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RELATING MINDFULLY PRESENTS

B.A.M.!

A WORKSHOP ON BEHAVIORS, AWARENESS, AND MEANING

WE MUST BE WILLING TO LET GO OF THE LIFE
WE PLANNED SO AS TO HAVE THE LIFE THAT
IS WAITING FOR US. - JOSEPH CAMPBELL



B.A.M.! is designed to be a wake up call for those of us who are sleepwalking through life. It is a 90 minute class designed to initiate the shift toward mindful living and behaviors that are more in alignment with your meanings and values.

We will look at

- Behaviors** that may no longer be serving us. More wise and skillful responses.
- Awareness** of our intentions as they relate to our choices and decisions.
- Meaning**-How are we of benefit? Seeing life through the lens of the Hero's Journey.

Uncovering the causes and conditons that result in dissatification can lead to happiness and contentment. We can condition our hearts and minds to respond to life with more wisdom and love, heightening our self-understanding and making the world a better place.

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