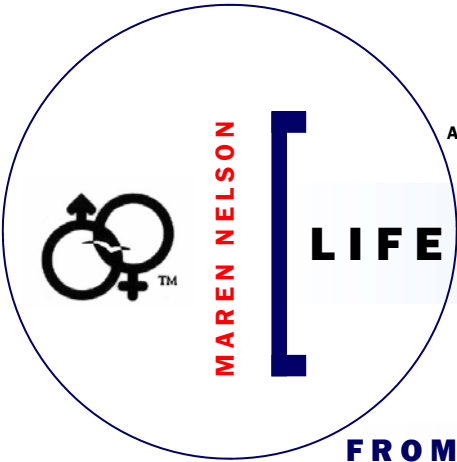


AUGUST/SEPTEMBER

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



# LIFE BREATH INTEGRATIONS

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

## 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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In "Seat of the Soul", Gary Zucav shares with us that to love yourself is to do kindly things for yourself. That can be very channeling for many of us. What were you taught about being kind to yourself? What the heck does that even mean?

Were you taught that to take time for yourself every day is being selfish? Is it okay to find ways to baby or nurture yourself? Is your life in balance mentally, physically, spiritually and emotionally? What kind of inner talk goes on in your head about yourself? How do you allow people

to treat you? Do you allow yourself spontaneous playfulness or any play at all? Can you laugh at yourself? Do you allow yourself to fully experience life...have you ever? If not, why? Remember, there's always a good reason. It may not be rational if it's a belief that began in childhood and got pushed into the subconscious but still runs your life now. Can you be compassionate and honest with yourself about your answers to these questions?

The wonderful thing about learning self-kindness is your well never runs dry. It's truly

the gift that keeps on giving. This way of filling your own cup is twice blessed through the love of others. We are more open to that love when we recognize it's already available within us and can never be taken away.

Through self-love, we come to trust ourselves, others and the process of life.

Give it a try! Do something nice for yourself today and every day!

## 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.



**AUGUST 2004**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	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				

**SEPTEMBER 2004**

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