



MINDFULNESS2BE

YOUR NEWSLETTER

Q2 | 2024

ENGAGE | BE WELL | BE CURIOUS | BE KIND



Hello Mindful Community,

As June has ended, we find ourselves halfway through the calendar year. This juncture often symbolises both endings and fresh beginnings. However, could these moments actually be part of an ongoing flow without clear beginnings or endings? We tend to label, name, and structure our experiences to gain direction, meet objectives, or establish timelines for reflection and assessment. While some find comfort in these frameworks, others might feel overwhelmed or fatigued by the passage of time and its associated pressures.

Take this opportunity to ponder your year thus far. How have you prioritised self-care? Which resources have supported you, and how have you integrated, initiated, nurtured, or sustained them? Revisit the goals and mindsets you established at the beginning of the year and assess, reset, renew your intentions.

This message is a means of connection with you, a valued member of our community interested in mindfulness, compassion, and contemplative psychology. In this edition, I am happy to share a couple of resources – techniques and exercises used in therapy, meditation, and appreciated by fellow community members in exploring their inner worlds.

One resource that particularly intrigues me to introduce is the R.A.I.N. method, adapted by Tara Brach. This method has supported numerous individuals in navigating their emotional landscapes with mindfulness and compassion. In this newsletter edition, we have MM sharing their experience with the R.A.I.N. practice. Thank you, MM.



I want to give you some insights into the logos you may have seen me create over the years, focusing on two in particular. These logos represent different aspects of my practice and contemplations, reflecting the growth and transformation I strive to embody.

As I continue to specialise in the field of developmental, attachment-informed, and relational trauma, I am also sharing a resource related to this work. I hope you find it beneficial as you navigate your own healing and growth.

Thank you for being a part of this community. I look forward to continuing this path with you, reflecting on our progress and embracing the flow of endings and beginnings together.

In Kindfulness

Regina

June | July 2024

Disclaimer

The topics and content in this newsletter are drawn from therapy and meditation sessions. The wisdom and background knowledge come from several esteemed teachers and authors. The information provided is for educational purposes and should not be considered a substitute for professional advice.

Visuals and Creativity

The newsletter features AI-generated images (front cover, resource page image, transparent page background) to enhance your reading experience. These visuals are crafted to resonate with the themes of mindfulness and inner harmony.

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R.A.I.N.

Find inspiration from MM, a community member who shares their experience with the R.A.I.N. practice.



YOUR RESOURCE TEAM

Picture having the ability to choose a resource team to assist you in addressing internal challenges, rewiring, and healing your past wounds.



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Identify the barriers that prevent you from being completely authentic. Discover the reasons behind our difficulty in being authentic despite our strong desire for it.

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Mandala, Resource Team, Habit Change Instructions, and R.A.I.N. are practices provided to support your ongoing introspective efforts. They help in developing a more resilient and compassionate approach towards handling challenging emotions and busy or overthinking minds. These resources are shared to help you expand your toolkit.



REGINA@MINDFULNESS2BE.COM



WWW.MINDFULNESS2BE.COM



“The one contains the many and the many contains the one. Without the one, there cannot be the many. Without the many, there cannot be the one.”

*~ Thích Nhất Hạnh,
Old Path White Clouds: The Life Story of the Buddha*

Symbols of Mindfulness

Anchor and portals to pause and presence



In the rhythm of everyday life, where time blurs amidst tasks and thoughts, symbols of mindfulness emerge as anchors, guiding our attention and creating moments of calm. These symbols – whether tangible objects, visual representations, or simple gestures – act as gentle prompts to pause, breathe, and reconnect with the present moment. They open pathways to deeper awareness, nurturing a profound connection to our inner selves.

Grounded in the Present

Symbols of mindfulness, like a lotus flower, a flickering candle, or a mindful breath, encourage us to ground ourselves in the present. Placing these symbols strategically in our surroundings or carrying them as personal reminders, they help us recenter when stress mounts or distractions loom. By using them as cues, we can refocus our attention on our breath, body, and the current moment.

Shifting Attention

In a world full of distractions, mindfulness symbols provide a way to shift our focus. A brief look at a symbol, such as a mandala or a landscape, can guide us from mental chaos to the clarity of the present. This redirection fosters a habit of mindfulness that infuses our daily routines. Through consistent use of these symbols, we train our minds to veer away from negative or anxious thoughts, promoting a more centered and serene way of living.

Why use symbols to pause?



- Break free from autopilot and dive into serene stillness.
- Embrace mindful moments.
- Savour the present.
- Space between action and reaction.
- Gain mental flexibility and step out of clutter.
- Shift the spotlight.
- A mental and emotional makeover awaits.
- Unlock inner strength, creativity, and wisdom.
- Get cosy with presence and a mindful vibe.
- Boost your awareness.

Mindfulness symbols are your secret resilience boost. They lead you to peace, strength, and inner riches. Unlock your healing powers and personal growth.

Let these symbols light your path to growth and enlightenment.

Tune in here to explore your symbols of mindfulness:



Two Birds



In my ongoing professional development, I engage in training sessions covering parts work, ego state therapy, internal family systems, advanced EMDR approaches, and resource therapy. These experiences contribute to the evolution of my creativity, practice, and insights.

My training sessions are hands-on, involving practicums that focus on exploring my inner parts. This immersive approach, coupled with ongoing insight work through meditation and reflection, allows me to refine my therapeutic approaches.

During therapy sessions, I adapt and tailor my methods to suit each client's unique needs. This collaborative process often leads to profound breakthroughs, both beautiful and challenging, that significantly impact my practice. Sometimes, I contemplate how best to capture the progress, outcomes, insights, and the therapeutic relationships that emerge. And I thought I share some of this inspiring collaborations with you.

One significant outcome of an in-depth process [inner child work] is the creation of the 'Two Birds' logo. This logo, depicting two birds with a feather meeting in a willow tree, symbolises connection, support, and growth within my practice.

In the creation of it, I sought to encapsulate the essence of this therapeutic process as a profound exchange of trust and learning. The two birds of equal stature with one gently carrying a blue feather embodies the sacred exchange that occurs within the therapeutic space—a space where a therapist is both a guide and a grateful recipient of the wisdom and trust bestowed upon them by their clients.



The blue feathers, tenderly held by one of the birds, represents the tranquility and safety of the therapeutic space, as well as the wisdom and insight that flow from our shared journey. And the equality of the birds mirrors the balance that is foundational to the therapy I practice.

It emphasises the collaborative and symbiotic nature of the therapeutic relationship, highlighting that healing is not a one-way street but a shared journey of discovery and growth. The two blue birds and a feather logo celebrates mutual respect, shared growth, and the transformative power of the therapeutic process.

*“The relationship between
client and Therapist is
foundational to the healing
process.”*

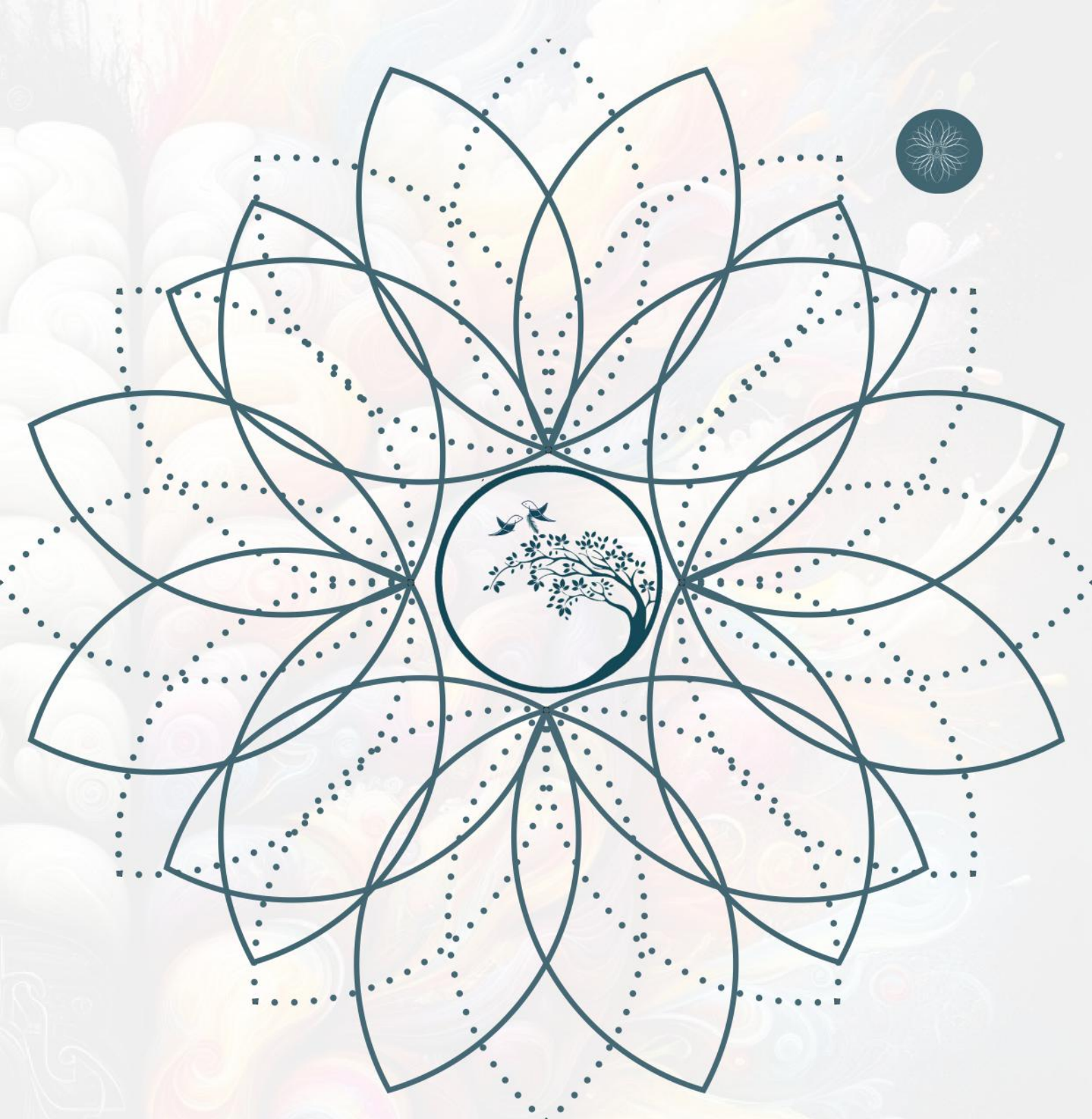
~ Rotem Brayer



The original TWO BIRDS logo



The latest version of 'Two Birds'



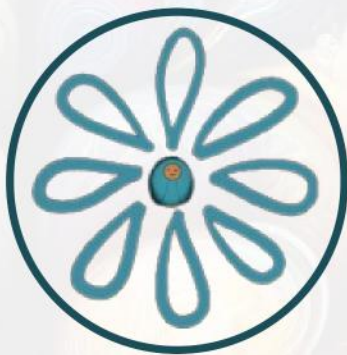
'Two Birds' embodies a continuous therapeutic relationship, highlighting the value of our meaningful connection between therapist and client. It's a space where mutual learning occurs, fostering insight, courage, and compassion in a safe [safe enough] environment.

The Essence



The latest logo, 'The Essence,' embodies all these previously mentioned elements. It represents three key resource categories: nurturing, protection, and wisdom. The lotus and pebbles symbolise nurturing, the three concentric circles represent protection, and the Buddha figure at the center signifies wisdom, insight, authenticity, courage, and compassion.

Inspired by current training, and from the perspective of Resource Therapy, these elements form a supportive team that can be harnessed as needed. If you're interested in exploring these concepts further, I welcome the opportunity to collaborate and delve deeper into these ideas.

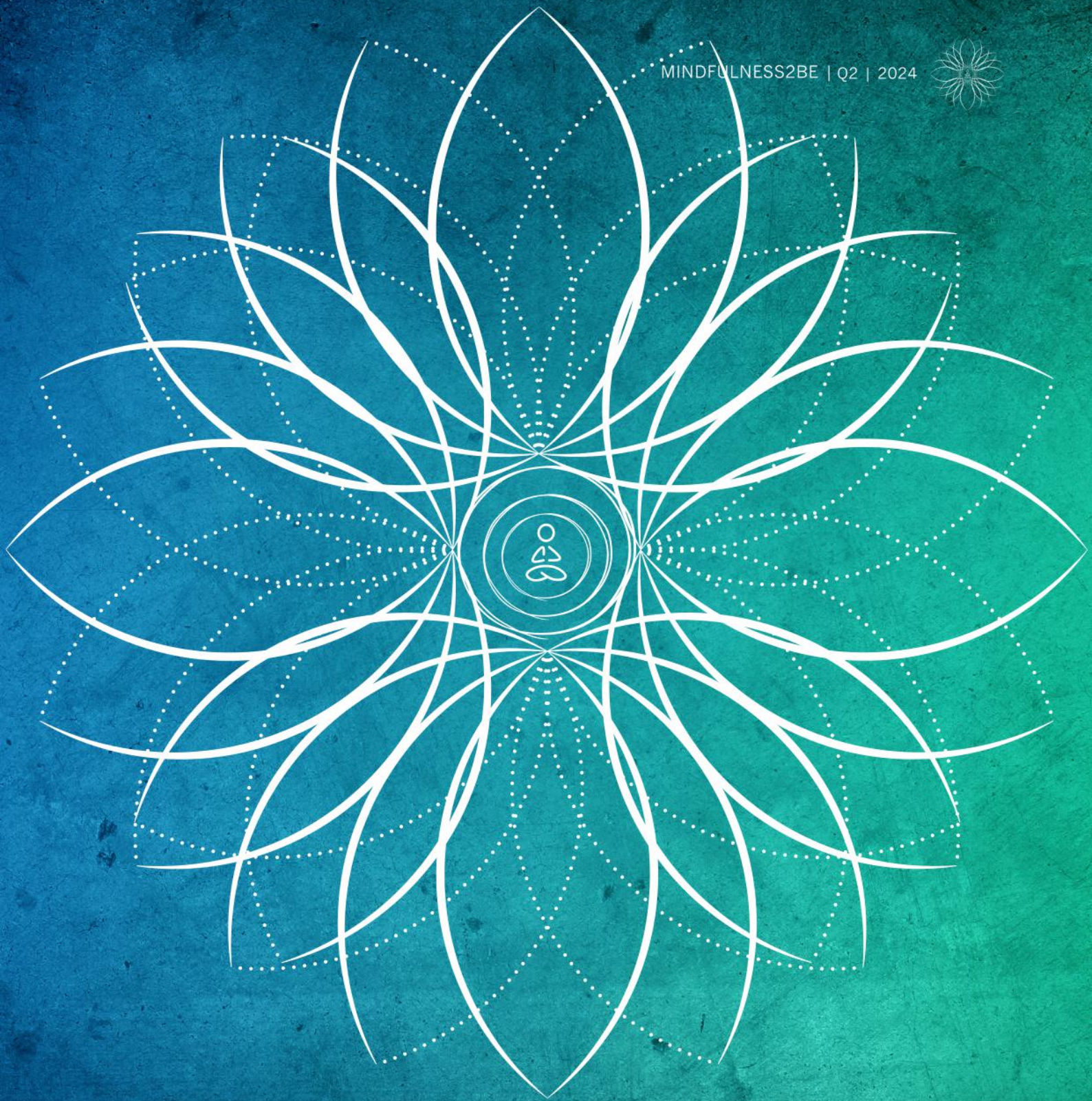


The original MINDFULNESS2BE logo

The latest version of 'Mindfulness2Be'



page



'The Essence' embodies wisdom, insight, and authenticity, serving as a source of guidance and inner fortitude on the transformative path to self-discovery and overall well-being.

Changing Habits



First of all, some good news: habits are not innate; they are the result of learning processes.

At the beginning of this process, we want to learn a new skill, such as driving. This requires a lot of attention and energy. During this stage, the front part of our brain, the frontal lobe, is active, responsible for consciousness and rational thinking.

The more we repeat or practice something, the more it becomes a routine, and consciousness is replaced by automatism. For example, we can have a conversation with a passenger while driving. These automatisms are stored in the brain's basal ganglia. When we encounter a trigger or external stimulus that we have associated with the learned behaviour, the automatism is activated.

We also distinguish between goal-directed learning, which is intentional and purposeful, and habit learning, which occurs more unconsciously and is particularly influenced by rewards, stimuli, and context, and is repeatedly triggered anew.

As a result, we often find it almost pleasant or rewarding to follow our habits, however. If you want to change your habits, you must first become aware of them and engage in some self-reflection. Only then can you break the vicious cycle between the trigger and the habitual response.

Formation of Habits

In a nutshell ...



Habits are formed through a process called habituation, which is the brain's way of automating repetitive behaviours to conserve cognitive resources.

The Psychology of Habit Formation

1. Cue (Trigger): A habit starts with a cue, a specific trigger that initiates the behaviour. This can be a time of day, an emotional state, a routine action, or an environmental factor. For example, feeling stressed might cue someone to reach for a cigarette.
2. Routine (Behaviour): The routine is the actual behaviour performed in response to the cue. This is the action you want to change or reinforce. For instance, exercising every morning when your alarm goes off.
3. Reward: Rewards are the positive outcomes or feelings that reinforce the behavior, making it more likely to be repeated. This could be a sense of accomplishment, stress relief, or pleasure.

Neural Pathways and Reinforcement

- Basal Ganglia: This area of the brain plays a crucial role in habit formation and retention. It helps to chunk behaviors into automatic routines.
- Dopamine: The neurotransmitter dopamine is released during the reward phase, reinforcing the behaviour by creating a pleasurable sensation.
- Repetition: Repeating the cue-routine-reward cycle strengthens neural pathways, making the behaviour more automatic over time.

Action Habit Change

Want to change a habit?



Follow these steps:

- Notice: which of your daily behaviours are automated and unconscious, in other words, your habits. Take your time to reflect on your entire daily routine from morning to evening.
- Evaluate: notice many reactions that you performed unconsciously and automatically. But don't worry, this is completely normal, and not all habits are bad. Ask yourself which of these behaviours are beneficial to you and which are not. Is a behaviour good for your health? Does it help you achieve something important to you? Is it a behaviour that is essential to daily life, like brushing your teeth? If you can't answer "yes" to any of these questions, you are probably dealing with a bad habit that is neither good for your health, your life in general, nor the people around you.
- Identify: which stimuli or situations in your daily life trigger these undesirable and automated behaviours. Only then can you drive a wedge between the trigger and your automatic response. Once you are aware of the triggers, you will notice them more often and can respond in the way you choose!
- Create: replace the habit with the desired habit
- Apply: start small, track your experience.



*When you want to unlearn an old behavior pattern, you should instead learn a new desired behaviour. In reality, we do not "unlearn" or "forget" habits. We only learn new behaviours and repeat them so often that they become more strongly represented in our brains than the old habit. This is due to "neural plasticity," which, simply put, ensures that our brains are malleable and can be trained like a muscle. Therefore, **the dose-response relationship is similar to strength training: more training also helps more!** Besides regular training, you should also have a lot of patience with yourself. Some habits may have been trained over many years.*

Habits as Coping Mechanism



When anxiety and trauma give birth to habits - there is another side to this

Habits can form as responses to anxiety and trauma. These types of habits are often coping mechanisms that help individuals manage distressing emotions and situations. Understanding and transforming these habits requires more than just addressing the behaviours; it involves attention to the underlying emotional and psychological patterns, and welcoming the parts of ourselves that hold those memories. This is where the development of a Resource Team [refer to resource section if you wish to develop yours] come into play.

Transforming memory involves not just revisiting the past but also welcoming the parts of ourselves that hold those memories, integrating them with compassion and wisdom. This holistic approach ensures that we do not merely suppress or avoid the painful memories but instead acknowledge and integrate them into our overall sense of self. This integration process is crucial for true healing and personal growth.

As far as I understand, in the context of Resource Therapy, the importance of recognising and welcoming all parts of ourselves, especially those that hold traumatic memories, is paramount. Resource Therapy identifies three main categories of resources: nurturing, protection, and wisdom. These resources help us embrace and integrate all parts of ourselves, including those affected by trauma.



Nurturing

The nurturing resource provides the compassion and care needed to welcome and comfort the parts of ourselves that are hurting. By offering a nurturing presence, we can create a safe enough space for these parts to express their pain and begin the healing process. This nurturing aspect is essential in transforming anxiety and trauma-related habits, as it fosters an environment where healing and growth can occur.

Protection

The protection resource offers a sense of safety and security, ensuring that the parts of ourselves that have experienced trauma are shielded from further harm. It allows us to set boundaries and protect our inner world as we work through difficult memories. This protective mechanism is vital in breaking free from maladaptive habits formed as coping mechanisms, as it provides the necessary support to face and process trauma without being overwhelmed.

Wisdom

The wisdom resource embodies the insight and understanding necessary to integrate all parts of ourselves. It helps us to see the bigger picture, acknowledge the lessons learned from our experiences, and integrate these lessons into our overall sense of self. Wisdom allows us to transform trauma and anxiety-related habits by providing the clarity and perspective needed to adopt healthier behaviours and coping strategies.



Be Content

"You say you want to be happy. You say you want to live well. You say you want to be satisfied. But you're not I can tell. If you only had this one thing. More time, more money, more of that. But, when you do, peace it doesn't bring. No matter what you have. It never seems to be enough. I want you to be happy. I want you to live well. I want you to be satisfied. I want to give you peace. Be content with who I am content with who you are. Be content with what you have and where you are . I am the one who can be your true happiness. I can help you see how much you are blessed. I have you right where you need to be. I have a plan a future that you don't yet see. You worry about what lies ahead. But you miss what I've just said. Be okay to live in today to live right now. Things tend to work out someday somehow. Be content to stay with me. Place your hand in mine. Listen grow and learn to see the sign. Be content to walk with me. As we travel along the way. Be content to rest in me. To be silent and to pray. Lay your burden down place your troubles at my feet. Trust that I am in control I will give you what you need. Be content to sit with me. To speak not, but be still. Be content to cry with me. For I too cried upon the hill. Be content to laugh with me. To dance and sing and run. And celebrate with me when I find the lost one. Be content with me for I am more than enough. I won't leave you when things get tough. I softly call your name in the middle of the storm. Cry out to me and I will keep you safe and warm. When you wonder when you doubt. That there is any way out. Cling to me and you will see. The sun slowly begin to appear. You will know and you will grow. There is nothing you need to fear. Be content with me my child. Let me be enough for you."

~ShowYouLove

The Compromise for Survival



"When we didn't receive the love and validation we needed as children, we often gave up our authenticity to secure attachment and survive. This adaptation can leave deep wounds and a lingering sense of unworthiness.

As adults, we have the opportunity to heal these wounds by reconnecting with our core self and reparenting our inner child with mindfulness, self-compassion, and resource therapy approaches. The line "Be content with me, my child.

Let me be enough for you." speaks to our adult self's potential to provide the love, acceptance, and nurturing that our inner child still yearns for. This message "Be content with me, my child. Let me be enough for you." can be applied in the context of repair and reparenting with

1

Mindfulness involves bringing our attention to the present moment with an attitude of openness and acceptance. This practice can help us become aware of the unmet needs and wounds of our inner child without judgment.

2

Self-compassion involves treating ourselves with the same kindness and care we would offer a dear friend. It is essential for healing our inner child and restoring a sense of worthiness.

3

Resource-focused approach on accessing and working with different parts of our personality, especially those that hold our strengths and positive qualities. This approach can be particularly effective for reparenting our inner child.

Reconnecting with our core self involves a conscious effort to heal and reparent our inner child. By practicing mindfulness, self-compassion, and resource therapy techniques, we can provide the love, acceptance, and nurturing that we missed in our early years.



This process of self-repair fosters a deep sense of contentment and well-being, allowing us to live authentically and fully.

Our need for attachment and authenticity is deeply intertwined in our human experience. From infancy, attachment is crucial for our survival. The bonds we form with caregivers provide us with the necessary support, love, and security to navigate the world. However, the paradox arises when maintaining these attachments comes at the expense of our authenticity. In our early years, our primary focus is on securing the attachment and care we need to survive.

Infants and young children are highly dependent on their caregivers for food, protection, and emotional support. To ensure this care continues, children naturally adapt to the expectations and demands of their caregivers. When love and approval are perceived as conditional—based on behaving in certain ways or meeting specific standards—children learn to modify their behaviour to maintain these vital connections. As we grow, experiences of rejection, criticism, or unmet needs can lead to the development of self-protective mechanisms.

These mechanisms, such as conforming to others' expectations, hiding parts of ourselves, or striving for perfection, are strategies to avoid the pain of disconnection and ensure continued attachment. While these adaptations serve an important purpose in the short term, they often come at the cost of our authenticity.

Authenticity involves embracing our true selves, including our vulnerabilities and imperfections. However, being authentic can make us feel exposed and at risk of rejection or judgment.



Given the profound need for attachment and the fear of losing these vital connections, we might prioritise fitting in over being true to ourselves. This fear can lead to a cycle where we increasingly distance ourselves from our authentic identity to maintain the perceived safety of attachment. Societal and cultural norms further complicate this dynamic.

From a young age, we are influenced by societal expectations about how we should look, behave, and succeed. These external pressures can reinforce the message that our worth is contingent on meeting certain criteria, making it even more challenging to remain authentic. The desire to belong and be accepted by our broader social groups can lead us to conform, further distancing us from our true selves.

Societal and cultural norms further complicate this dynamic. From a young age, we are influenced by societal expectations about how we should look, behave, and succeed. These external pressures can reinforce the message that our worth is contingent on meeting certain criteria, making it even more challenging to remain authentic. The desire to belong and be accepted by our broader social groups can lead us to conform, further distancing us from our true selves.

While these adaptations help secure attachments in the short term, they can lead to long-term emotional and psychological challenges. Living inauthentically can create a persistent sense of emptiness, dissatisfaction, and disconnection from our true selves. It can also impact our relationships, as connections based on a false self lack the depth and intimacy that come from genuine, authentic interactions.



Let's tune in on an interview with Gabor Maté who discusses the contrast between authenticity and attachment, especially concerning childhood development and trauma.



Authenticity involves staying true to ourselves by expressing genuine feelings, desires, and needs, connecting deeply with our inner experiences, and acting in harmony with our true selves. On the other hand, attachment refers to the emotional bond formed with primary caregivers, often parents, in childhood, providing safety, security, and nurturing essential for healthy growth.

In childhood, the need for attachment and safety can sometimes clash with the need for authenticity. Children may alter or suppress their true feelings and behaviours to maintain the bond with caregivers if being authentic jeopardises that connection. This adaptation prioritises the bond for survival, ensuring the child receives necessary care and protection.

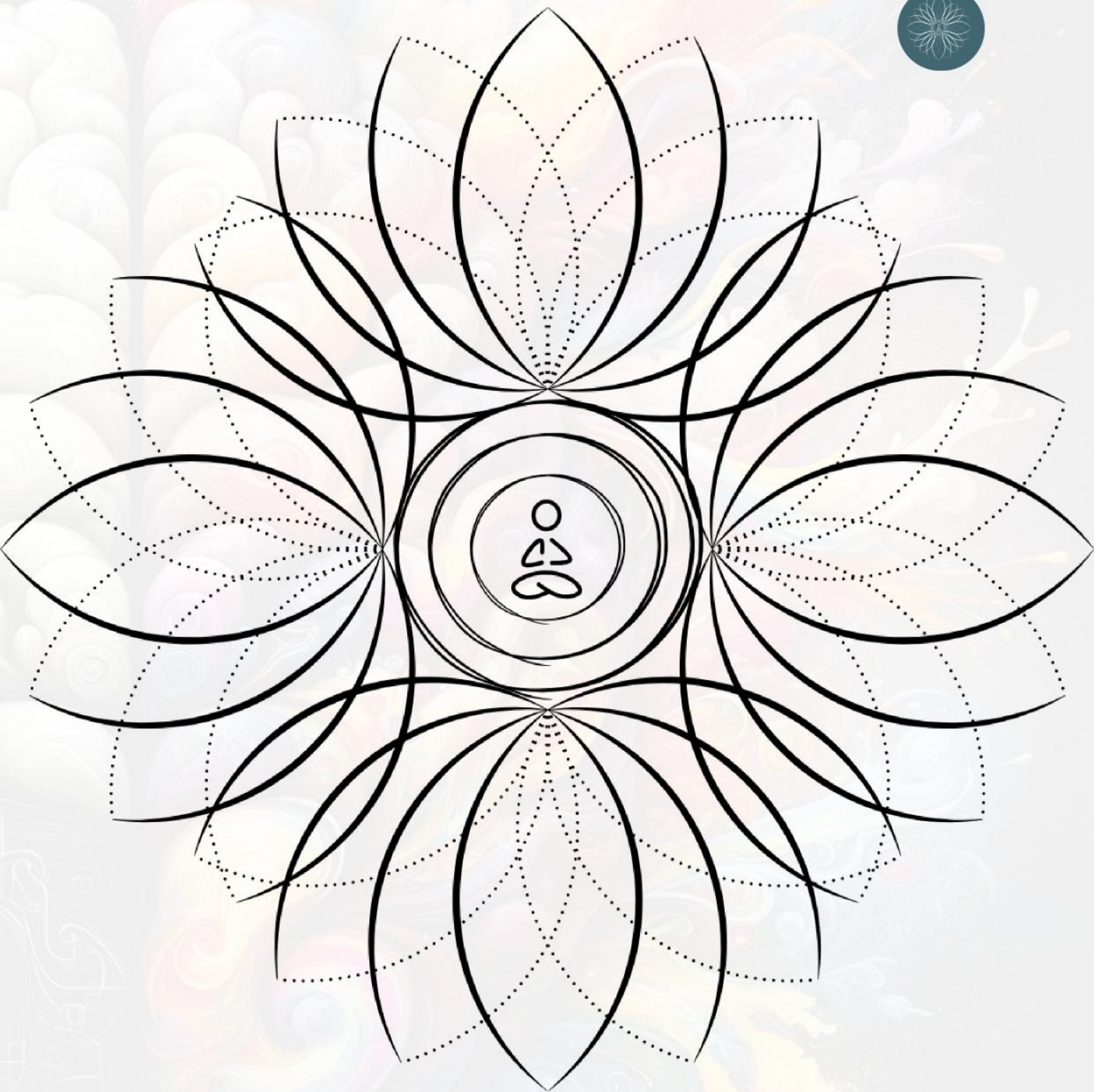


RESOURCES

Build your toolkit



Feel free to print this page for a mindful drawing experience..



Change Habits

with your Resource Team



To effectively change habits that have formed in response to anxiety and trauma, we must:

1. Identify Triggers: Understand what prompts the habitual behaviour, acknowledging the underlying anxiety or trauma.
2. Embrace New Routines: Develop new, healthier routines that provide the same sense of security or relief without negative consequences.
3. Apply Nurturing: Utilise nurturing figures to offer compassion and care to the parts of ourselves that are struggling, creating a supportive environment for change.
4. Invoke Protection: Engage protective figures to establish boundaries and ensure safety, both physically and emotionally, to prevent re-traumatisation.
5. Utilise Wisdom: Seek guidance from wise figures to gain insights from our experiences and integrate these lessons into our new habits, fostering a deeper understanding and growth.

Reclaiming our authenticity involves a journey of self-discovery and healing. It requires acknowledging and processing the ways in which we have compromised our true selves for the sake of attachment.

The Resource Team model in Resource Therapy identifies and nurtures internal resources to support and empower the expression of our authentic selves. These methods provide structured paths to address past trauma, establish secure attachments, and foster authenticity.

Techniques like the R.A.I.N. meditation (Recognise, Allow, Investigate, Nurture) and the Resource Team approach can aid in this journey. R.A.I.N. promotes mindful emotional processing, enhancing self-awareness and compassion.

Develop your Resource Team



Developing the Resource Team: Nurturing Figures, Protective Figures, Wise Figures

To effectively utilise the Resource Team consisting of nurturing figures, protective figures, and wise figures is essential. These resources can be internal representations, imagined guides, or even real-life mentors and support persons.

Conditions: parents or children can not be part of the resource sub teams.

Nurturing Resources: Nurturing figures provide the care and compassion needed to comfort the parts of ourselves that are in pain. They help us create a sense of safety and acceptance, essential for healing and transformation. These figures can be imagined as kind, supportive individuals who offer unconditional love and understanding.

Protective Resources: Protective figures ensure our safety and security, both physically and emotionally. They help us set boundaries and protect our inner world from further harm. These figures can be envisioned as strong, vigilant guardians who shield us from danger and provide a sense of stability.

Wise Resources: Wise figures embody the insight and understanding necessary for personal growth and integration. They help us see the bigger picture and learn from our experiences. These figures can be imagined as wise elders or mentors who offer guidance, clarity, and perspective.



Who or What makes it into your team?



Resource Team

Who or What makes it into your Ressource Team?



NURTURING

Symbol: Lotus Pebbles

Qualities: Care, Softness, Compassion, Groundedness, Calm.

Who or what would make it into this sub team? Doesn't have to be a person, it can be an animal, it can be a plant, it can be character from a book or movie. Find three resource team members.



PROTECTION

Symbol: 3 Concentric Circles

Qualities: Boundaried, Courageous, Fierceness, Resilience, Alertness, Assertive,

Who or what would make it into this sub team? Doesn't have to be a person, it can be an animal, it can be a plant, it can be character from a book or movie. Find three resource team members.



WISDOM

Symbol: Buddha

Insight, Inner Peace, Right Action, Right Speech, Spiritual.

Who or what would make it into this sub team? Doesn't have to be a person, it can be an animal, it can be a plant, it can be character from a book or movie. Find at least one team resource member.

Resource R.A.I.N.

“I can see clearly now the R.A.I.N. has gone”

A practical method of exploring mindfulness in daily life. *Author: MM*



I would like to share how I **tune in** and out of R.A.I.N. using music to transit (Nurture) back into life.

You may know this song from Johnny Nash:

- [I can see clearly now. Johnny Nash – 2.49min.](#)

I have heard this song many times but never realised how meaningful the lyrics would become for me the day I started truly listening. The song has become a message of kindness to myself along with a few other 'Nurturing Songs' that help me processing my emotions.

- [Three Little Birds – Bob Marley, 3.03min](#)
- [Wonderful Life – Katie Melua 4.04min](#)

There are many formal methods of practicing mindfulness. However, it is life itself that is the real meditation practice, where every moment becomes practice, so we do not get caught up in our thoughts and painful emotions. Only when we learn to embrace every moment with curiosity, self-compassion, and kindness, we will experience freedom, happiness, and healing.



The R.A.I.N. practice has become a valuable tool in my journey towards Mindfulness and resilience in this increasingly busy and demanding world. The step-by-step process allows me to connect my head with my heart. It helps me to slow down and observe how things are from moment to moment. It lets me create space and simply allow life to be just as it is.

My R.A.I.N. Practice:

- R (Recognise) - I ask myself "What is happening inside me right now?" This helps me focus on my inner experience. What am I thinking about? How does this feel? Naming helps with clarity.
- A (Allowing) - I allow the thoughts, emotions, or sensations to just be present. I may say to myself: 'Let it be.' These words give space to what is going on without any judgement.
- I (Investigating) - I investigate gently and with curiosity. I do not analyse why I feel this way (which is still a challenge sometimes). Rather, I ask where I feel the experience in my body. This helps me discover where I hurt, feel stuck or vulnerable and what I may need.
- N (Nurturing with kindness) - Allows me to access what resources I need to respond to my needs, i.e. 'I love and accept myself for who I am.' 'Let me just hold this here and now.' I send a kind message inwards or fold my hands to a prayer pose (especially useful during meetings).



During R.A.I.N., I become more aware of my thoughts and feelings (positive, negative, or neutral). I work with my pain rather than walling it off, ignoring it or feeling overwhelmed by it. Together with my breathing I use this opportunity to develop greater understanding and affection with it because it is already here in the form of intense and unwanted sensations. I can then create space to shift my thoughts and adjust my response. In that space I gain access to self-kindness and get a sense of becoming unstuck.

Tuning into a song after R.A.I.N., the story in me can be washed away like the waves of the ocean coming up the beach and then washing back out again and again, leaving a sense of aliveness, creativity, and freedom. I can start the process of befriending and reclaiming my life, singing along happily.

I encourage you to tune in as an amazingly simple way to connect with the present moment and observe with compassion, curiosity and without judgment, simply trusting the process to unfold.

May you be well
MM



The lyrics of the songs mentioned



I can see clearly now. Johnny Nash – 2.49min

[Verse 1]

I can see clearly now the rain is gone
I can see all obstacles in my way
Gone are the dark clouds that had me blind
It's gonna be a bright, bright sun shiny day
It's gonna be a bright, bright sun shiny day

[Verse 2]

I think I can make it now the pain is gone
All of the bad feelings have disappeared
Here is that rainbow I've been praying for
It's gonna be a bright (Bright), bright sun shiny day

[Bridge]

Look all around, there's nothing but blue skies
Look straight ahead, nothing but blue skies

[Verse 3]

I can see clearly now; the rain is gone
I can see all obstacles in my way
Gone are the dark clouds that had me blind
It's gonna be a bright, bright sun shiny day
It's gonna be a bright, bright sun shiny day

provided by MM

Three Little Birds – Bob Marley, 3.03min

[Chorus]

"Don't worry about a thing
'Cause every little thing is gonna be alright"
Singing, "Don't worry about a thing
'Cause every little thing is gonna be alright!"

[Verse]

Rise up this morning, smiled with the rising sun
Three little birds pitch by my doorstep
Singing sweet songs of melodies pure and true
Saying, "This is my message to you-ou-ou"

[Chorus]

Singing, "Don't worry about a thing
'Cause every little thing is gonna be alright"
Singing, "Don't worry about a thing (Don't worry)
'Cause every little thing is gonna be alright!"

[Verse]

Rise up this morning, smiled with the rising sun
Three little birds pitch by my doorstep
Singing sweet songs of melodies pure and true
Saying, "This is my message to you-ou-ou"

[Chorus]

Singing, "Don't worry about a thing (Worry about a thing, oh)
'Cause every little thing is gonna be alright (Don't worry)
Singing, "Don't worry about a thing (I won't worry)
'Cause every little thing is gonna be alright!"
Singing, "Don't worry about a thing
'Cause every little thing is gonna be alright (I won't worry)
Singing, "Don't worry about a thing
'Cause every little thing is gonna be alright!"
Singing, "Don't worry about a thing (Don't worry about a thing)
'Cause every little thing is gonna be alright"

Wonderful Life – Katie Melua 4.04min

Here I go out to sea again
The sunshine fills my hair
And dreams hang in the air
Gulls in the sky and in my blue eyes
You know it feels unfair
There's magic everywhere
Look at me standing
Here on my own again
Up straight in the sunshine
No need to run and hide
It's a wonderful wonderful life
No need to laugh or cry
It's a wonderful wonderful life
The sun's in your eyes
The heat is in your hair
They seem to hate you because you're there
And I need a friend
Oh I need a friend to make me happy
Not stand here on my own
Look at me standing
Here on my own again
Up straight in the sunshine
No need to run and hide
It's a wonderful wonderful life
No need to laugh or cry
It's a wonderful wonderful life
I need a friend
Oh I need a friend
To make me happy
Not so alone
Look at me here
Here on my own again
Up straight in the sunshine
No need to run and hide
It's a wonderful wonderful life
No need to laugh or cry
It's a wonderful wonderful life
It's a wonderful life
It's a wonderful life
It's a wonderful life

Resource R.A.I.N.



A five day series of guided meditations

These five recordings were shared live. From Monday to Thursday, each session concentrates on a specific aspect of the R.A.N. meditation, while Friday ties everything together. Every meditation includes a short introductory talk, a welcome back, and setup instructions. Imagine the impact of daily meditation practice.



Monday **R** Tuesday **A** Wednesday | Thursday **N**



Friday **R.A.I.N.**



"The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive."

~ Thich Nhat Hanh



On Purpose



As a psychologist, I often meet clients who struggle to find purpose in their lives. They feel adrift, disconnected from their past selves, and the inner seeker within them fails to recognise the potential for meaning that lies right in front of them. Many yearn to return to who they once were, believing that they've lost their way and with it, their purpose. This sense of loss and longing can be overwhelming, leading to a cycle of searching and grieving that overlooks the simple, foundational steps that can ground them in the present.

In our quest to reclaim a sense of purpose, we may set lofty goals or expect dramatic transformations, inadvertently setting ourselves up for disappointment. Instead, what if we started with small, deliberate steps? Purpose doesn't always have to be grandiose. It can be found in everyday acts of kindness, in contributing to our communities, in being present with others, and in responding with compassion. It can be as simple as donating, volunteering, or taking a moment to be mindful.

By lowering our expectations and focusing on one thing at a time, we create space for purpose to naturally emerge. This approach not only reduces the pressure we place on ourselves but also allows us to appreciate the small victories that collectively lead to a more meaningful life. Deliberate practice and purpose, when intertwined, offer a powerful path to mindful living, helping us reconnect with ourselves and the world around us.

Deliberate practice is more than just repetition. It is a focused, intentional approach to improving a skill, grounded in the desire to transcend one's current abilities. Unlike rote practice, which can become mindless and monotonous, deliberate practice demands full engagement, thoughtful reflection, and a willingness to step beyond our comfort zones.

On Purpose in Action



Start with Reflection:

Dedicate time each week to reflect on your purpose. Write down your thoughts, aspirations, and values. Let this reflection guide your actions and decisions. What matters most to me? What do I want to contribute to the world? How can I align my actions with my values? How can I be authentic? How can I Support my inner world, and how can I create connection to the outer world How can I remember to be kind to myself, in particular when making a mistakes, forgetting something, or being too slow? How can I be okay with 80% rather than 100%?

Set Clear Intentions:

Begin your day with a mindful intention that aligns with your purpose. Let this intention be your anchor, especially during moments of stress or distraction.

Embrace Mindful Practices:

Incorporate deliberate mindfulness practices into your daily routine. Whether it's through formal meditation or simple mindful pauses, make each practice an opportunity to cultivate presence and awareness.

Seek Feedback:

Just as in deliberate practice in any skill, seek feedback on your mindfulness journey. This could be through self-reflection, journaling, or discussing your experiences with a mindfulness teacher or community.

Celebrate Progress:

Acknowledge and celebrate your progress, no matter how small. Each step forward is a testament to your commitment to living mindfully and purposefully.



THANK YOU

In a world that often pulls us in countless directions, the principles of deliberate practice and purpose offer a grounding force. They remind us that we have the power to shape our lives through mindful, intentional actions. By embracing these principles, we embark on a journey of continuous growth, deepening our connection to ourselves and the world around us. Let this journey be one of compassion, curiosity, and courage—a testament to the transformative power of mindful living.

In the words of the mindfulness teacher Thich Nhat Hanh, "The present moment is filled with joy and happiness. If you are attentive, you will see it." Let us practice deliberately, guided by our purpose, and discover the profound joy that lies within each moment.

Thank you for your kindness.
May you be well. May you be happy. May you be kind.

Regina

One More Thing



Between April and June, my running efforts were supported by donations received from my Insight Timer live sessions, as well as fundraising activities for BRAVEHEARTS and LIFELINE.

Thank you 

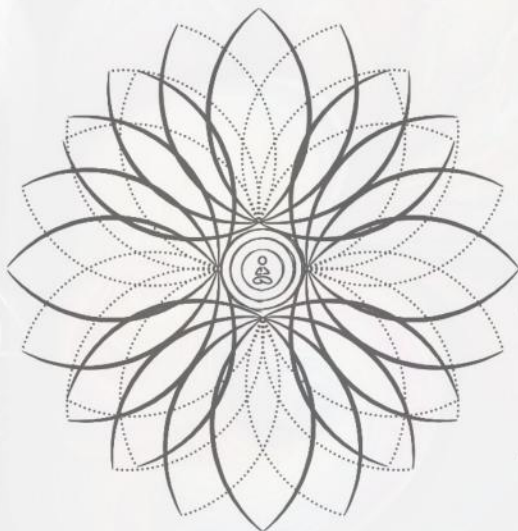
EVENTS



NEXT LIVE EVENT
Insight Timer:

FRIDAY

12 JULY 2024,
6:15 PM, AWST



REGINA GERLACH

REGINA GERLACH PSYCHOLOGY | MINDFULNESS2BE
CLINICAL PSYCHOLOGIST | EMDR THERAPIST

SORRENTO 4421022Y | HILLARYS 4421026W

AHPRA: PSY0001579188 | ABN: 33717445485

UNIT 12 | 31 Green Road | Hillarys | WA | 6020

MOB | +61 (0) 490102148 | FAX | +61 (0) 2 5570 7409

WEB | www.mindfulness2be.com | [HEALTHLINK ID: rgerlach](#)

MINDFULNESS2BE | Q2 | 2024



BE WELL. BE KIND. BE CURIOUS.



This edition is dedicated to helping you cultivate inner harmony and purpose through practical insights and resources.

Symbols of Mindfulness

Discover the powerful symbols of mindfulness that can anchor your practice. This section includes a guided meditation to help you connect deeply with these symbols, fostering a sense of peace and presence in your daily life.

Changing Habits

Learn a strategy to change habits that no longer serve you. This topic provides tips to support your experience.

The Compromise of Survival

Explore the delicate balance between authenticity and attachment. This article looks into how our survival mechanisms can sometimes hinder our true self-expression and offers insights into achieving a healthier balance.

Self-Care and Coping with Challenges

The resource section provides tools and techniques for self-care and coping with life's challenges. Highlighted in this edition is the R.A.I.N. practice, with MM sharing their personal experience of going beyond R.A.I.N. to deeper self-discovery.

Developing Your Inner Resource Team

Learn how to develop your inner resource team to support your true self dealing with past wounds. This section provides strategies for inner work and repair, essential for anyone on a path of self-healing.

On Purpose: Creating Meaning in Life

Discover ways to create and sustain a sense of purpose in your life. This section offers practical advice and exercises to help you align your daily actions with your deepest values.

Resources and Inspirations

The contents in this newsletter are drawn from my learnings, reflections, and insights based on the teachings of Gabor Maté, Tara Brach, Ronald Emerson, Jamie Marich, Michele Bowe, and many others.