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"5 BodyMind Tips of how to Thrive through the Holidays & Beyond"

E-Newsletter
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Season's Greetings

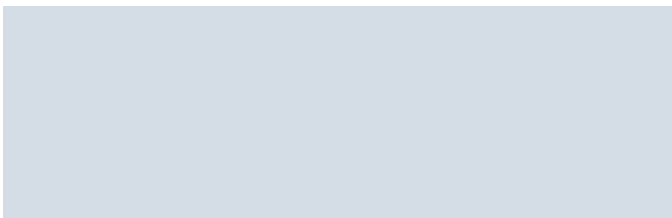
Recently, on a Saturday morning, 11 wonderful women gathered with me to hear and share about **WELLNESS. Yes, health even through the holidays!** For those of you who could not attend and requested this material, this December newsletter covers the essence of my talk; **"5 BodyMind Tips of How To Thrive through the Holidays and Beyond"**.

My hope is that it will be a helpful gift to you and yours. In these current times, I'm thrilled to be helping midlife women live the life they are meant to live. In today's aging-phobic society, I offer positive and effective tools that allow women to become a healthier friend to their bodies. By the time we reach 50, most of us have obtained a portion of our wisdom credits from the University of Hard Knocks (known as the U of HK). And since it is *my* newsletter and **I've now turned 50**, I get to write whatever I want, with or without everyone's approval (gosh, midlife is so grand). So having said that, I will now jump with glee while attempting to type about the **positive news of Sen. Hillary Rodham Clinton becoming our new Sec. of State**. She's a great example of a midlife sister who continues to develop a mind-body-soul with stamina!

May we all find the inner stamina to bring more peace to each moment and to each other in these transitional days.

Warmest Wishes,

~Marcia



BodyMind Tip #1.

Envision the holidays as **YOU** would like them to be.



Mom & I-Photo courtesy of Jim Barrass & David Werner

This exercise begins with identifying your own preferences this season. For you people pleasers, this may be difficult to identify **YOUR OWN DESIRES** that are not based on what you think others would like or what others think that you should like.

Remember, put on your own oxygen mask before you assist others!

We can play the victim to current circumstances or we can get busy designing experiences of what can be. After all, when you are true to you, ultimately, it does benefit others.

Take a moment to think about how you would like to feel over the next 6 weeks. Wouldn't it be amazing to feel energized, healthier, stronger and more positive as you enter the New Year? Think about how and whom you would spend your time with over the next 6 weeks? Does that plan feel like it will help you to thrive through the holidays and beyond?

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BodyMind Tip #2. Create a Holiday Spending/Energy Plan.

Write down all the people you would like to acknowledge (with a gift or otherwise) during this holiday season. **Now get realistic about your time, money and energy resources.**

Write out your Spending/Energy plan for how you plan to acknowledge these loved ones with a gift of your presence and/or a material gift. If in doing your Spending/Energy Plan you begin to feel tired, start over and simplify it some more. Go to holiday gatherings that you WANT to attend and eliminate those feel like you SHOULD attend. I'm serious. Life gets better when we let go of guilt from our lives. As Esther Hicks (teachings of Abraham) is fond of saying; **After all, life is suppose to be fun!**

BodyMind Tip #4. Tend to your Inner Life.



Being a good little introvert, this one is my favorite.

Take daily quality time for meditation, prayer and inspirational resources to feed your heart. Don't wait until you're falling into bed, exhausted from

trying to feed everyone or everything else in this world. An excellent resource for daily tending of your heart is Prem Rawat at www.wordsofpeace.com

Monitor your emotional, physical, inner life by the level of how good you feel. Get in touch with how much energy you have these days. What do you feel more juice towards? And less juice? Writing (journaling) on these topics are an excellent way to flush out your current state of being.

If you recognize some repeating negative patterns in your thoughts, behaviors, physical body and relationships, get help! Also, you can ask me about Neuro Emotional Technique (N.E.T.) another BodyMind resource which can be a fast track into resolving neuro emotional complexes (negative patterns). Or for more info visit my website: www.MarciaNewman.com

BodyMind Tip #5.

Friends are God's way of making up for your Relatives.

When I heard Wayne Dyer give this quote, boy, did I chuckle. Now I realize that some of my own relatives may read this, so I just want to say, of course that quote does not apply to you! Hmm... Moving right along. My final holiday is on the topic of resolving resentment & forgiveness. There is nothing like the month of December to stir up our ole' memory banks. Unfortunately, negative memories may get more of our attention. Are you holding on to resentment toward an ex-spouse, family member, another person or God? By midlife, most of us have experienced the grip of resentment many times over.

I know you've heard this but I'll repeat it again. Anger hurts you more than it hurts the other. **If anger is not resolved it turns into 'Camp Resentment' and starts pitching**

BodyMind Tip #3.

We like to Move it, Move it

Ok, I admit, I'm a huge Madagascar movie fan (along with my grandnephews) and an excited kid at heart. How can you *resist* those dancing lemurs? Exercise and movement helps us to get out of the 'analysis paralysis' and into our "wise being self". In my BodyMind orientated work, I am always assisting women (& those courageous men who come to see me) **how to softly & more consistently return to their physical bodies where their core of feelings, sensations and wisdom of life emerge.**

When it comes to the cognitive brain sometimes we just have to take control and say to it ; **Nothing to see here-move along left lobe!** This holiday season take a few less hours in front of the TV or in the stores (the networks or retail don't want to hear this) and give yourself the gift of more walks into nature. If the cold or ice becomes an issue then I suggest dancing indoors with the lemurs, your dog will love it too!

A grateful Thanksgiving morning at the Beach

(Photo courtesy of Jim Barrass)



**Wishing You & Yours
Many Moments of
Well-Being.**

Happy Holidays!

tents of bitterness within your cellular structure.

Anger usually is cover-up to other more vulnerable emotions such as hurt, fear and shame. **You can't fully appreciate your life if you're holding onto a negative story.**

Resentment blocks your precious life energy from moving forward. **A healthy friend is one who supports you to let go of your negative past and encourages you to write a new positive story.**

One blueprint for resolving resentment can be found within any 12 step program and utilizing steps 4-9 by working with a qualified person.

I also suggest N.E.T. (Neuro Emotional Technique) for forgiveness work since it targets and resolves negative emotions held within the body and within the unconscious mind.

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