

Meditation Part 2

A Self Care Affirmation to Live By:

“I am Mind, Body, & Soul Medicine

Participants
will learn that deepening inner awareness
and understanding of a meditation and
mindfulness practice enhances . . .

✓ **Capacity**

With Management of Adversity and Stress: Its Body, Mind and Emotional Effects

✓ **Self-Care**

✓ **Self-Healing – Recovery and Transformational Change**

Leading to Emotional Readiness and Preparedness

✓ **Mental Resilience and Wisdom**

5 Core Self-Study Transformational Practices

- Develop an Observing I and Mindfulness, being in the present... mind, body, emotions and spirit
- Deepen Self-Reflection to gain Self-Awareness and Self-Discovery ... leading to insight and wisdom
- Value your awareness and acceptance of self and others
- Express Curiosity and a Practice in Making Meaning out of each daily experience
- Dedicate Attention to Finding Purpose and Making a Difference in peoples lives

© PCKliger (2018) Power Your Heart,
You Power Your Mind.

Siddhartha Gautama,
the Buddha

suffering

the four noble truths

Thich Nhat Hanh

“stopping • calming
resting • healing”

Shamatha *IS* “Stopping”

Vipashyana *IS* “looking deeply”

Practice ...The OBSERVING “I”

Ist

Core Self-Study Transformational
Practice

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Practice ... Self Reflection

2nd

Core Self-Study Transformational
Practice

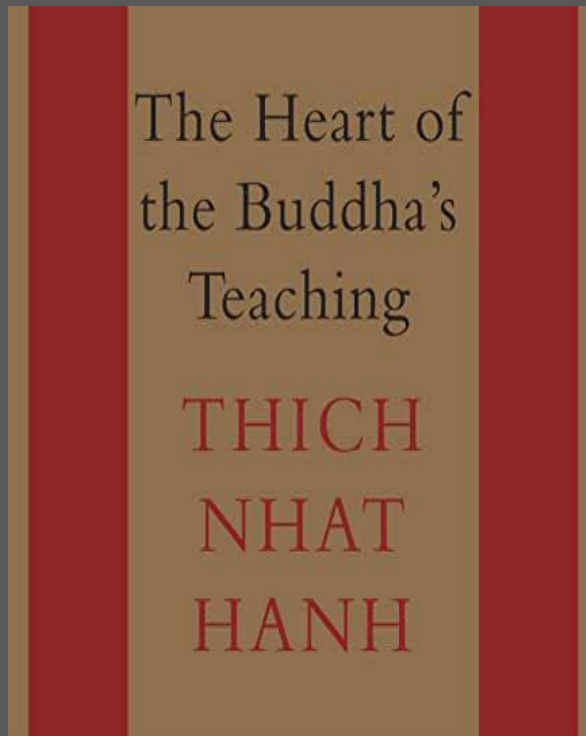
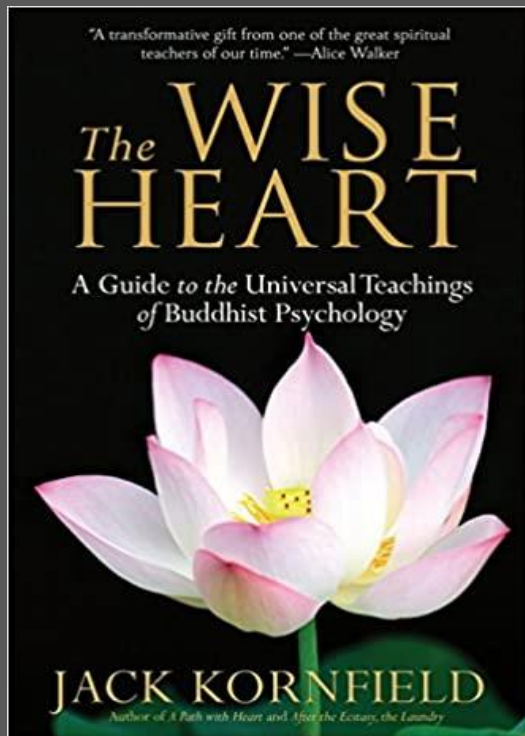


“I am...

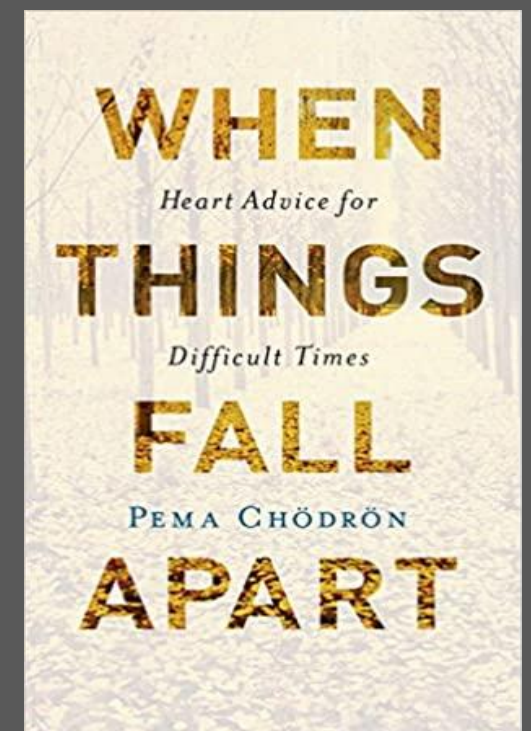
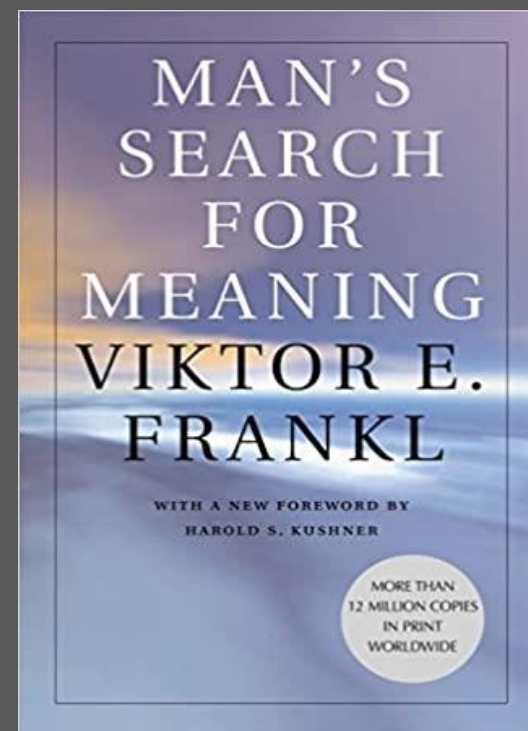
Mind, Body & Soul Medicine”

Heart Self-Care & Self-Healing • “Emotion Wise”

Jack Kornfield & Thich Nhat Hanh

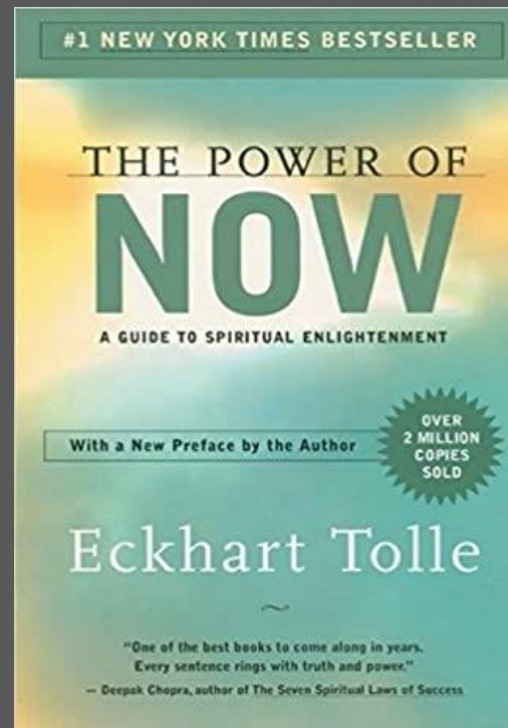
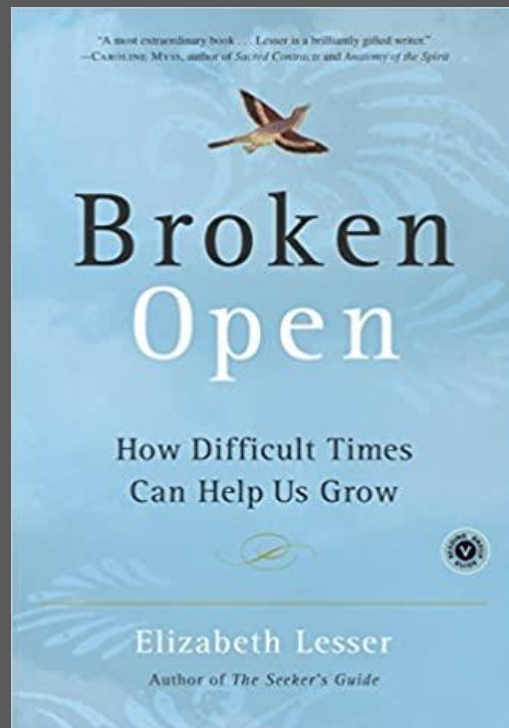


Viktor Frankl & Pema Chodron

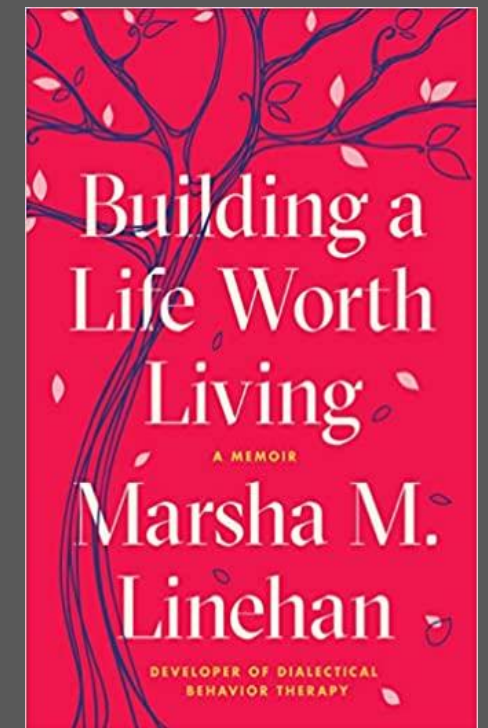
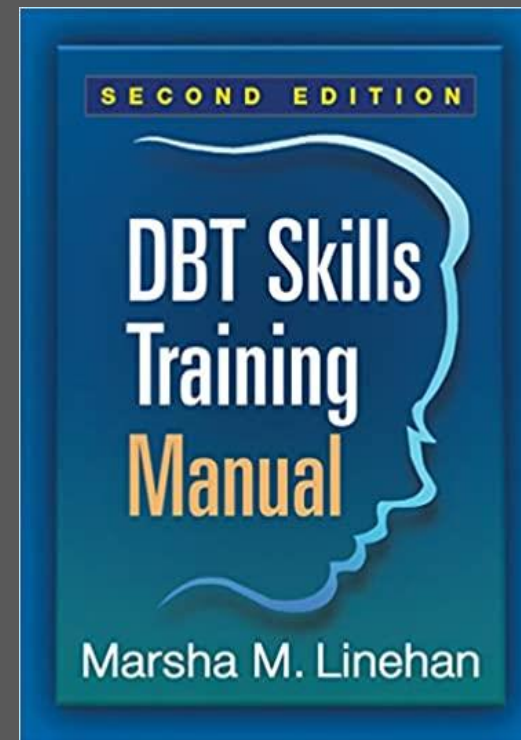


Mind-Spirit Self-Care & Self-Healing • “Wise Mind”

Elizabeth Lesser & Eckart Tolle

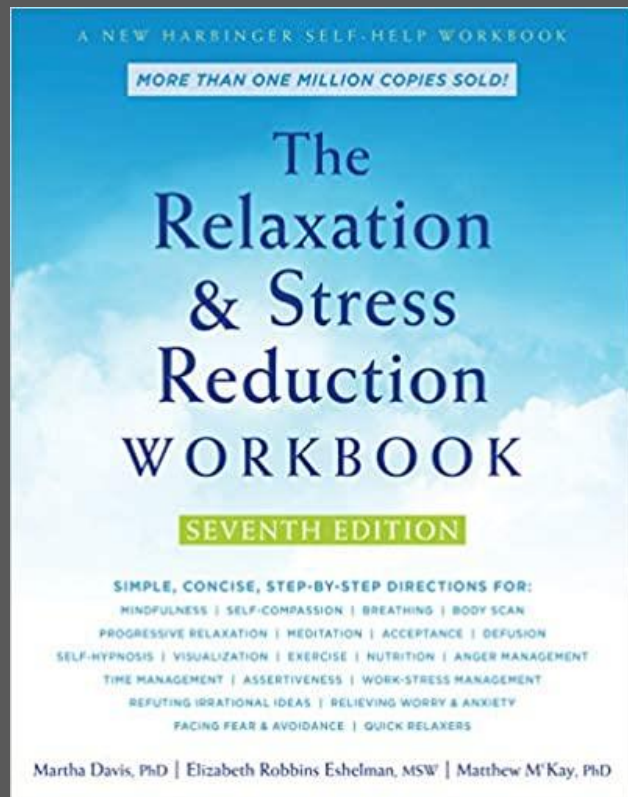


Marsha Linehan, PhD

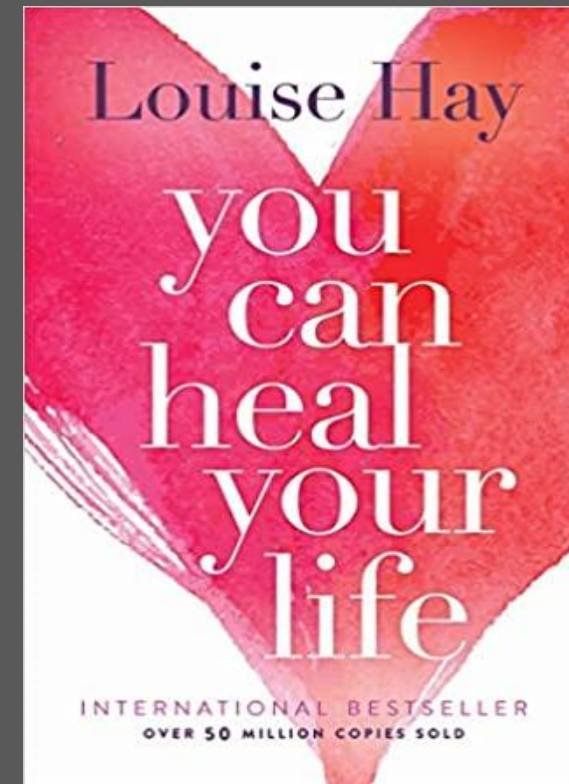


Body-Mind Self-Care & Self-Healing

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