

THE MONTHLY MINDFUL



updates, events, and insights

The Enneagram



Workshops on Hold

I recently learned the term "popular enneagram," which is in reference to using the system solely as a personality typing tool. My heart has been craving deeper work. I've been straddling this space of bringing mindfulness into teaching while catering to what I "think" people want. I've tended towards the enneagram 9 pattern of softening my approach because I fear the deeper stuff won't land well. I've been blessed with incredible training in both the enneagram of process and the enneagram of personality, so I'm revamping all workshops for 2022.

I promise to bring my deeper heart into my work, and I hope you'll join me on the journey within.

Lvolution Love Letters



"Maha Mrityunjaya" = a sacred mantra that means Heal Yourself, Heal the World

My dear friend Venetia and I are working on a loving, grassroots approach to support all living systems on our planet. This approach is called Lovolution.

We believe that if we love ourselves, we can more deeply love the world. What we love, we tend to protect. We can do this through daily choices, which make tremendous impact.

We are launching a love letters project, to leave love notes for strangers, to remind each other that we are all in this together.

To receive updates on the Lovolution movement, [click here](#).

Support Through Reiki



Reiki is a gentle healing modality that works with "ki." You may know this by the terms prana, ki, or life-force energy. Every month, my Reiki teachers Karen and Fred from the [Westcoast Reiki Centre](#) host a Reiki share. Several practitioners gather to send healing energy to those requesting and needing extra support.

This month, I have the honour of co-hosting on Tuesday, November 2nd. You are welcome to send names of those who could use some Reiki.

Learn more about Karen and Fred in [Season 1, Episode 6 of The Podgcast](#).



Weekly Meditations



Practice. Practice. Practice.

It's easy to skip meditation practice when it's just me so...I'm hosting a weekly meditation to keep myself accountable, in community with others. I've been resisting this sort of structure for some time, and now I'm ready to commit.

November's theme is nourishment. inspired by Russ Hudson's teaching on true self-care.

All are welcome to sit in stillness, any time.

Join me on Zoom Wednesday mornings at 8am Pacific for 30 minutes of self-care.

[Here is the Zoom link](#) to join, and I will send you a calendar invite if you wish.

Donations are optional - 20% will go to either EPP Canada or Foundations for Social Change.