

Body Mind Spirit

Spring 2016

First, a little about my work. I am a psychotherapist and an educator. My private practice has developed over the past 20 years. It has evolved into a diverse work that includes Psychotherapy, Massage Therapy, Body-Centered Psychotherapy, and Education. Each area informs the other, adding richness and depth. Through my work, I am able to be of service and to support you on your journey to an authentic and powerful life.



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Spring is in the air.

This time of year offers a time for new beginnings. I hope you find the love, strength, joy, courage, and beauty to guide you through this coming year. I do appreciate you taking the time to read this newsletter and hope you find it interesting, informative, and useful. I have found the information I am sharing to be thought-provoking, and it has helped me gain insight. The topics I have chosen for this issue are beauty, the art of Kintsugi and our healing, mindfulness, and Chinese New Year. Each of these issues builds upon the others.

I speak of beauty in terms of its shamanic meaning: the simplicity in things and in life. Taking the time to discover the beauty that underlies struggle and difficult times. A kind smile, a flower growing out of the sidewalk, and a sunset, beauty is simplicity. How do you bring out beauty, especially in times of difficulty? Beauty is all around and within each of us. Our imperfections can only make us better, like the Japanese art form of Kintsugi. This art form takes broken pottery and repairs it with lacquer that has been mixed with gold, silver, or platinum. It does not cover up the cracks but takes the broken pieces and makes them even more beautiful than they were originally. It is embracing the imperfection of the broken pottery, even highlighting it, rather than hiding or covering it up. Making it shine and showing it restored to a place that it is better than it was before. Being damaged is part of its history, part of what the object was. However there is still great value in the piece, possibly even more than before it was broken. There is no reason to hide the fact it was broken or damaged. Now there is



an opportunity to show the world its new beauty.

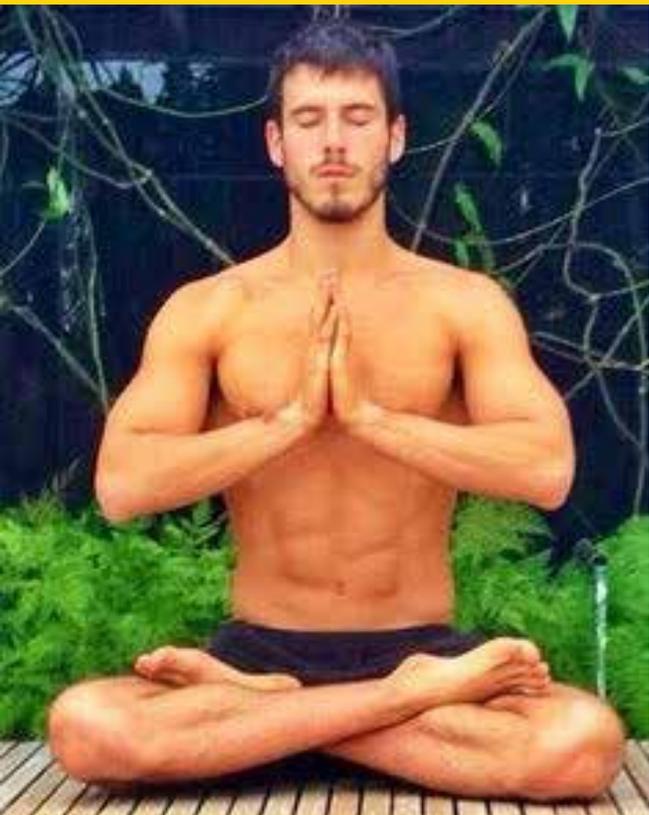
Like pottery, we all have experienced some trauma, suffering, or distress in our lives. We have the ability to become even better because of our journey. I like to imagine that as we heal we are now just different than before, but more beautiful and better in life. Kintsugi can be related to the Japanese philosophy of “no-mind”, a way of living life mindfully. Being mindful is a way of living with open attention to the present. Here we have the opportunity to observe our thoughts and feelings and see them then without judging or reacting to them.

“Our wounds are often the openings into the best and most beautiful part of us.”

— David Richo

Mindfulness

Mindfulness means living in the moment, being aware of what is happening, and awakening to the experience. Jon Kabat-Zinn, Ph.D, says, “Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.” We all have the ability to be mindful. It is that innate ability to be present with what we are doing now. There is a gentle quality to being mindful, a kindness to our being, to ourselves and others. This awareness of the present moment allows for detachment, choice, and freedom. The Taoist concept of wu wei, meaning non-doing, is similar to the concept of no-mind. It is more of an understanding of not interfering, not being combative or egotistical. It is here we learn to do more by doing less as we become more mindful. As we explore our inner nature and become able to work with it, we begin to see more clearly and become able to flow, like water, in life. We find that we do not have to work as hard, and life becomes more natural. These concepts can be difficult. Life as we know it is busy. It is easy to forget what we need to be doing to live the life that is needed. Simplifying things and slowing down benefits everybody, not just ourselves.



Meditation

Meditation is one way to slow down and to see clearly. It is an act of mindfulness, a way of focusing our attention on one thing—our breath, a mantra (a phrase or word), or someone else’s voice, as in a guided meditation. This focused attention helps eliminate the stream of thoughts that are constantly coming and going in the mind. As we relax and let the thoughts go, we cultivate the ability to quiet the mind. This enables us to reduce stress and create peacefulness. It is a process that enhances our physical and emotional well-being.

Here is a link to how to meditate from a Buddhist perspective.

<http://www.how-to-meditate.org/>

From the Mayo clinic about meditation:

<http://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

Chinese New Year –

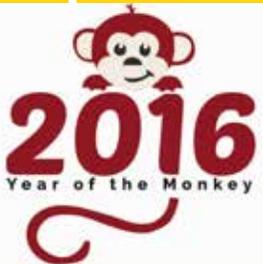
The year of the Fire Monkey

By Susan Levitt

The year of the monkey is ideal for a quantum leap in your life! Now is the time to shake things up, create change, and innovate a new path. Join Monkey’s enthusiast energy when risks are

rewarded and anything can happen. Even the most ambitious plans can succeed. There will be more than enough action and opportunity to keep you busy. In Monkey

year, it’s fine to just make it up as you go along. Just don’t be gullible and trust the wrong people, or wily Monkey will take all the peanuts and leave you only shells.



Men’s Meditation Group

Hosted by Jerry Moreau
2630 1st Ave suite 210
(door code 8350)
San Diego, CA 92103

Mondays 7pm each week
by donation

Bring a pillow, meditation cushion or zafu to sit on and wear comfortable clothing. The meditation will last about 45 minutes. Meditations may be silent, guided, chanting, or open to ideas from those who attend.