

# HEALING POWER OF MINDFULNESS...

Cultivating Resilience and Reducing Stress



## Intentions for Meditation & Healing Cultivating 7 Qualities of Being

### NON-JUDGING

Be an impartial witness, inquiry, observation and investigation of one's mind-body moment to moment experience.

### PATIENCE

Let life lawfully unfold. We can't push the process. Be in the NOW... Be Here Now.

### BEGINNER'S MIND

See things as if for the first time. See with new eyes. Be open to many possibilities.

### TRUST

Developing basic trust in process. Be like the Karate Kid. Welcome each experience and feeling as an honored guest. Live the questions.

### NON-STRIVING

Non-doing. Not being goal oriented. It takes work and energy....effortless right effort.

### ACCEPTANCE

Seeing and being with things as they are in the present moment. It is a waste of energy to deny and resist. Surrender to what is.

### LETTING GO

Let it be. Holding things tightly keeps the mind and body in a contracted state and prevents the natural unfolding.



**SPEAKER:** Dr. Paul Epstein is a naturopathic physician, mind body therapist, mindfulness meditation teacher and has been a speaker for 30 years specializing in working with people with stress related symptoms and illness. Paul leads mindful healing workshops worldwide, mentors health professionals and is in private practice in Westport, CT. He is the author of "Happiness Through Meditation".

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*Serenity is not freedom from the storm; it is peace amidst the storm.*