

WTM Talk September 20, 2018

Mindfulness to navigate life changes and stages

You are already doing this ! There is nothing new here other than perhaps an increased awareness by paying attention

Realities

Every moment is a transition

Nothing stays the same

Transition = leaving, a stage itself and an entering

How do we usually meet this and navigate ?

Often old way = resistance or avoidance (fight or flight or freeze)

There is no comfort in the growth zone and no growth in the comfort zone

Hold it all, with patience and allow it to teach us

How can we “be” in the moment ?

Lean into it ...skiing and meet the slope

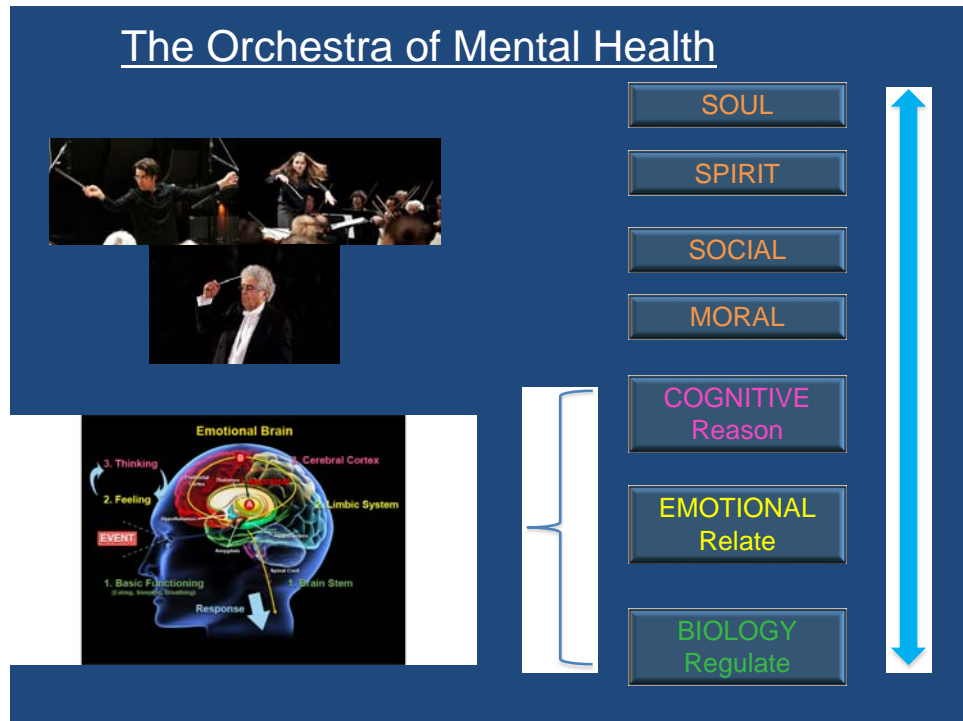
Tolerating uncertainty and being comfortable feeling uncomfortable

Stay with it

What is this asking of me

What is called for ?

What would be helpful ?



Hero's Journey : Ingredients on the Path



*"In the stillness of the quiet,
if we listen,
we can hear the whisper of the heart"*

Howard Thurman

Joy
Love
Trust
Humility
Gentility
Attention
Curiosity
Empathy
Patience
Vigilance
Kindness
Creativity
Presence
Letting Go
Awareness
Acceptance
Non Striving
Forgiveness
Compassion
Not Knowing
Engagement
Non Judgment
Beginner's Mind
Non Attachment

Recommended book : Lama Surya Das " Letting go of the person you used to be"