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Friend to Your Body?

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E-Newsletter

Greetings!

As this New Year begins I feel hopeful, inspired and ready for more discoveries. Why? It's not because I take my cues from the media of doom and gloom or look to someone else to give me my good feelings. Fortunately, I've made it to 50 now. Many of those years have been lessons in self care and learning to feed my inner & outer life...one day at a time. Recently, on a winter walk with my mother, we had our usual talk about keeping our attitude healthy as we age. I said "Gosh, I'm so glad to be exactly where I am". She nodded, smiled and with her spry 75 year old legs began to kick up the pace! It was then when I saw the backside of her leaving me in the dust (snow). I smiled and heard an inner voice say, *Yup, hold on, it can & will keep getting better & better!*

So welcome to my January e-newsletter where the topic of **Being a Friend to your Midlife Body (or of any age) is being highlighted. I offer this message because it's my passion that we celebrate the life of our bodies at every stage.** I hope you enjoy learning more about my work with BodyMind integration & may you be filled with the Divine in 2009.

~Marcia

The BodyMind Whisperer

Want to learn More Tools about the Natural Intelligence of Your Midlife Body?

Ready to Let Go of the Struggle & Pain?

For those of you who are new to Marcia's e-newsletter she offers;

- 25 or 50 minute Phone Consultations for individuals or couples around the US & Canada
- 25 or 50 minute face-to-face consultations in the Thousand Oaks/Westlake Village area for individuals or couples
- Neuro Emotional Technique (NET) specialty to learn more visit www.MarciaNewman.com

Being a Friend to Your Midlife Body

BodyMind Tip of the Month



Who said Age can't look Magnificent?

Jim and I visited the Henry Cowell Redwoods State Park and felt such reverence to walk among these trees, some of which are *1400 to 1800 years old!* No, that's not a misprint. The youngling's there are *several hundred years old.*

Attitude is everything. If Great, Great, Grandmother Redwood could talk she probably wouldn't. She'd just keep growing towards the light. What an example of thriving even with all those battle scars. The same is true for our bodies planted here on Earth. By midlife, being a friend to your body often means some serious shifting. Often, it includes looking at your level of negative thinking about your current body and what you are doing (or not doing) to promote your level of BodyMind health.

- **Speaker Presentations & Classes for Women Entrepreneurs, Women in Healthcare & Artists Groups**

Contact Marcia at Tel 805-750-3759 or email Marcia@MarciaNewman.com

Ask Marcia - Q & A

E-mail your questions to Marcia@MarciaNewman.com

Q. I'm considering getting more liposuction, what do you think?

A. Obviously, the fatmaker didn't go away. I sincerely don't want to offend you; first, it's important to address one's "fat between the ears". What do I mean by this? Many women carry long standing fat phobic thoughts whether they are thinner or thicker. What outcomes do you want to have about your surgery? What do you want to feel about your body when it's completed? Of course, YOU WANT TO FEEL BETTER ABOUT YOUR BODY. I'd say start with finding ways to access that BETTER FEELING NOW before any more surgery. If necessary, get help with finding those ways. After that, if you still decide to proceed you'll be in a much more positive place going into it.

Homeopathic Remedy of the Month - Metal



NET remedies safely activate your body's defenses to naturally heal, strengthen and prevent further illness.

METAL remedy works with the large intestine and lung meridians as utilized in oriental medicine and with Neuro Emotional

Technique. Emotions connected to these two meridians often include unresolved GRIEF and DOGMATIC type thinking/feelings. Also, think of using Metal homeopathic with symptoms of nasal congestion, coughing, chronic breathing problems and unresolved skin conditions.

For more information about N.E.T. (Neuro Emotional Technique) Homeopathies

Contact Marcia@MarciaNewman.com

Or call 805-750-3759.

A BodyMind Tip: Pick ONE aspect of your body that you DO LIKE, even if it's an eyeball. Begin there and verbally appreciate that aspect and what it has given you over the years. Let's use the eyeball example; "Thank you, eyes for allowing me to see all the beauty in nature and for helping me to see the faces of all those I love." Use a mirror, if possible.

The more negative your thinking the more to practice this BodyMind tip daily.

Over the many years that I've worked with clients, I'm always amazed at the **transformation that occurs from combining the power of appreciation with body awareness.** Appreciating one aspect of your body will naturally spread to other aspects of your body and life experience. We now have the psycho-neuro-immunology research data which concludes that developing an attitude of gratitude can foster immune cells.

Our internal chemistry is strengthened and this allows us to experience more moments of wellness.

Remember, you don't have to believe every thought you think, especially the negative ones! Let those go.

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