

Making your life better

Mindfulness meditation is a proven way to begin to bring more quality to your life. MSAM groups provide a safe, comfortable environment in which to learn and practice. This is the place for beginners or individuals who want to restart their practice.

8 weeks including text \$299.00

Please call 610-517-3127 or email hpkirby@comcast.net with any questions. I hope to see you soon.



3 Convenient Locations

Sunday Mornings

1845 Walnut St., 15th Floor
Philadelphia, PA 10103
July 13, 2014

Thursday Evenings

1060 First Ave., Suite 400
King of Prussia, PA 19406
July 10, 2014

Monday Evenings

2 Bala Plaza, Suite 300
333 E. City Ave.
Bala Cynwyd, PA 19004
July 7, 2014

610-517-3127

Register for July groups now!

**Email: hpkirby@comcast.net
www.anxietyocdbala.com**

Mindfulness Meditation Summer:

Learn Mindfulness
Meditation In a Friendly &
Compassionate Environment



ACCREDITED
BUSINESS

BBB Rating: A+
as of 6/23/2014



Credentials Verified by
GoodTherapy.org



MSAM
Mindful Stress & Anxiety Management Center

Register: www.anxietyocdbala.com
Sign up now for **July 2014** group



All work and no play....

Just stop what you are doing right now for 10 seconds...How was that? If you took a big breath and relaxed, that is good. If, however, your mind was pushing you with lists of things to do, or you felt a sense of urgency (even though you weren't doing anything important) or if it seemed uncomfortable to stop "doing" for ten seconds, then you may want to read a bit more. As Americans, we are becoming more and more stressed and anxious all the time. We are lost in the business of our lives and forget to practice our natural ability to slow down and savor and enjoy the present moment.

Are we on autopilot?

How does paying attention to the moment help? By the nature of how our minds work and the frantic pace of living in general, we end up spending a great deal of our time in our minds thinking, worrying, planning, rehearsing. That means that our awareness is on the thinking and not necessarily on experiencing. Thinking is a virtual reality that higher form mammals possess and have used to great advantage. Mindlessly thinking on autopilot, however, can take our attention away from a pleasant event that is right before us.

For instance, when you take a shower and you are thinking about what you are going to do today, or remembering something from the past, or planning for the future, you are constructing a virtual reality in your mind of those events. You may be missing the deep pleasure to be had while experiencing the luxury of a warm shower.

Nothing is wrong with this per se unless this kind of inattention happens most of your day, each day in the week each week in the month, on and on.

Stop waiting to get your life right.

You may have started seeing more news about mindfulness meditation. The New York Times ran one recently, another appeared as the cover article in Time. Mindfulness is not a fad, though. The benefits are significant and research consistently supports positive outcomes. Both psychology and medicine are integrating mindfulness into their treatment strategies.

Mindfulness is not magic, however, and you must practice to get the benefits. I have improved the quality of my own life and have designed a program geared to the mainstream population. The fees are low. The setting is comfortable and simple. No special equipment or clothing is needed. I allow only 9 members at a time in a group so that there is ample time for questions about your own personal mindfulness practice.

I truly believe that we all owe it to ourselves and the people we love to work on living a life we value. Remember that years from now, in your last moments, you will likely not be asking if you got everything on your list done, but wondering if you lived and valued each moment.

With Kindness, Harold