

# THE MOMENT IS NOW

## NEWSLETTER



### YOUR PAIN IS NOT YOU

*One of the functions of pain is to slow you down, even to stop you cold and to get you to show up.  
Even if it's just to show up for your pain. You can not heal what you can not feel.*

*from Don't Waste Pain, by Dean Nelson*

This past weekend I enjoyed the company of a good friend over a timeless hour of watching the sunset over a Minnesota lake. Our conversation wandered aimlessly until we paused on the topic of loss - losing family members, losing the bodies we once had, and losing reference points that for many years allowed us to move through our days with familiar meaning. For my friend, accumulated loss has given rise to depression.

Pain. It comes in as many forms as there are minnows in a lake. It is experienced anywhere, anytime, and crosses lines of race, religion, and family of origin. In the experience of pain and stress mindfulness offers the space to ask, *Is this pain and stress me?*

Try entering a moment of felt pain today - fully, fearlessly, kindly. Can you let go of the thinking mind and feel the energy within the experience of pain? That energy is LIFE pulsing through the body. After feeling without words, observing without judgment, reflect on this: *What is it that knows this discomfort and unhappiness? Is that which is aware of the pain affected by it? If I let go of the racing commentary about this pain, is there someone left who suffers?*

*"Awareness, like a field of compassionate intelligence located within your own heart, takes it all in and serves as a source of peace within the turmoil." Jon Kabat-Zinn*

### UPCOMING PROGRAMS & RETREATS

#### ***Calm Mind, Open Heart: meditation and the four immeasurables***

**Saturday, June 4th, 9:30 a.m. - 1:30 p.m.,** Solar Yoga in Prospect, Longmont

**Saturday, July 2nd, 9:30 a.m. - 1:30 p.m.,** Solar Yoga in Prospect, Longmont

REGISTRATION: [SOLAR YOGA](#)

#### ***Introduction to Mindfulness-Based Stress Reduction & Cranio-Sacral Self-Care***

**Saturday, July 16, 2011, 1 - 5 p.m.**

A Living Arts Centre, 2231 South Platte River Drive, Denver, CO 80223

\$50 per individual or \$90 per couple REGISTRATION: [INTRO](#)

***MBSR Foundation Courses beginning in mid-September (see website)***



### **MBSR 5-day RETREAT**

at

**SHAMBHALA MOUNTAIN CENTER**

**July 27 - 31, 2011**

Enjoy the beauty of mountains,  
vast sky, and aspen trees at SMC.

Recollect your "original  
worthiness" in the company of  
other mindfulness practitioners.

For more information or to  
register: [SMC RETREAT](#)