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star in your own life

June 2009
E-Newsletter

Greetings!

First, I want to thank you for joining me here. Secondly, I'm asking for your valuable feedback. **As a female in your mid 40's to 60's what issues or conversation are most pertinent to your life these days?** My June E-Newsletter contains articles about **ENVY, NIP & TUCK ALTERNATIVES AND "HANDS OFF" HEALING FREQUENCIES that treat dis-ease.** I hope you find benefit from my sharing. Again, your feedback, no matter what age you are would be most appreciated.

In joy and wellness,
~Marcia

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(Website updates under construction)

Ask Marcia: Q & A

Why do you specialize with midlife women?

In 2008, I turned 50 or what some have termed 'the Big 5-Oh'. I am amazed at the growing obsession in this culture about needing to stay youthful, no matter the costs. In my global travels, rarely have I encountered such anti-aging propaganda for women as in southern California. I decided to offer an alternative professional voice about graceful aging. I'm not here to promote that we burn our wonder bras, fight with plastic surgeons or condemn those who nip, tuck, or inject. My focus is to offer positive, non-invasive, ancient and contemporary healthy tools that guide women to remember the art of growing older, wiser, and happier. **Self acceptance has become a lost art for many American women.** Want to look and feel really beautiful? Here are two major tips: 1) dose yourself daily with inner peace and 2) feed your creativity.

Star in Your Own Life

Who's Bandwagon are You On?



"Medea" - Marcia Newman on the right, performing in the recent T.O. Actor's Guild comedy.

Who and what fascinates you or even makes you Envious? As a child I was intrigued by certain movie stars and performers. They seemed to embody all the attractive qualities; talent, beauty, glamour and wealth. Of course, I projected their lives to be one 'BIG HAPPYLAND'. And then People magazine came along and smashed those illusions. **The wisdom of living out your own unique life stops the pain of the comparison game.** Want to flourish in happiness and health? **Star in Your Own Life! The 'Big Break' has already happened. Your alive. Become your own best fan club member.** For many women, it's been a necessity or just plain easier to jump on someone else's bandwagon. By midlife, many women have spent years of caretaking and focusing on others. **What is excessive caretaking?** You can spot it at home, at work or in volunteer circles. Are you compelled to 'help

More about Reconnective Healing

DR. ERIC PEARL, DC.



Marcia offers a new, comprehensive spectrum of healing. **Marcia is most captivated by the simplicity and effectiveness of these "hands off" healing frequencies.** The healings are not just physical, not just mental and not just emotional. **The Reconnective Healing spectrum is comprised of an ongoing evolutionary continuum of energy, light and information.** Interaction with these highly palpable energies is initiated during a session and continues to work long after leaving Marcia's office or working with her on the phone. Sometimes, there is a lag time between the energy body and when the response registers in the physical-mental-emotional body. **Typically, 1 to 3 Reconnective Healing sessions is suggested.** Here is a partial list of the conditions and illnesses that can be treated using Reconnective Healing:

- Mental & Emotional Stress
- Addictions (including Food, Smoking, Alcohol, Drugs, Sex, Money, Work & Co-dependency)
- Migraines
- Menopausal symptoms & PMS
- Cancer
- Chronic Fatigue Syndrome
- Rheumatoid, Osteoarthritis & Chronic Pain

If you're lucky, your healing will come in the form you anticipate. If you're really lucky, your healing will come in a form you've not even dreamed of - one that the Universe specifically has in mind for you. -Dr. Eric Pearl

Based in Los Angeles, yet traveling worldwide teaching others, Dr. Eric Pearl has published the history and origin of Reconnective Healing in his book **The Reconnection: Heal Others, Heal Yourself.** He is also featured in the newly released movie "**The Living Matrix: The Science of Healing**". If you'd like to learn more including information about current Research Projects with this work by scientists Gary Schwartz, Ph.D., William Tiller, Ph.D., and others visit www.TheReconnection.com **Click on FAQ's.**

or fix' the other adult bandwagons, especially without being asked? If so, you may be caught up in control and distracting yourself from looking at *your own path*. If you're having jealousy and over concern for others, you're ignoring your own inner fan club. **Whose Bandwagon are You on these days? What about Your Own and where did you park it?!!**

[3 Suggestions of How to Star in Your Own Life:](#)

First, write down who and what you're envious of. Secondly, allow in more daily self love and acceptance, get professional help, if necessary. Thirdly, identify action steps with timelines. Begin to invite that quality or thing you desire into your life one step at a time. (For example, I didn't wait to perform like Meryl in order to show up weekly at my acting class and do public performances).

If you find yourself not taking the action steps, *honestly* decide if you really want to bring that into your life or not. If you do, it's time to reach out for help. Create an action buddy with a friend or therapist/coach who will assist you to be accountable. If you no longer desire that goal, it's fine to change your mind. Just make sure your coming from a place of self honesty instead of being in the clutches of 'sour grapes' (low self esteem). Finally, a true Star is one who allows the Universe to guide and illuminate them. A true Star shares their light and gifts with others. **Recognize the true star you already are. Shine on!**



Sessions with Marcia

25 or 50 minute

Phone or

Face-to-face

Office Locations:

Private Office in Thousand Oaks, CA

(call for directions)

&

1240 Westlake Blvd.,

Suite 231

Your invited to FREE Special Class and Conversation with other Midlife Women Saturday, June 27th, 10:00am-11:30am
Ready to Get Over Your Own Stereotype about Growing Older, Wiser, Healthier & Happier? (see details below)

Interested in having Marcia speak to your professional organization, group or class?

Westlake Village, CA 91361

(The Integrative Medicine Clinic of Hanzelik, Horton, Daya & Kumar)

Call 805-750-3759

Email:

Marcia@MarciaNewman.com

www.MarciaNewman.com

Marcia's Upcoming Talks & Events

Sat, June 6th, 2009 8:30am-5:30pm Over 100 women will gather at the Lavender Fields in Santa Rosa Valley to participate in the "4th Annual Day of Renewal" to support the Breast Cancer Fund. **I'll be offering Reconnective Healing sessions throughout the day.** A few tickets still available through Vicky Rathje: vicky@aromasforliving.com or call 805-523-2591

Tues, June 9th, 2009 8:30-10am *5 BodyMind Tips for Thriving in this Economy* at Temple Adat Elohim. For directions to my free talk visit www.conejojewishjobssupport.com *Such a deal!*

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Ready to Get Over Your Own Stereotype about Growing Older, Wiser, Healthier & Happier? Facilitated by Marcia Newman, MA, LMFT. Bring a friend & reserve your place by Calling 805-750-3759 or email Marcia@MarciaNewman.com