



# Arrive Already Loved™

Creating Sacred Attachment with Yourself



Join renowned psychotherapist Mariah Fenton Gladis as she blends her unique style of Gestalt work with her effective and innovative use of music. Explore how you relate to the world, others, and, more importantly, yourself.

### You will learn to:

- Provide love and compassion for yourself,
- Realize that what's inside is outside; you can attract what you are,
- Understand thinking as a personal conversation with yourself,
- Develop an active and rich inner dialogue,
- Create an abundance of emotional resources, and
- Turn your meditations from detachment towards intimate meditation by exercising Sacred Attachment.

### 2011 Dates

**March 4-6, 2011**

Esalen Institute  
Big Sur, CA

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**March 11-12, 2011**

San Diego, CA  
with



Leslie K. Fadem, MFT

.....  
**March 16-20, 2011**

Valle de Bravo, Mexico

.....  
**June 3-5, 2011**

Cape May, NJ  
with



Mark Putnam, M.D. Dori Middleman M.D.

.....  
**July 31-Aug. 5, 2011**

Esalen Institute  
Big Sur, CA

CEUs Available. Call or visit Web site for details.

Healing the body, mind, heart and soul

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