

**BIO FOR MARLENE MILNER, MA.**  
**Transformation Coach and Consciousness Guide**  
**for your**  
**JOURNEY INTO SELF**

Marlene left the corporate world behind when she received her Master's Degree in Transpersonal Counseling at Southwestern College. As a trauma, family, primary, and spiritual counselor at The Meadows of Wickenburg, an inpatient, multi-addiction treatment center, she learned from the patients that being comfortable in their own skin was as important as their sobriety.

It was at The Meadows where Marlene was also mentored and taught by such recovery gurus as Pia Mellody, Claudia Black, John Bradshaw, and Patrick Carnes.

The inner work is ALL about learning to live from LOVE, self-love. In this experience Marlene facilitates people to begin trusting their feelings (the barometer of the soul), and use their head (ego) as an "instrument" in carrying out the soul's desire. You will look at your family of origin, your feelings and relationships as vital resources in guiding you to self-love. The result is once we begin loving ourselves unconditionally by listening to our hearts, we become totally FREE to BE.