

Mindful Living Maintenance Classes

A Four-Class Series: Mindfulness and Self Development

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“It is indeed a radical act of love just to sit down and be quiet for a time by yourself” (Kabat-Zinn).

Blending Jon Kabat-Zinn’s Mindfulness-Based Stress Reduction and Relaxation class work with Nancy Johnston’s elements of work on self described in her book *DISENTANGLE, When You’ve Lost Your Self in Someone Else*, these Mindful Living maintenance classes are designed to help participants expand their mindfulness skills and, in so doing, connect with and develop a deeper sense of self. And it is this deeper sense of self that contributes greatly to our mental health.

This four-part series will be offered once/month to participants who have previously taken Mindful Living classes and/or who have experience with meditation or mindfulness practice. The format will remain the same as for maintenance classes in the past:

- Come when you can.
- No need to call about whether you are or are not coming.
- Come in loose, comfortable clothing, and be prepared for our usual mindfulness practices of breath, stretch, and body scan.
- Bring \$20.00 to leave behind.

What will be offered new will be the readings and emphasis in each class on an aspect of self development identified by Nancy Johnston in her work with tangled relationships, loss of self in others, and loss of self in many other arenas of our life, such as substances, food, work, and mood. The following schedule gives you a glimpse of each session’s emphasis and area for self growth.

Tuesday, March 17, 2009

6-8:00pm

*Area of Self Development: **Illusions*** (Johnston)

“As a rule we are very attached to our thoughts and feelings, whatever they are, and simply relate to their content unquestioningly, as if it were the truth, hardly ever recognizing that thoughts and feelings are actually discrete events within the field of awareness, tiny and fleeting occurrences in the mind that are usually at least somewhat if not highly inaccurate and unreliable” (Kabat-Zinn).

Tuesday, April 21, 2009

6:30-8:30pm

Area of Self Development: **Detaching** (Johnston)

“Every moment in which we are caught – by desire, by an emotion, by an unexamined impulse, idea, or opinion – in a very real way, we are instantly imprisoned by the habitual ways in which we react – whether it is a habit of withdrawal and distancing ourselves, as in depression and sadness, or erupting and getting emotionally ‘hijacked’ by our feelings, as when we fall headlong into anxiety or anger. Such moments are always accompanied by a contraction in both the mind and the body” (Kabat-Zinn).

Tuesday, May 19, 2009

6:30-8:30pm

Area of Self Development: **Boundaries** (Johnston)

“Just as a pair of shoes protects us from stubbing our toe, mindfulness, if applied at the point of contact with any arising in the mind or body, or to any event that befalls us, whether it is threatening or seductive, can protect us and others from a great deal of suffering” (Kabat-Zinn).

Tuesday, June 23, 2009

6:30-8:30pm

Area of Self Development: **Spirituality** (Johnston)

“Ultimately, you will find that if life is the real meditation practice, then everything and everybody in your life becomes your teacher, and every moment and occurrence is an opportunity for practice and for seeing beneath the surface appearance of things” (Kabat-Zinn).

The primary text Nancy will be using for these four classes is *Arriving at your own Door: 108 Lessons in Mindfulness* (Kabat-Zinn, 2005) from which she took all of the above quotations. This small, meditation-type book was the inspiration for these classes along with Nancy’s own extended work with loss of self.

“Every moment we are arriving at our own door. Every moment we could open it. In every moment, we might love again the stranger who was ourself, who knows us, as the poem says, by heart” (Kabat-Zinn).