Honoring Our Proximity and the Spaces Between us Through Mindful Service

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Description
This presentation will highlight at least four things: a touch of information about brain chemistry to illustrate the mind-body connection; to speak of that connection in the spiritual sense; to show how the integration of mind, body, spirit and relationships is enhanced through mindfulness; and, to demonstrate some options for practice.

Attendees will have opportunity to experience interconnectedness, to recognize the possibility of living in the moment in Oneness in a state of non-duality, the possibility of healing themselves and others — for their own sake; that of their professional and personal relationships and that of the local and global community — and to live and love compassionately in joy and generosity.

Neuroplasticity and the interaction between the right and left hemispheres of the brain as well as the integration of the limbic system and cortex will be discussed in relation to groundedness and spirituality and one’s ability to relate openly to others and from a stance of curiosity and welcome as opposed to judgment.

An exercise based on the Mindfulness Based Stress Reduction Program, as developed by Jon Kabbat Zin and Saki Santorelli, will have individual and interactive components. We shall discuss how self awareness influences strategies to address to specific situations of conflict and inclusion.