole message wasn’t about how Jesus’ had to suffer for our sins by a wrathful God who would deem such gruesome punishment on his “Only Begotten

Son”? What if Jesus made a conscious choice to show us through his life example how to attain Christ consciousness.

Perhaps the focus was not meant to be about the suffering of Jesus, but the miracle of the Resurrection. We are not our bodies and can rise above the suffering of the world. The Universe does not judge. Judgment was created by mankind. We realize that we made it all up anyway and in truth there is no “sin”. Ulti-

mately, we realize even forgiveness is not necessary.

Be kind to yourself this Easter season and loving to those around you. Love is what you are.

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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