

THE MONTHLY MINDFUL



updates, events, and insights

Upcoming Enneagram Workshop



Know Thyself

The Enneagram is a system for self-reflection, and personal growth. This 3-part introductory Enneagram Workshop series follows the guiding intentions of communication, compassion, and appreciation.

Registration is now open.

Join me and make an investment in yourself, and please share with those who might be interested:

When: September 13, 20, 27

5:30pm - 7pm Pacific

click [here](#) to register

payment is via sliding scale [read more](#)

I'm also thrilled to have new enneagram graphics - above and for the workshop - , created by [Andrea-Claire designs](#).

The Podgecast Podcast

The [Podgecast Podcast](#) Season 1 is now complete with 10 episodes. Season 2 will begin airing in late September.

If you or someone you know has a story to share about ways they are making an impact in the world, please connect them with me.



End of Summer: Community and Support



During this transitional time, it's so important that we know who we can call on for support.

Not just for parents, an initiative I'm excited to share with you is Raising Humanity, a community with a village-style approach to building community. Positioned as an Authentic Parenting organization, Raising Humanity is a community of supportive, open, nurturing humans with whom you can be present and in the moment, as you are. Being YOU is a gift and a contribution. Learn more: <https://raisinghumanity.com>

For deeper support, I completed my Reiki Teacher Training this summer. If you are local and you would like to book a treatment, please reach out. If you live at a distance, we can set up some distance healing, too. This is offered on sliding scale, and I do have a couple free treatments to offer those who are in need.

Self-Love & Mindfulness

As the cooler weather approaches and we transition from outdoor classes to indoor coziness, I will be resuming hosted meditations towards the end of September.

Here's a [link](#) to some meditations I've recorded, and they are for anyone to use however they wish.

In the meanwhile, I offer this simple question to pair with self-observation: does this energize me or does it deplete? What will I choose to do with this information?

I also offer you the mantra of compassion for your practice: Om Mani Padme Hum

