



LIFE BREATH INTEGRATIONS

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FROM MAREN WITH LOVE

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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.

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“Until one is committed, there is hesitancy, the chance to draw back, always ineffective-ness. Concerning all acts of initiative and creation there is one elementary truth, the ignorance of which kills count- less ideas and splendid plans. That the moment one defi- nitely commits oneself, then Providence moves too. All sorts of things occur to help one that would otherwise never have occurred. A whole stream of events issue from the decision raising in one’s favor all manner of unforeseen incidents, meet- ings and material assistance which no man or woman could have dreamt would have come their way. I have

learned a deep respect for one of Goethe’s couplets: Whatever you can do or dream you can, begin it. Bold- ness has genius, power and magic in it.”

I have repeatedly experienced and was recently reminded again of the truth of this statement. I’ve moved back to LA and have been working hard to rebuild my practice. One morning I realized while journaling that I hadn’t fully committed to being in LA. Part of me was still back in Phoenix. Once I realized this, I verbally stated, “Yes, I’m com- mitted to being here. I’m com- mitted to doing whatever it takes to have this work.” I

allowed my energy to drop down into the earth, like roots, grounding it into the area. That very day, I came up with some really great ideas to build my practice and the phone started ringing like crazy.

I am being guided step-by- step in what to do. I take plenty of quiet time to allow the guidance to come in. It’s so much harder if I try to do it on my own. I’m experiencing the magic and power of commitment all over again. Decide what you really want, commit to it and watch the magic happen for you.

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.

JUNE 2004

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

JULY 2004

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