

Mindfulness techniques can deflate the sensations/reactions/emotions/genodes to alter inherited genetic expression and bring about positive change in our para-sympathetic system. Meaning: our lineage/culture/heritage and past experiences represent the blueprint of our 'house'. We each have the ability through mindfulness to expand, change, alter and transform ourselves in every new moment, creating a future that is different than our past.

Rev. Dr. Nester will share unique teachings and provide easy techniques/methods that can assist in releasing emotions from the past and of the future – bringing you back into this moment, NOW. Help yourself improve your own everyday sense of well-being. You will also learn different types of meditation practice to encourage mindfulness in your daily life.

There are six parts to effective Mindfulness & Meditation:

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BREATH

B – Breathe, Balance, Beauty, Bliss

R – Reality, Relax, Respect, Recognize

E – Easy, Empower, Enthusiasm, Enjoy

A – Accept, Allow, Appreciate, Attention, Awareness

T – Trust, Thankfulness, Truth, Time, Tolerance

H – Happiness, Hope, Harmony, Honor, Healthy Heart

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Each week we discuss one of the six-parts, review an easy technique for being present in the moment and then work in Meditation – helping to put into practice the Art of Mindfulness and assist us in having a quiet mind.

Prayer is talking to God/Creator/Source – Meditation is Listening



MBSR® trained, Nancy is an Ordained Minister with a Masters in World Religions, Doctorates in Divinity and Metaphysical Sciences, Author and Co-Author of 12 books, Teacher, Lecturer, Certified Hypnotherapist, Spiritual Relational Counselor, Practitioner/Teacher of Heart & Soul Healing®, Reiki Master-Teacher, Health-Wellness and Life Coach and Iyengar-trained 40 year Yogini. She has been teaching the Art of Mindfulness together with varying types of Meditation techniques to thousands around the world for more than 35 years. As Director of Clear Light Arts, ADL, her healing ministry has taken her to more than 30 countries and provided experience with individuals from different walks of life, cultures, belief systems, history and age.*

**Mindfulness Based Stress Reduction*

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