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don't tell me, show me

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E-Newsletter

Greetings!

You won't be finding picnic recipes in my Summer newsletter. **However, I am dishing up a huge scoop of appreciation to the spicy women who participated in my "Seasoned Women's" Teleconference call** joining from across the US and even the UK. For those of you, who couldn't make it and have been asking, look for it as a downloadable via my website soon. **Keep tuned for my future telecourses and new website updates.** Also, thanks to those of you who have sent me your heart-felt responses to my last month's inquiry; **If you are a female in your mid 40's to 60's, what issues or conversations are most pertinent to your life these days?** Your feedback is still welcomed. I hope you enjoy this month's sharing.

~Marcia

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A Positive Guide for the New Midlife

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ASK MARCIA - Q & A

Q. My last child has now left home and even though I've had my own career, I can't believe how much loss I feel. I guess this 'empty nest' thing is real?

A. Most of all, honor your feelings by not running away from the grief. Oh, how we like to distract and judge ourselves from feeling anything less than bliss. As a wonderful Mom, you poured your attention, care and love for years and years helping to raise your child. Of course, you feel some loss. She's moved on! And you helped her successfully do that...Congratulations.

Let these feelings of 'letting go' guide you into the wisdom of your body and into the deepness of your soul. In doing so, I guarantee you will emerge with a more inspired version of your life in your middle years & beyond.

Don't Tell Me, Show Me



(photo courtesy of Jim Barrass)

Nature teaches us not by words but by example. It doesn't get caught up in making an intention of doing something. Mother Nature just does it. We're fortunate to have Chumash Indian sacred land surround our living space (above pic). Every day, we have a variety of sightings from our furry and feathery friends. They teach me about presence, beauty, determination, simplicity and responsibility. **Mother Nature doesn't tell me how to live, she shows me.**

More than ever, her whispers and hints have been replaced by an urgent calling. **My deep knowing is being restored. Isn't it time to BE what we've really come here to do?** The fear, ego and confusion that's been running this patriarchal based world has gone on long enough.

When you can't feel life, you don't value life. Be part of the light, love and new information pouring onto this planet. It requires that we honor and trust our emotions and intuitions more. **Let your Intuitive Self become your authority. Expand your own thinking about self-healing.** Do you really think that 20 more years of psychoanalysis will fix it? **And what about this fragile, tipping nest we're perched upon called Planet Earth?** If a system does not honor Life and does not honor Earth, it will decline and decline it has big time! Shall I run around wringing my

The New Science of Healing



When you watch the newly released movie **The Living Matrix: The Science of Healing (now on DVD)** at www.thelivingmatrixmovie.com, you're in for treat! Here's a sneak peek of The Institute of HeartMath's research on energy cardiology. Acupuncturists have long understood 'The Heart as the Emperor'. Biologically, we know that the heart emits significant fields of sound, pressure waves, light and electrical-magnetic signals which impact all cells in the body at various times and rhythms. **Research now reveals that the heart has it's own intrinsic nervous system independent of the brain.** In the HeartMath labs, participants were shown emotionally evoking images and their heart carrier waves were monitored. Pictures that evoked fear, anger or sadness created incoherent rhythms within the body. In contrast, **coherent rhythms occurred within the heart (body) when participants were shown pictures that evoked care, love and compassion.** What they discovered is the heart receives information first and then relays it to the brain which then goes to the rest of the body. What they weren't prepared for was this: **The participant's physiology responded even BEFORE each picture was shown and the first responder was the heart. The heart seemed 'to know' what was coming next.** It appears that the Heart-Brain-Body has access to a field of information not bound by time and space. In quantum physics, this is old news. **What we are seeing is that we really are an energetic system connected to a larger field of information.**

Which brings me to the topic of **Reconnective Healing and The Reconnection.** It's been a joy offering and doing this work as well. I'm most captivated by the simplicity and effectiveness of this 'hands off' spectrum of healing. Interaction with these highly palpable energies is initiated during a session and continues to work long after leaving my office or working with me 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 **to entrain your own self-healing capacity.**

anxious hands and yelling *the sky is falling, the sky is falling?* **I'd rather stay focused on demonstrating my care and respect for Mother Earth and this amazing human existence.** Mother Nature will remind me: Show me, don't tell me.



Wellness Consultations & Reconnective Healing with Marcia

- Is your inner critic working overtime?
- Interested in being a kinder friend to your changing midlife body?
- Having difficulty saying 'no' to the demands of others?
- Juggling health or job challenges?
- Is your spiritual practice lost or squeaked into the last minute of you day?
- Interested in being a part of a healthier culture that supports graceful aging?

**25 or 50 minute consults
via Phone or
Face-to-Face**

Office Locations:
Thousand Oaks, CA
(call for directions)
&

**1240 Westlake Blvd.,
Suite 231
Westlake Village, CA 91361**
(The Integrative Medicine Clinic
of Dr's Hanzelik, Horton, Daya
& Kumar)

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To learn more about Reconnective Healing and The Reconnection (a 2 session process) visit:
www.thereconnection.com. Click on the FAQ's.
or read Dr. Eric's Pearl's book **The Reconnection:
Heal Others, Heal Yourself.**