Finding Peace In Every Moment
The Power Of Mindfulness In Relieving Pain And Anxiety

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Peace is present right here and now, in ourselves and in everything we do and see.

Every breath we take, every step we take, can be filled with peace, joy, and serenity…

we need only to be awake, alive in the present moment.

— Thích Nhất Hạnh
Mindfulness is a way of deepening AWARENESS through PAYING ATTENTION with CURIOSITY and KINDNESS, in a NON-JUDGMENTAL way, to whatever arises in the PRESENT moment.

It is WAKING up to living in the preciousness of each moment — the only moment we are truly alive!

— Erica Rayner-Horn L.M.H.C.
stop

breathe

let go...
PRIMARY PAIN
What happens to us in life
PAIN IS INEVITABLE...

SECONDARY SUFFERING
How we can unconsciously make it worse!
SUFFERING IS NOT!
You can’t stop the waves...

but you can learn to surf!
YOUR WORLD SHRINKS

Living in the Past

If Only…
- Regrets
- Memories
- Nostalgia
- Guilt
- Shame

Living in the Future

What If…
- Anxiety
- Fear
- Uncertainty
- Worries
- Dread
LIVING IN THE PRESENT

YOUR WORLD EXPANDS

You are only ALIVE in the present moment!
Suffering
= Pain $\times$ Resistance
Resist, and the tide will sweep you off your feet.

Allow, and grace will carry you to higher ground.

from *Allow* by Dana Faulds
This is a moment of suffering

Suffering is part of life

May I be kind to myself in this moment.
stop
breathe
let go...
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UPCOMING EVENTS
May 19th Presentation: Swedish Hospital Oncology Survivorship Day – Seattle
www.swedish.org/services/cancer-institute/our-services/survivorship-program/classes-events
June 2nd Presentation: Mindful Living Show – London, UK
mindfullivingshow.com/mindfulliving2018/en/node/speaker-erika-rayner-horn-ma-lmhc-awake-alive-
mindful-living-retreats-mindful-therapy
June 6th Workshop: Mindfulness for Cancer – London, UK
www.londonmindful.com/mindfulness-for-cancer.html
COMING SOON: Online Class Series – Mindfulness for Cancer
Accessible in both the USA and UK – dates TBA

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