

Mindfulness & Meditation

an experiential course in Breath, Awareness and the Art of Meditation a 6-week experiential course with Rev. Dr. Nancy A. Nester

Sponsored by: CLEAR LIGHT ARTS, ADL

Cost: \$120.00 tax-deductible donation to Clear Light Arts, ADL (a 501(c) 3 organization)

Location: Sautee Nacoochee Community Center, 283 GA-255, Sautee GA (706-878-3300)

When: Thursday evenings 7:00-8:30 pm – beginning on Thursday April 20, 2017

Register with: CLEAR LIGHT ARTS, ADL via email: director@clearlightarts.org or call Nancy at: 706-865-0322

Ask yourself some simple questions:

Do you know when you are breathing?

Are you aware of eating your food while you are eating?

Does your day go by quickly so you don't remember important particulars?

Do you regret various circumstances/experiences in your past?

Are you worried about your future?

Do you sometimes react to something/someone in an irrational manner?

Are you fearful, anxious, stressed or nervous?

What about angry, aggressive or defensive?

Is your life mostly on auto-pilot (doing things by rote and habit without conscious thought)?

Would you like your mind to have less clutter, become quieter, more peaceful?

Would you like your future to be different than your past?

Mindfulness – is the state of active, open attention and awareness within the present moment. Being aware of ourselves – in each moment, can bring us the quiet mind we need to make better choices in the 'here and now'. When we are mindful, we observe our thoughts and feelings/emotions – without judging them as good or bad. If our mind holds only past or future thoughts, we do not often see or take full advantage of all the choices available in every moment. Every choice we make in this moment 'now' creates our next and future moments. Each moment often rolls into a next moment and soon become an entire day. Instead of letting our life pass by, mindfulness can help us to be present and awaken to experience. *Couples: Discover the balance and harmony of a great relationship. Take this course together to gain better communication by being present every moment. (*ask for the couples discount!)

Epigenetics suggests that the genes we inherit directly affect our behavior. Albert Einstein stated we only use about 10% of our brain's potential... That leaves a whopping 90% of our brainpower controlled by our subconscious mind; and by definition, we may be unaware of our subconscious... meaning we are controlled by whatever may be stored in those hidden recesses of our mind. Discover how easy it can be to uncover and release subconscious programming.

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:

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

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

Rev. Nancy A. Nester MScD. DD. RMT, CHt. HSH-PT, RYT-200, CYT-320



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