

*Three Simple Secrets to
Eliminate Suffering, Enhance
Healing, and Experience Peace &
Prosperity*



Marjorie Baker Price

Centering® Tools for Self-Healing and Empowerment

www.centeringtools.com

© 2008 Centering

THE POWER IS WITHIN TO CHANGE YOUR LIFE FOR THE BETTER

Congratulations on downloading this special report from Marjorie Baker Price, founder of Centering® Tools for Self-Healing and Empowerment. You have just taken a giant step to be able to be in charge of your own happiness and create your best, most empowered life.

We have the power to heal and balance ourselves, and utilize our limitless capacity to find our own inner direction to change how we view, understand and respond to ourselves and the world we live in. Wouldn't you love to be able to wake up every morning and enthusiastically face a new day, feeling energized and up to the wonderful challenges and opportunities the day brings?

Wouldn't you be love to be able to "roll with the punches" and know how to, in just a moment, jump off the fast-paced, complicated, overwhelming merry-go-round that is how we typically live our lives, confident that you not only know how to survive, you hold the keys to eliminate suffering and find inner peace, balance, and personal power to create the life you choose? That is what this special report focuses on:

Three Simple Secrets to Eliminate Suffering, Enhance Healing, and Experience Peace and Prosperity

THE GREAT SECRET THAT HOLDS THE THREE SECRETS

There are no guarantees. There is the stream of the endless present, which is fundamentally filled with what we call love. When we are free to be unconditionally present, we are simultaneously in a magical space to detach, observe, and draw on the infinite power that is the force that sustains all life, which places us in a state of openness, attentiveness and *ease*, rather than *dis-ease*.

THE GREAT SECRET, THEN, IS A SECRET OF ACCEPTANCE, WHICH

ALLOWS US TO SIMPLY BE. That is how we can let go and enter into a synchronistic state of flow with whatever present we find ourselves in. Better yet, we can as we wish, *transcend that present*.

SECRET #1: Breathe

It has been said that all suffering comes from attachment. How, then, do we eliminate suffering?

We breathe. Try it right now. Settle back, close your eyes, move your body into a comfortable, supported, relaxed position, and begin to deepen your breath. Sense the rhythm of your deepening breaths.

Now count to yourself five, full, deep, easy breaths. See if you can begin to picture, through your flowing imagination, each and every breath as its own full, extended, rising and falling wonderful wave of energy, washing over you.

Now say to yourself, each and every time you breathe in, this phrase, *let be*; and each and every time you breathe out, this phrase, *let go*. Enjoy all your sensations as you continue to say these words of power to yourself. After several minutes, or as long as you want to continue to experience these sensations, slowly return to full waking consciousness, and open your eyes.

How do you feel? Have you transcended whatever you were, for whatever reason, mentally, emotionally and physically attached to before you began this meditative exercise? Yes, you have just done a simple meditation.

**MEDITATION IS THE SPIRITUAL SECRET TO ELIMINATE SUFFERING
AND ACHIEVE PEACE.**

Secret #2: EXPRESS FEELINGS

So now you know that restoring your capacity to breathe fully and easily reestablishes your rhythm of being in body, mind and spirit. You return to your natural state of ease, letting go of dis-ease.

Now you are in a free space to recover your core. You may be surprised to know that the inner “door” that is the profound key to your “still, small voice within”, which really is your great intuition that will magically lead you to achieve prosperity and live a happy, evolved life, are your feelings.

When we set our feelings free – when we dare to tell ourselves the truth about how we feel, we clear and release our own tremendous insight to open the magical door to our intuition and power to create.

So here is the next exercise – record your meditative experience just now. Answer the following questions in your writing: Who, what, where, when, why and how did this experience happen? Of course you are simply writing how you feel.

THIS IS THE AMAZING POWER OF JOURNALING.

I call it *note-taking*. Here's how it works: Several times a day, settle back and do a quick meditative exercise as outlined above. Then ask yourself how you feel.

Then open your eyes and write down only “feeling” words in a little 3” x 5” notebook.

Then once more close your eyes and return to your meditative state, and stay present with your feeling sensations.

How can you do this? Check in with what is going on in your body with your feeling sensations. Keep breathing deeply and regularly. Imagine and say to yourself the key words, *LET BE* and *LET GO* as you continue to stay present with your feelings. You will naturally come to an inner sense that feels like a sense of completion for now.

When that occurs, which generally takes a couple of minutes – sometimes even less, sometimes a little longer – once again open your eyes. Record your experience just by writing down some key words or phrases, which is **note-taking**.

This will revolutionize your life. Just think – no longer will you struggle hopelessly to try to manage, fix, deny, or run from your feelings. No longer will you be drawn into ceaseless power struggles upon feeling pushed to act out against your incompletely-expressed feelings.

Instead you will know how to balance body, mind and spirit. You will be in a state of ease rather than dis-ease. You will feel a great sense of inner peace and transcend suffering. And the door will be wide open for creating what you want, rather than running away from what you don't want.

AND HERE'S THE GREAT SECRET TO WELLNESS AND CREATING YOUR HEARTFELT DESIRES . . .

As the old song goes, "*Fairy tales can come true, it can happen to you, if you're young at heart . . .*" Practicing the **TWO GREAT SECRETS** every day will form an unshakeable foundation for wellness and restore your power to envision with an eye toward expecting a brighter future, which opens your – as I call it – *youthful heart*.

Youthful hearts are full of courage. It takes courage to face your feelings, to stay fully, physically and mentally present and attentive with them, and allow them to release themselves in their own natural way with no condition or expectation.

Ease and balance is restored. Inner peace reigns supreme. Now the imagination, which Einstein called, "*Everything*", is free to flow. When this happens we begin to create.

HAVE FAITH IN YOUR CREATIONS

Secret #3: Create Your Nurturing Space

This brings me to the ***third great secret – creating nurturing space for you***. We can only have faith when we feel comfortable within our own “skin”, so to speak, within our own mental, emotional, and physical inner space – *with our own authentic, endlessly creating spirits*.

You have already learned how to comfort yourself and create nurturing space in practicing the **first two secrets**. When you are in a state of ease, rather than dis-ease, when you know how to choose to transcend suffering, when you courageously face and express at a core level, your own powerful feelings, you experience clarity and the presenting infinite power of your intuition and ability to imagine what you most wish for in your life.

Comforting yourself means **taking care of yourself**. Feed your body, mind, heart and spirit. Make a list right now of ten ways you can nurture and comfort your body, your mind, your heart and your spirit. Keep the list simple.

For example, one way you can keep your body comfortable is to move it. Stretch every part of your body. Let it dance, run, walk, jump every day.

You can nurture your spirit by laughing every day. Go outside and breathe deeply and fully, and look around at the wonder of the earth. Pick a nearby place that displays the beauty of nature, and walk around slowly, taking note of everything you see. Sit in a comfortable spot for five full minutes and **please** remind yourself the world won't come to an end if you do this, and *be present in this nurturing space*.

Comfort your heart by daring to love without condition, expectation, judgment. **START WITH YOURSELF**. Can you spend five minutes giving yourself this gift? See what happens – many miracles will come to you.

THESE ARE THE SIMPLEST, MOST POWERFUL, MOST SATISFYING BLESSINGS YOU CAN CHOOSE TO CREATE FOR YOURSELF. These are the keys to a better life. I wish you well on this restored adventure to learn how to well live your life from a place of authentic personal power, inner truth, and creative freedom.

May your journeys be fruitful ones. May they eliminate suffering, restore and bring a new level of inner peace, and lead you to the miracles that wait that will bring you a better, full, tremendously satisfying life.

MY BACKGROUND AND WHAT I'VE COME TO KNOW ABOUT LIFE – AND PERHAPS, YOURS . . .

Finally, let me tell you a little bit about myself. I founded a holistic self-help, personal growth and achievement practice called *Centering® Tools for Self-Healing and*

Empowerment in Rochester, New York, where I continue to work, over twenty years ago. I spent 10 years before that envisioning this practice with all of the secrets described above.

Do you ever settle back, close your eyes, and daydream with as much feeling as you can, what you most wish to have happen in your life?

When I was twenty, I “did a 360” and changed my major in college from theatre to nursing. I really had a profound inner calling to be a nurse. I am an RN who is a community health and psychiatric nurse clinician, as well as a certified hypnotherapist, level III Reiki Master, and certified medium.

Can you incorporate into your work all of your experience, passion and unique talents? We have this amazing potential to do that, provided we have the inner drive, trust, creativity and support to “think outside the box”. This is our birthright, and what we are meant to do.

I have been channeling and practicing shamanic healing all my life. I originally trained as an actress, pianist and writer before deciding to become a nurse in response to an inner spiritual calling to support wellness, recovery, healing and integration of body, mind and spirit as a caring partner with others. I tell people I am not kidding when I say I am my own best customer. Why would I suggest to anyone they practice what I do not wholeheartedly, successfully and on an ongoing basis practice for myself?

We have so much to offer – we are so caring and wise. What would your life be like if you were “your own best customer”? Are you worth the attention, the commitment? As the Bible saying goes, “Know the truth, for the truth shall set you free”.

I have brought up four children largely alone. I have lived a very full, very successful, very satisfying, very happy life and would not trade one moment of it. Those moments have also included terrible tragedies, great losses, and my own shattered self – not once, but many, many times.

Such is “a well-lived life” – the foundation of being and becoming a whole person. Take a moment and reflect on the challenges as well as the joys, the successes as well as the failures, the times you have felt endlessly supported by life and destroyed. All are parts of your evolving, endlessly healing Self.

I have lived, as the Chinese saying goes, “in interesting times”. My great intuition has helped, even saved me multiple times, but it has never taken away from me my human right and need to live life, as I believe we all do, through each unfolding moment as a multidimensional endless stream of opening present, full of astounding adventures, challenges and transformations far beyond what one could ever predict or expect.

Dare to be fully present. It is the lesser risk to take, and the only door that will build personal power, heighten awareness, and keep you fluid and open to endless possibilities.

All the best,

Marjorie

Disclaimer: The information contained in this website is for informational and/or educational purposes only. It constitutes neither medical practice nor medical advice. If you feel unwell, you should consult your doctor or other qualified medical expert.