

MINDFUL HEALING


A silhouette of a person sitting in a meditative pose (Padmasana) against a vibrant, purple and blue sky with clouds. The person's back is to the viewer, and their hands are in a mudra (gesture) at their knees. Along the spine, seven glowing chakras are visible, colored from top to bottom: violet, indigo, light blue, green, yellow, orange, and red. The overall atmosphere is serene and spiritual.

PRESENTED BY ELIZA ALYS YOUNG

What is Mindful Healing?

Navigating times of stress with awareness and positive intention.

mind·ful

/ˈmɪn(d)fəl/ 

adjective

adjective: **mindful**

conscious or aware of something.

"we can be more **mindful** of the energy we use to heat our homes"

synonyms: aware, conscious, sensible, alive, alert, acquainted, heedful, wary, chary; More

antonyms: heedless

heal·ing

/ˈhēlɪŋ/ 

noun

noun: **healing**

1. the process of making or becoming sound or healthy again.
"the gift of healing"

adjective

adjective: **healing**

1. tending to heal; therapeutic.
"a healing experience"
synonyms: alleviate, ease, assuage, palliate, relieve, help, lessen, mitigate, attenuate, allay
"time will heal the pain of grief"
antonyms: aggravate

My Story

- Diagnosed with the first case of HyperVitaminosis A at 3 months which caused growth and bone deformities
- Parents were told I wouldn't live to adulthood
- Then were told I would be dwarfed
- Had over 20 operations on my legs and ongoing hospitalizations before I was 17 years old



- At one point my right leg was 5" shorter than left
- Had a groundbreaking surgery at 12 years old which lengthened my right leg, was featured on the show "That's Incredible"



- Was told as a child I'd be arthritic as a young woman
- Used yoga my whole life as a way to maintain flexibility, strength in my knee joint and balance
- From 1984-2017, I lived a life of health with no medication or hospitalizations other than the birth of my children.



Yoga Training

- A fellow yoga instructor recognized my love of Yoga and suggested I become a teacher. I was inspired.
- I had done Yoga all my life and my mother had taught Yoga but I had never considered it.
- Little did I know when I started that soon my life would completely change.



Health Crisis

- Early in my Yoga training, I discovered a lump in my breast that led to a diagnosis of Stage 2 Breast Cancer
- I would not complete my Yoga training for a few more months so I decided to wait on any treatment until after my training. I used the time to explore all my options
- The techniques of **mindfulness** guided me to what was the right treatment for me.
- 4 days after my Yoga Training Graduation I had a bilateral mastectomy with reconstruction.



- Having cancer was at first *unthinkable* — I thought I had done everything possible to be in full health
- Sometimes the **unthinkable happens** to the best of us
- While *we can't control what may happen* in our lives, **we can control how we handle it**
- I had plenty of time to think during this process and I realized that I had already begun a journey towards healing before my diagnosis...

That journey brings me here today.

- Through my practice of **Yoga** and **Mindfulness**, I was able to go through a stressful time with clarity
- I did experience fear & stress at times but using breath and positive visualization, I passed through these feelings instead of letting them take hold
- Yoga kept me strong and flexible — I was able stand straight by 2 weeks after surgery, when most need 4-5 months
- 5 weeks after surgery I returned to teaching
- I went on to get further certifications from the *Christina Phipps Foundation* to lead yoga classes for people impacted by cancer as well as a *Yin Certification*



A negative transforms into a positive.



Fear can be powerful —don't fight it, just let it pass through you then move on.

How I have been Mindful

(lessons from Sherlock Holmes)

- *A mind is an attic: keep yours well organized —*
Be your own advocate, learn about what you are dealing with, keep records, ask questions and get second opinions
- *A cluttered mind prevents organized thought —* Only decide what you have to **at that moment**; allow time to connect with instincts, **trust your gut**
- *Our attics can change, and this is a benefit worth exploiting —* Stress changes us; **embrace the change**, look for the positive and move past the negative.

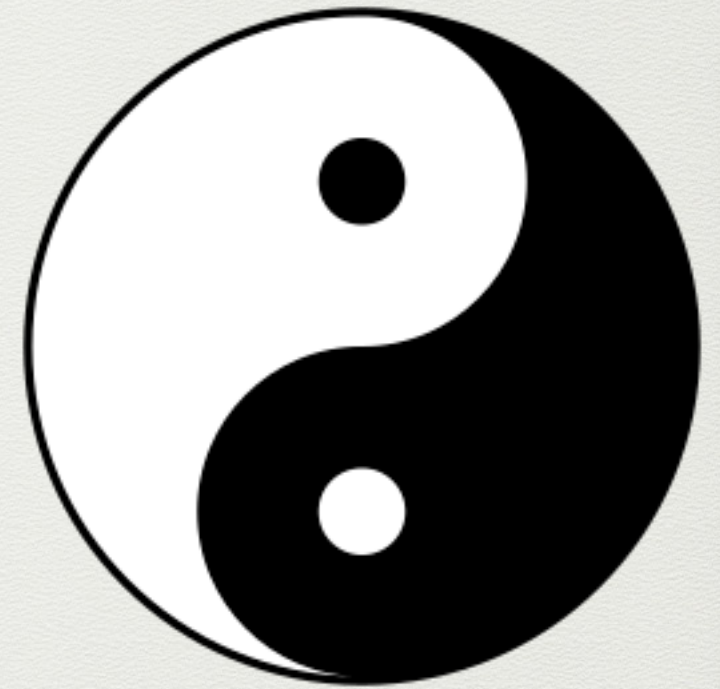
How I have been Healed

(lessons from being a Warrior)

- In order to to experience the positive effects of healing, you must **want to heal**
- You are the **only one** who can make decisions about your life
- **Use positive visualization** to sustain you — where were you a year ago, how much has changed? Where will you be a year from now? See yourself healthy & stress-free
- **Being brave is not about being fearless** but about not letting the fear control you
- In times of stress, **build your tribe** and learn how they can help you > *feelers vs. actors*

Tools for Self Healing

- **Connect** to your **breath** daily
- **Meditation** and **mantras**
- **Positive visualization** to reduce fear and alleviate stress
- Practice **letting go** of what you can't control
- Learn how to balance your **chakras**
- Try to find **positivity and gratitude** in everyday things
- Discover the power of **healing touch**
- **Balance** your **yoga** practice with a mix of yin and yang classes



Yang yoga classes include vinyasa, hot, power or gentle — *they build strength and stamina.*

Yin yoga classes include restorative, yin, nidra or meditation — *they release deep stress and tension*

Good Books

- *Buddha's Brain*, Rick Hanson, PhD
- *The Untethered Soul*, Michael A. Singer
- *The Power of Now*, Eckhart Tolle
- *Stillness Speaks*, Eckhart Tolle
- *A Gift for Healing*, Deborah Cowens

Know that there is energy all around you.
You are the channel of that energy.
That energy is LOVE.

Namaste.