

# THE MONTHLY MINDFUL



## updates, events, and insights

### Enneagram Workshops

#### Deepen Your Relationships



This 3-part Workshop series explores powerful ways of connecting with self and others through enneagram theory and experiential learning. Discover how to navigate conflict with mindfulness and compassion while learning about the Harmonic groups and the Social styles.

If you've joined me in the past, you're always welcome to do a refresh, and if this is new to you, please join me.

When: October 7, 14, 21 2021  
5:30pm - 7pm Pacific  
click [here](#) to register



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

New workshop series, **Fusion and Integration** will open for registration in late October. It will run November 4th & 18th from 5:30pm - 7pm Pacific time. Reach out to learn more.

### The Podgecast Podcast

The [Podgecast Podcast](#) Season 2 Trailer is now available and it includes a brief guided meditation.

Episode 1 launches on Thursday, October 7th with my guest Katarina Bousaleh, who shares her insights on gut health, nutrition, acupuncture, and more.

Tune in to previous episodes and if you or someone you know would like to be a guest, I'd like to know.



### Spreading Love and Giving to Self



Compassion, or Karuna, is a choice. Choosing to love at this time is so important, and if you yourself are hurting, lacking hope or feeling drained, try practicing compassion for self.

If this feels daunting, you can use a part of the Reiki precepts: "Just for today."

My teacher taught me that this phrase brings us into the present moment. Say to yourself, "just for today, I will open up to compassion for me." Place your hand over your heart and breathe in compassion. Breathe out anything that causes pain or suffering. Imagine a soft green light emanating from your heart and filling you up. Keep sending compassion inwards.



Let me know if you would like to be included in a distance Reiki healing circle.

### Finding Time for Mindfulness



With all that's happening, it can be challenging to "find" time for meditation. Whenever people tell me they can't find the time, I suggest they create it instead of waiting for some space to somehow appear in the calendar.

There are so many gaps that we fill with activities that don't serve us or bring peace of mind. Here's an offering: The next time you have a moment, instead of reaching for your device, take just 2 minutes for you. Take a couple deep full belly breaths, set an intention, and if you can, close your eyes. And then, notice what happens...Repeat this often.

If you were to join me once per week, when would that be? [Please click here](#) to link to a poll where you can share your ideal time to meditate.