



MARK CLYMER'S PEACE OF WELLNESS NEWSLETTER

October 3, 2005

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Offering Pathways to



Being @ Peace

Welcome to the ongoing evolution of my healing practice. I am still working through the bumps and grinds of HTML and Web Site management, so your patience & compassion is appreciated. Please let me know if you have problems reading this.

Michael Fleming, along with Marilyn Martin and myself, have just completed teaching a workshop on Healing Our Judgments of Others in Hessel. It was a wonderful 4 days of inquiry and processing, mixed with great food and companionship.

We are contemplating doing an Intensive this winter, possibly in February. Please let me know if you would be interested in participating.

Most recently my work with affirmations and Theta Healing has seen a wave of work on attachments and addictions. If you would like help in working through these or other challenges please contact me for support. I will be updating my web site soon and will be adding my protocol for letting go of the smoking habit. Changing our old patterns and beliefs is now pretty painless with Theta healing, and used in conjunction with processing our cellular memories through body centered therapy and healing lasting results are often brought about.

Blessings, Mark

October's Schedule:

Taking Appointments in Hessel from the 5th through the 18th

Taking Appointments in Jackson on the 19th

Taking Appointments in Ann Arbor from the 20th through the 25th

Taking Appointments in Hessel from the 26th through the 31st

[MAKE APPOINTMENT OR VIEW OPENINGS](#) | [MONTHLY SCHEDULE](#)

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Soul Without Shame

This book reveals a wealth of information about how to uncover and resolve our Self Judgments. The author, Byron Brown, is a senior student of A. H. Almaas, who developed the Diamond Approach, a path of self-understanding. As a Diamond Approach teacher, he has a special interest in guiding students through the basics of working with their super-egos. I highly recommend this book!

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Loving What Is

Byron Katie presents 4 questions that can be used for inquiring into our projections and judgments of others. This is a simple process that can be done on oneself or in the form of a dialog with a friend or therapist.

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