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*How to Neutralize Negative Habits to Bring Positive Results*

We wake up in the morning wanting the best for our day and we probably start off pretty well, but somewhere between getting dressed, receiving a negative text, and dribbling our latte on our crisp white shirt, we feel the ripples of that familiar energy creeping up from inside just a breath away from our happiness wanting to disturb. *Again*, our new day that had such positive potential is stopped in its tracks by those things inside of us that seem to creep in like a dark cloud.

Are your guests on the proverbial hamster wheel of negative patterned results of fear, negative thoughts, stress, and anxiety? Are they looking for a place to step off and heal? It's possibly why they've decided to take time for themselves. And yet a profound part of healing is also about moving forward and people understand that positive thinking alone is not going to cut it. So what is the answer and how can they set a plan to move forward? People come to retreat centers looking for positive change, personal experience, and for help from others skilled and mastered in these ways. People need to feel better now. They are desperate for feeling a connection to self, to their friends, families, to nature, and to Source, but they are overwhelmed and uninspired.

Marcie hosts a personalized working session for groups in such a way that the audience can compassionately identify with his or her own negative patterning, and then can apply time tested techniques and practices to reboot and redirect old habits into a new and positive way. Once having gone through such a self odyssey with Marcie's open heart, guidance and strength, each guest will emerge from the retreat empowered, clear, feeling a huge sense of relief and healing, as well as a newfound depth of connection to love.