



# MINDFULNESS2BE

YOUR NEWSLETTER

Q1 2024

ENGAGE | BE WELL | BE CURIOUS | BE KIND





# Message from Regina

Dear Like-Minded Friends,

As we stand at the crossroads of seasons, with autumn painting Australia in shades of amber and gold while spring blooms across other parts of the world, I extend a heartfelt welcome to this edition of our mindfulness community newsletter. This unique juxtaposition of seasons—Easter and public holidays ushering in a period of reflection and renewal—provides a perfect backdrop to pause, reflect, and deepen our collective practice of mindfulness.

This time of year embodies a dual narrative of transformation: as the southern hemisphere prepares for the introspective journey into cooler days, and as the northern hemisphere awakens to the promise of renewal and growth. Whether you're wrapping yourself in the comfort of a crisp autumn evening or embracing the vibrant energy of a spring morning, this season offers a profound opportunity to connect with the rhythms of the natural world and within ourselves.

Let this newsletter be your companion through the shifting seasons, guiding you to explore the depth and breadth of mindfulness practice. From the quiet reflection encouraged by the lengthening nights (well, just a little bit) in Australia to the vibrant energy of new beginnings felt around the world, there's a variety of experiences to draw upon.

Welcome, once again, to our global community, where every leaf's turn and every blossom's unfurling invites us into deeper understanding and connection. Regardless of the season outside your window, let's embrace the changing landscapes both around us and within our hearts.

In Kindness.

*Regina*



## A Morning Offering

“I bless the night that nourished my heart  
To set the ghosts of longing free  
Into the flow and figure of dream  
That went to harvest from the dark  
Bread for the hunger no one sees...”

~ John O’Donohue  
[continue]





A Morning Offering – John O’Donohue [continued]

“...All that is eternal in me  
Welcomes the wonder of this day,  
The field of brightness it creates  
Offering time for each thing  
to arise and illuminate...”





# Butterflies

Butterflies are symbols of transformation and renewal; they also represent the delicate dance of thoughts and feelings that flutter within us. Like butterflies, our thoughts and emotions can seem fleeting and ephemeral, difficult to grasp, yet beautiful in their transience.

For example, during your next meditation visualise your thoughts and feelings as butterflies in your mind's eye, observing them with gentle curiosity as they flit about. This visualisation encourages a stance of non-judgmental awareness, allowing you to acknowledge your inner experience without needing to alter or fix them.

The butterfly metaphor extends beyond mere observation. It encapsulates the potential for change inherent in mindfulness practice. Just as a caterpillar transforms into a butterfly, individuals engaging in mindfulness can undergo profound personal growth and transformation. This metamorphosis isn't forced but naturally unfolds as one becomes more attuned to the present moment, learning to navigate the ebb and flow of emotions with grace and resilience.

Let your mind spread its wings of wisdom and compassion.







# Mindfulness-Based Programs

In preparation for a webinar on mindfulness-based programs, their applications, and advantages presented to the Australian Association of Psychologists Inc (APPi), I found myself returning to the roots of Mindfulness-Based Stress Reduction (MBSR).

My preparation included watching the inspiring "Healing from Within" documentary featuring Jon Kabat-Zinn, a seminal piece that lays bare the essence and transformative power of mindfulness. Having the privilege to meet Jon Kabat-Zinn on several occasions and participate in his meditation retreats has been an exceptionally profound experience. His presence, wisdom, and the space he creates for deep, introspective work is nothing short of transformative. I remember him saying 'once this documentary was aired (1993; 'the phone didn't stop ringing'.

In one of his recent interviews, Jon Kabat-Zinn shared insights and reflects on the radical journey of mindfulness from its inception to becoming a globally recognised health intervention. Kabat-Zinn marvels at the widespread adoption of mindfulness across healthcare settings, highlighting its role in addressing not just individual ailments but also broader societal issues such as tech addiction and isolation. His insights underline the importance of being present in our increasingly digital world and the power of mindfulness in fostering connections with ourselves and others.

Kabat-Zinn's perspective on befriending one's mind and the notion that life itself should be viewed as a meditation practice offers a profound lens through which we can view our existence. He champions the idea that mindfulness is not merely a practice but a way of being, encouraging individuals to embrace every moment with awareness and compassion. This approach not only enhances personal wellbeing but also has the potential to catalyse societal transformation by fostering a deeper sense of connection and empathy.





A Morning Offering – John O’Donohue [continued]

“... I place on the altar of dawn:  
The quiet loyalty of breath,  
The tent of thought where I shelter,  
Waves of desire I am shore to  
And all beauty drawn to the eye....”





A Morning Offering – John O’Donohue [continued]

“... May my mind come alive today  
To the invisible geography  
That invites me to new frontiers,  
To break the dead shell of yesterdays,  
To risk being disturbed and changed.....”





# Mindfulness - a catalyst for social change

extracted from Jon Kabat-Zinn interview

## The Transformative Power of Mindfulness in Modern Society:

The remarkable surge in mindfulness practices in recent years represents a profound shift in societal norms and personal health practices that could have been scarcely envisioned in the past. This widespread embrace signals a transformative movement toward greater self-awareness and mental well-being. It suggests that individuals across the globe are recognising the value of connecting deeply with the present moment, fostering a radical transformation in how we engage with ourselves, others, and the world at large.

## Mindfulness as a Bridge to Connection:

In a world where feelings of loneliness and disconnection are increasingly prevalent, mindfulness offers a powerful antidote. It encourages an inward journey to our true selves, facilitating a profound connection that starts within and naturally extends to others. By cultivating awareness and acceptance of our thoughts and feelings, we open the door to genuine relationships and community, counteracting the epidemic of social isolation with a sense of belonging and shared humanity.

## Navigating the Digital Age with Self-Awareness:

Our modern, technology-saturated environment poses unique challenges to our mental health and well-being, particularly the risk of becoming estranged from our own inner experiences. Mindfulness practice serves as a vital counterbalance to this trend, offering a pathway back to self-awareness. By dedicating time to mindfulness, we can reclaim our attention from the constant digital buzz and reconnect with the nuances of our thoughts, emotions, and bodily sensations, ensuring that we remain present and engaged with our own lives.





# Mindfulness - a catalyst for social change

## Embracing Self-Acceptance Through Mindful Observation:

The experience of befriending one's mind through mindfulness reveals a profound truth: that within each of us lies inherent goodness and capability. This practice of observing our thoughts and emotions without judgment encourages a compassionate acceptance of ourselves as we are. It illuminates the often-overlooked strengths and virtues that define us, offering a powerful counter-narrative to self-criticism and doubt. In recognising the abundance of what is right within us, we find a wellspring of resilience and self-esteem.

## Life as a Continuous Practice of Mindfulness:

The essence of mindfulness transcends the confines of formal meditation to imbue every aspect of our daily lives. This perspective views life itself as an ongoing practice of mindfulness, where each moment offers an opportunity for awareness, growth, and transformation. Whether in moments of joy, challenge, or mundanity, approaching life with mindfulness allows us to fully inhabit our experiences, learn from them, and cultivate a deeper appreciation for the journey. This holistic approach encourages us to meet each moment with curiosity and openness, making life a rich with many mindful encounters.





A Morning Offering

“... May I have the courage today  
To live the life that I would love,  
To postpone my dream no longer  
But do at last what I came here for  
And waste my heart on fear no more.”

~ John O'Donohue

[end]





If there is time to reflect,  
slowing down is likely to be a good idea.

~ Daniel Kahneman





## “Thinking fast and slow”

The world of psychology and beyond mourns the loss of Daniel Kahneman, the esteemed psychologist and author of the groundbreaking book "Thinking, Fast and Slow," who passed away at the age of 90.

Kahneman's work revolutionised our understanding of human thought processes, challenging long-held beliefs about decision-making and rationality.

His investigations into the dual-process theory of the mind, which he eloquently presented in his book "Thinking, Fast and Slow," explained the complex interplay between two distinct modes of thought:

- the fast, intuitive, and emotional System 1, and
- the slow, deliberate, and logical System 2.

This framework not only illuminated the biases and heuristics that affect human judgment and decision-making, but also offered profound insights into how we can recognise and mitigate these biases in our personal and professional lives.

Kahneman's work, characterised by its rigorous empirical research and accessibility to a lay audience, has had a far-reaching impact, influencing fields as diverse as economics, public policy, health care, and marketing. His ability to distill complex psychological phenomena into engaging narratives and practical applications has made his ideas highly influential among academics, policymakers, and the general public alike.





Q1 | 2024  
MINDFULNESS2BE

# Mindfulness - the bridge between "fast and slow"







## Mindfulness - the bridge between “fast and slow”

Mindfulness practices encourage us to engage more fully with the present moment, cultivating an awareness that can help shift our mental operations from the automatic reactions of System 1 to the more reflective responses of System 2. This shift is critical in contexts where our instinctive responses may not serve our best interests, such as in situations that trigger stress, anxiety, or negative biases.

By fostering an increased awareness of our thoughts, emotions, and bodily sensations, mindfulness can help us recognise when we are operating under the influence of System 1. This recognition, in turn, allows us to pause and engage System 2, enabling a more thoughtful evaluation of the situation and a more considered response. In essence, mindfulness acts as a bridge between the fast, automatic reactions of our brain and the slower, more deliberate decision-making processes.

Kahneman's insights into the heuristic biases and errors in judgment that arise from our reliance on System 1 have significant implications for mindfulness practice. For example, mindfulness can help counteract biases such as the anchoring effect, where we rely too heavily on the first piece of information encountered (an anchor) when making decisions. By becoming more aware of the present moment and our thought processes, we can better recognise and adjust for such biases.





# Glimmers: A Path to Mindful Living

In the fast-paced and often overwhelming modern world, mindfulness has emerged as a beacon of hope for those seeking serenity amidst chaos. One concept that stands out in the realm of mindfulness is GLIMMERS—a term that captures the essence of fleeting moments of joy and connection, offering a soothing balm to our frazzled nerves. The origin of GLIMMERS lies in Deb Dana's innovative application of Polyvagal Theory, which posits these micro-moments as vital signals of safety and comfort to our nervous system, encouraging a journey towards tranquillity.

Glimmers manifest in the simplest facets of life: the serenity of a natural vista, the warmth of a friend's smile, or the comfort of a familiar aroma. These subtle yet profound experiences have the extraordinary capability to anchor us firmly in the present, fostering a sense of contentment and peace.

The incorporation of glimmers into daily mindfulness practices involves a deliberate shift of focus. In a society where negativity often takes centre stage, recognising and valuing these sparks of positivity can fundamentally alter our perception and life experience. By consciously seeking out glimmers each day, we cultivate an outlook that not only cherishes but prioritises the goodness in our lives, no matter how inconsequential it might seem.

This practice dovetails seamlessly with the core tenets of mindfulness—being fully present and engaged in the moment without judgment. Engaging deeply with glimmers not only augments our immediate happiness but also fosters a sustained move towards a more optimistic and resilient mindset. It entails a meticulous observation of our surroundings, engaging our senses fully, and embracing the emotions and sensations that arise.





[continued]

Journaling about these moments of joy can deepen our mindfulness practice, enhancing our appreciation for the present and revealing what truly brings us joy. Similarly, embarking on "glimmer expeditions" opens new avenues for experiencing joy and connection, reminding us that opportunities for happiness and bonding are omnipresent, even in adversity.

Glimmers serve as a guide towards a life imbued with mindfulness and joy. They encourage us to notice and cherish the often-overlooked moments of beauty that are crucial for our emotional and mental well-being. By integrating glimmers into our mindfulness routines, we unlock a realm of joy and connection, transforming our life experience in deeply meaningful ways.

Glimmers are not just fleeting instances of happiness; they are powerful cues that prompt our nervous system towards calmness and receptivity. Originating from the nuanced understanding of Polyvagal Theory, they act as a counterpoint to the triggers of stress and discomfort, fostering a shift towards a state of relaxation and healing.

To weave glimmers into the fabric of our lives, it's essential to set a clear intention to recognize them, practice mindfulness to remain present and attuned to these moments, and allow ourselves to fully absorb the joy they bring. Keeping a glimmer journal can offer insights into how these moments affect our mood and well-being, while glimmer expeditions provide a unique and enjoyable way to connect with the essence of joy in our surroundings.

Embracing glimmers is not about ignoring the negative but about finding equilibrium and enhancing our capacity to experience joy and connection, even in tough times. It's a powerful testament to the impact of positive, small moments on our emotional and mental health, offering a pathway to a more balanced and joyful existence.





Rhythm of Regulation

# Deb Dana Meditations



Tune into Deb Dana's "Rhythm of Regulation" meditations for a transformative experience designed to harmonise your body's response systems and foster a profound sense of well-being. These meditations, rooted in the principles of Polyvagal Theory, offer a guided journey into understanding and influencing your autonomic nervous system, which plays a crucial role in your emotional and physiological states.

Through "Rhythm of Regulation," Deb Dana provides a series of meditations that are both accessible and deeply impactful. Each session is crafted to assist you in recognising your body's cues and learning how to respond in ways that support safety, connection, and healing.

Whether you're new to meditation or have a seasoned practice, these sessions are tailored to help you cultivate inner resilience and navigate life's challenges with greater ease and confidence.

## **Meditations**

Written by Deb Dana Composed & Produced by Sonic Soma © 2022 Deb Dana & Sonic-Soma © 2022 Hema Radia

 Rhythm of Regulation





## An Ode to Unite

In the enormous auditorium of the soul, Where echoes of past and present  
roll, Dwells an orchestra, grand and wide. With protectors, firefighters, and  
exiles inside.

Protectors stand tall, ever vigilant, ever strong, Guarding fiercely, righting  
every wrong. Firefighters rush in where fears blaze, Quelling the fires of our  
most difficult days.

Exiles, with voices soft and faint, Harbour the memories, the trauma, the taint.  
Hidden away, they silently plead. For recognition, for healing, indeed.

Then there's the Self, calm and serene. The conductor awaiting, to enter the  
scene. With a baton of peace, love, and grace. Ready to guide, to embrace, to  
embrace.

This symphony, complex, often plays in disarray. Each section in its own world, in its  
own way. Yet, the music they yearn to truly compose. Requires harmony, unity, as  
the Self knows.

Protectors and firefighters, take your place. But let not fear shadow your grace.  
Exiles, step into the light. Your stories are part of the might.

For the Self has the power to conduct this grand score. To integrate, to heal, to  
open each door. With qualities and abilities vast and profound. In its leadership,  
trust and safety are found.

So let the orchestra accept, with hearts wide. That the Self can guide this ride.  
Together, a symphony they shall be. A melody of wholeness, of harmony.

Work to be continued, notes to be played. In this concert of the soul, fears allayed.  
For in unity, strength, and peace we find.  
The truest expression of the human mind.





## On Commitment

Until one is committed, there is always hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising to one's favor all manner of unforeseen incidents and meetings and material assistance which no one could have dreamed would come her way. Whatever you can do or dream you can begin it. Boldness has genius, power and magic in it.

~ Johann Wolfgang Von Goethe





# The Ripple Effect of Our Actions

In the silence of personal endeavour, it is often the whispers of commitment that echo the loudest, touching lives in ways unseen. The act of commitment, a promise to oneself and to others, holds a power that can transform not just individual lives but the very fabric of our society. This narrative finds its essence in the philanthropic journey of swimming for a cause — a testament to the belief in the power of collective action and personal perseverance. It's a journey illuminated by the poetic wisdom of Johann Wolfgang von Goethe, who once mused on the nature of commitment and its ability to inspire action.

For the third consecutive year, I found myself taking part in the Laps for Life campaign. This commitment isn't just about swimming; it's a call to prevent youth suicide, a pledge to support ReachOut, and an opportunity to partake in something profoundly meaningful. The act of signing up is the first step in a journey that often seems daunting. There's an initial euphoria, a 'honeymoon stage,' where motivation surges like a tidal wave. Yet, as the days wear on, this initial rush can ebb away, leaving behind the challenge of sustaining commitment.

## The Power of Routine and Community

What sustains us through this commitment is not just the inner resolve but the establishment of a routine, the daily immersion in the water that becomes a ritual, a meditation of sorts. It's a transformation underscored by the wisdom that regular exercise isn't just good for the body; it's a salve for the soul. The health benefits of exercise are well-documented — improved cardiovascular health, mental well-being, and even a bolstered immune system. Yet, beyond these benefits, there's a profound shift in perspective, an understanding that we are part of something greater.





[continued]

As swimmers, we may traverse the waters in silence, yet we are never truly alone. Our presence is a silent conversation, a shared experience in the sanctity of water. It's a reflection of our inherent need for social connection, a reminder that even in solitude, we find community. This realisation is poignant in its simplicity — the act of being in a shared space, engaging in a common purpose, can alleviate the weight of loneliness.

### The Ripple Effect

In donating the proceeds from my live meditation sessions on InsightTimer to Laps for Life, I've witnessed the generosity of spirit that binds us. It's a proof to the fact that while we may doubt our ability to make a difference, it's the accumulation of small acts of kindness that creates a wave of change.

Laps for Life is more than a fundraising campaign; it's a lifeline for young people in Australia grappling with the challenges of mental health. In a world where the pressures of social media, academic expectations, and personal relationships weigh heavily, ReachOut offers a beacon of hope. It's a reminder that our commitment doesn't have to end with the campaign; it's a call to continue, to find love in the laps we swim, and to recognize the strength in our collective endeavour.

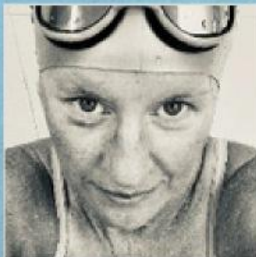




# THANK YOU

Commitment is not a finite resource but a renewable energy, fueled by the renewing intention of being part of something larger than ourselves. Goethe's words resonate deeply in this context, serving as a reminder that at the moment of commitment, the universe conspires to assist us. It's a call to each of us to recognise the power of our actions, no matter how small, in weaving the fabric of a more compassionate, connected world.

In the end, it's not just about swimming; it's about the ripples we create, the lives we touch, and the community we build. It's a journey of commitment, a testament to the belief that together, we can make a difference, one stroke at a time.



## **Regina Gerlach**

I'm challenging myself to swim to save lives this March. Please donate to my fundraising page and help young people across Australia....

 Laps for Life





# EVENTS

Insight Timer

**Thank you for meditating with me Insight Timer**  
love Regina Gerlach -  
Mindfulness2Be

112 Meditators      403 Gratitude

NEXT LIVE EVENT  
Insight Timer:  
APRIL 2024, 6:15 PM, AWST

LIVE EVENT

**Regina Gerlach**  
**INSIGHT TIMER LIVE**

Mindful Pause

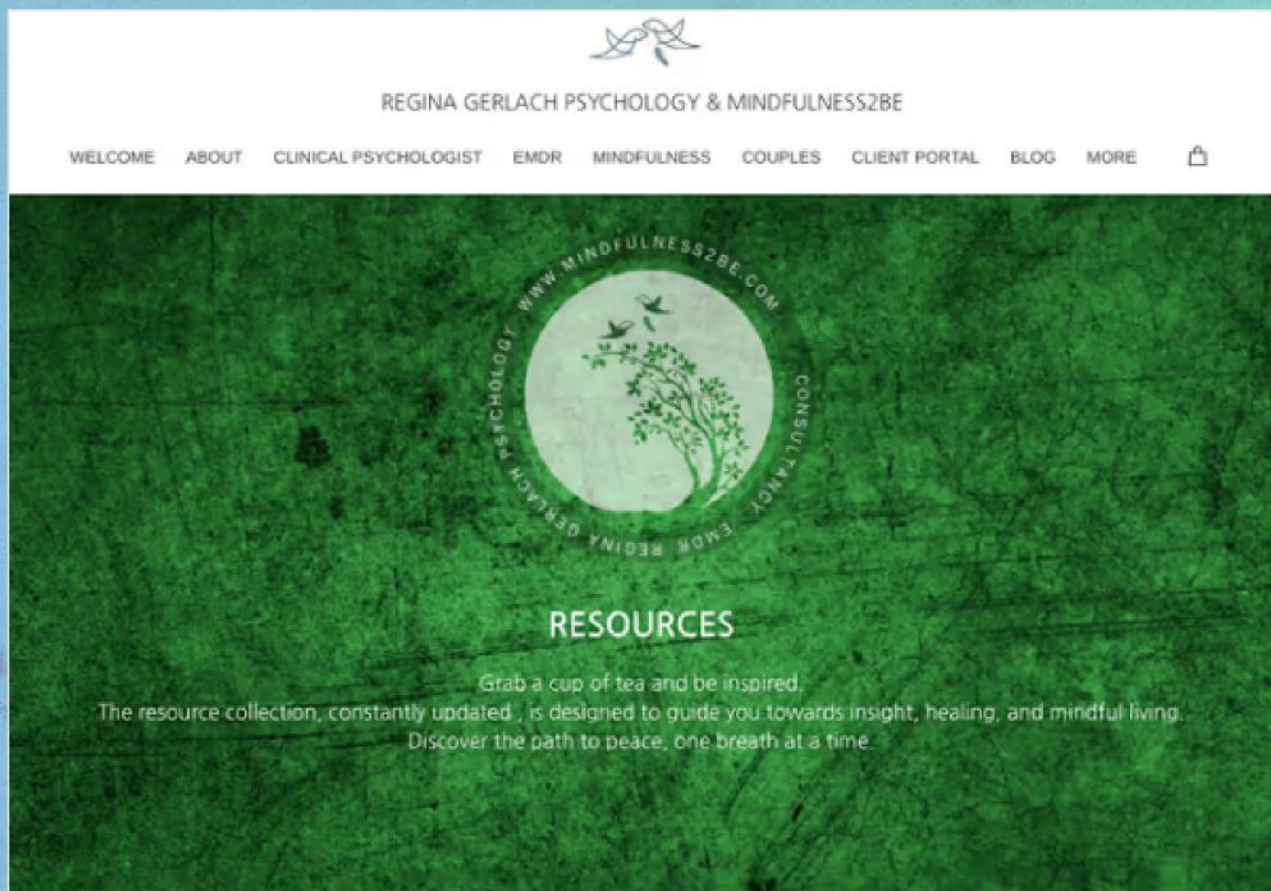
Take a pause and meditate. It is good to drop in and see more clearly. Pausing in this particular way is a direct contribution to your well-being and general health.





# ONE MORE THING

Let me know if you have come across some useful resources (trauma, mindfulness, compassion, grief, neurodiversity, menopause, ... books, video clips, documentaries, apps, podcasts ..).



## RESOURCES | Regina Gerlach Psychology

Welcome to our Resources section—a carefully curated library dedicated to the exploration and expansion of your mindfulness, compassion, psychology, and EMDR knowledge. Here, you'll find a dynamic and ever...

 Regina Gerlach Psychology





Easter, a time of renewal and hope, offers us a beautiful opportunity to embrace mindfulness and the joy of the present moment. As we observe the world awakening around us, with flowers blooming and days growing longer, let's take a moment to breathe deeply, appreciate the beauty of renewal, and reflect on the blessings in our lives.

May this Easter inspire us to release what no longer serves us, making room for new beginnings and the fresh possibilities that each day holds. Let's celebrate this season of rebirth by nurturing kindness towards ourselves and others, finding peace in the simplicity of nature, and cherishing each moment of connection and love.

Happy Easter to you and your loved ones. May this time be filled with light, peace, and joy.

Bye for now.

*Regina*

Perth, March 2024





REGINA GERLACH  
PSYCHOLOGY  
MINDFULNESS2BE  
Clinical Psychologist  
EMDR Therapist  
Global Mindfulness  
Consultant  
[www.mindfulness2be.com](http://www.mindfulness2be.com)





BE WELL. BE KIND. BE CURIOUS.



MINDFULNESS2BE