# Tending the Fire: A Masculine Perception of Inner Peace

**NEWTON, N.J. - June 10, 2014** - *PRLog* -- The Tree of Health Center is delighted to announce its first men-only group – "Tending the Fire" – established and instructed by Michael Rainone, a Core (Center Of Right Energy) Energetics practitioner.

After studying at the Institute of Core Energetics, IM School of Healing Arts and Laura Norman School of Reflexology, Michael developed a special and unique healing session exclusively for men. He realizes that men need a special approach to self-actualization and finding inner peace. Each session utilizes meditation, breathing and physical exercises, as well as various Core Energetics techniques. With these, a man will discover a deeper sense of self and develop a solid awareness of his personal relationships; sexuality; father-son dynamics; work and money; aging; health and an overall greater sense of masculine identity as a member of the human community.

Michael recognizes that men are often forgotten in self-actualization practices. Tending the Fire focuses on masculinity and brings a different dynamic to self-healing sessions.

*"When men listen, support and understand each other, they come to discover the richness of their shared lives as men,"* says Michael, who encourages men to share their achievements and hopes, as well as their struggles and defeats.

David, a Tending the Fire partaker, reports, *"Tending the Fire has been an invaluable opportunity to examine my life, behaviors and unconscious patterns that create my reality, all within a safe, relaxed and harmonious atmosphere with other men supporting each other in growth. I highly recommend the men's group for anyone seeking renewal and transformation in their lives."*

Michael Rainone will be holding Tending the Fire sessions at The Tree of Health Center in Newton, N.J. on June 17, July 1 and July 15, with anticipated additional future dates. Each session is $60. All male members of the community are encouraged to support masculinity and find a deeper sense of self among others who strive to do the same.

Email The Tree of Health Center at info@thetreeofhealthcenter.com or call (973) 500-8813 for a consultation or to schedule a session today. Visit www.thetreeofhealthcenter.com for current updates, events and to join the healing community.

**About The Tree of Health Center**

The Tree of Health Center, located at 55 Newton Sparta Rd, Unit 107, Newton, N.J., is a health and wellness center dedicated to bridging the gap between all health care traditions, with a strong focus on noninvasive practices and prevention. Their team of unique health care specialists is passionate about health, growth & wellbeing. The Tree of Health Center is helping to create a sustainable future for the health and welfare of our community worldwide. Their team of teachers and practitioners listen and communicate with integrity. They are committed to sustaining unity in values and truthful compassion in helping others within a meaningful and safe environment filled with love, joy and healing.

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