



INNER VORTEX

PUBLISHING

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Hello Friends,

This month has brought some significant changes to our personal lives here at the Eckhardt-Nelson house. We moved our daughter out to Colorado where she will spread her wings and continue to fly. After weeks of sorting and choosing what stays neatly packed away in bins here, what was to be given away and what was to be strategically and brilliantly arranged in the back seats and trunks of our two automobiles and taken with her, we hit the road to a new life. Not only for her in her brand new environment but also for us back here at home no longer tripping over shoes left by the front door or folding in together to take in a movie as a family in the loving comfort of our own living room.

At one point in the trip as we were driving down the road with me solo in the second car of the caravan accompanied by our daughters 7 month old Irish Terrier, I had a phone conversation with a friend about our journey. She said something to the affect of, "You must be feeling very sad about leaving her out there and returning home without her." In my response, I really pondered the word "sad" and expressed how it wasn't really sadness that I was feeling and

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instead it was "love". A deep and appreciating love. Love for all of the memories of her growing up, love for her courage to strike out on her own and create a brand new life in a place she had never been before, love for the connection we have, love for what our relationship will become with this new avenue of life she is choosing, love for opportunity and risk and adventure and big loud "yes's" to life, and love for deep, wondrous, enduring, authentic connection that does not require physical proximity to know it's truth. I realized that my heart did not feel hollow for missing her and instead was feeling full for "finding her".

Mary often speaks of the natural ebb and flow of relationships and the gift that not clinging to something offers allowing each person involved to grow and shift and change naturally in their individual and combined expressions. I believe that this shift in our lives and relationship is definitely offering us that gift and I am grateful for all of the moments we have shared and all of the moments we will share and we continue to love one another.

Mary says, "It's all about love." And, by golly, I believe they are right again!

My Love to You,
Jacque

What's Up at The Inner Vortex



Opportunities to See Mary in August

Friday, August 21st
YogAsylum
Brookfield, WI
Registration at 6:30

Program from 7:00 - 10:00

Click [here](#) for full details

We do have a couple of spots open for in person private sessions with Mary in River Hills on Saturday, August 22nd. Let us know if you are interested in grabbing one of them!

Friday, August 28th Unity On the North Shore Evanston, IL Registration at 6:30 Program from 7:00 - 10:00

Click [here](#) for full details

Make Your Reservations!

Costa Rica January 2010

Registrations are starting to come in for this most exciting trip to Costa Rica! Be sure to get your name on the list. It promises to be an amazing, life expanding experience with Mary that also offers great adventure in the Breath Giving Rain Forests of Costa Rica! Come Play with us!



Living Without Edges II

January 16 - 24, 2010

Join us for an amazing journey into this tropical paradise and your life!

[Click here for details](#)

Host a Private Evening with Mary

Do you want Mary to be the guest of honor

or life of the party at your place?

If you are interested in creating a Private Evening with Mary and are within a reasonable driving distance (up to about 2 hours) of our home sweet home in Roscoe, IL., we will come to your home or chosen gathering spot to engage in extraordinary conversation with Mary. Imagine enjoying a great meal with friends and then lingering over dessert in delicious conversation with Spirit. Or skipping the calories and simply gathering in a synergistic circle of Mary and your friends divinely exploring the power of deliberate creating or whatever other subjects you wish to explore. Call or [E-Mail](#) us to schedule a date for one of the most enjoyable and catalyzing evenings of your life.

Your role:

Think of at least twenty friends and acquaintances who want to explore life and experience an "out of the box" evening, confirm their attendance and fill your home with them. Assure the space you select to gather is spacious enough to accommodate the group in a cozy or spread out fashion and is uninterrupted by noise and commotion that could interfere with recording all of the fabulous words that Mary will share. If your guests need more incentive to come than a chance to ask Mary anything they are wanting to know that will inspire their very lives - then add the additional temptation of snacks, or a meal and/or beverages to the evening.

Our role:

We will bring Mary and set them free for over an hour to move with the group in anyway they deem

perfectly matched to each unique gathering of souls.
\$25 per person

CD's available for purchase to those who attend

See You in Your Living Room!

Friends of Mary

Meet Helga de Bontin
Barbara Dooley
Martha Weinfurter

Amazing, Brilliant, Heart
Expanding Friends and
Brain Integration Therapists



What is Brain Integration Therapy (BIT)?

Based on the principles of Applied Kinesiology and Applied Physiology (specific acupressure point formatting), **Brain Integration Technique (BIT)** is a comprehensive system, designed to improve learning ability, creativity and physical co-ordination by pinpointing stress in the brain that affects learning and relieving these individual stress patterns. Based on the work of Susan McCrossin, founder of BIT (www.crossinology.com), whose theses in Neuroscience and Psychology involved brain scanning research, validating the efficacy of her technique, BIT enables the brain to adapt to its environment in the most efficient way possible without the use of drugs or on-going exercises.

Would you like to improve in any of these areas?

Focus/goal setting and planning
Organizational skills
Reading skills and comprehension

Spelling and math performance
Pace at which you complete assignments
Test anxiety
Interpersonal relationships
Creativity/problem solving
Impatience/restlessness/impulsiveness
Confidence
Writing skills/note taking
Performance pressure
Public speaking
Following/giving directions
Resiliency
Balance and coordination

Brain Integration Technique is a revolutionary, drug-free, non-invasive approach that has helped both children and adults alleviate symptoms caused by ADD, ADHD and dyslexia. It has also been very effective in:

Reducing stress
Increasing clarity of mind
Improving memory and concentration
Planning
Multi-tasking
Concentration
Improving efficiency
Allergy relief

Emotional stressors can cause the brain to confuse real and perceived dangers. Over time, the Fight and Flight response becomes overly active, compromising the learning process. Quite often, we blame ourselves for not trying hard enough or worse, not being intelligent enough, when the real problem is stress. BIT focuses on releasing these hyperactive emotional stress circuits resulting in normalized brain function.

The process is backed by research, including a 64 point electrode study and is recommended by neurologists, psychologists and other health professionals as it has been shown to produce consistent and measurable improvements.

It is effective for people of all ages, especially students, executives, athletes or anyone who is looking for general stress relief and clarity of mind.

What can be expected when receiving BIT?

The first session consists of an assessment to determine length of treatment required. Total number of hours required usually ranges anywhere from 8-15 hours. These subsequent sessions are generally broken down into 2 - 3 hours in length. The process is actually quite relaxing as the client lies fully clothed on a massage table while the practitioner assesses and alleviates the stress points causing the blockages in the brain through muscle monitoring, applied kinesiology and acupressure techniques.

To learn more or to schedule an appointment to transform your life through BIT contact:



Helga de Bontin
hbontin@comcast.net
(847)644-5981



Barbara Dooley

[website: www.linktobarbara.com](http://www.linktobarbara.com)

reader19@comcast.net

(847)204-9292



Martha Weinfurter

[website: www.neuralbalance.org](http://www.neuralbalance.org)

martha.weinfurter@gmail.com

(847)644-5981

Exploring with Mary



Hello,

We invite you to close your eyes, open your vibration and allow what your heart space is requesting be joyfully revealed to you to be ecstatically yours. Is it asking to be known, to be fed, to be held, to be expressed, to be allowed...? Are you listening? Are you responding?

Consider your current relationship with your heart for a moment. Is it one built on trust? How well do you know your heart? If we asked you 20 questions about your heart would you score well?

What makes your heart soar?
What makes your heart expand?
What makes your heart race?
What makes your heart hide?
What makes your heart weep?
What makes your heart remember?
What makes your heart overflow?...

If we asked your heart 20 questions about you, how would it score?

What do you believe in?
What inspires you?
What passions and reluctant spaces are held within the recesses of you?...

Do you have an open, rich and meaningful relationship with your heart or a somewhat turbulent and perhaps neglectful relationship with one another? What if you entered each new day considering the care and well being of your heart space to be of paramount importance? How might you find yourself expressing and receiving a little bit or vastly differently than you have been?

We encourage you to breathe through the infinity of your heart space allowing you to linger long enough with it to ignite the embrace of your love for yourself and for everything you are reflected in as you move throughout your day. And, just in case you are not remembering, you are reflected in everything. In the eyes of others, in the lyrics of a song that grabs your attention, in the rolling of the thunder, in the lilt of a gentle breeze, in the brilliance of the sun, in the movement of traffic, in the generosity of an offering...in everything.

Today, let love be your movement, truth be your guide and choice be your vehicle.

Edgeless Love,
Mary

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Hello Friends,

Thank you so much for what you have brought to our lives, to our love and to our creation. We are so gifted to know you to breathe with you and to design our lives with you. We are truly grateful for every moment we have and/or will spend with you. For every time that our souls meet and become edgeless in connection to one another and for every time that our personalities meet and fall more in love in our expanded and deepened knowing of one another. We are truly grateful! Thank YOU!

Without Edges,



Don, Jacque, & Mary at Inner Vortex Publishing  
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