

Changes Afoot!!!

In compliance with Oregon law, I have changed the name of my business from **Contemplative Psychotherapy to ClearHeart Counseling**. Apparently the Oregon Psychology Board owns the word "psychotherapy," and I am not a psychologist. I don't even play one on TV.


Renaming my business has also opened up my vision of my work. I am considering how to integrate some of my other modalities and skills, such as Reiki energy healing and Bach Flower Essences, with counseling. Please let me know if you would like to explore how these elements might support your process.

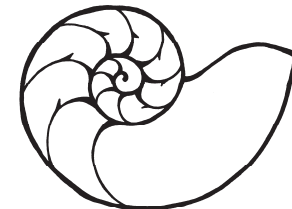
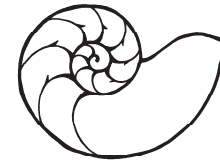
The Doorknob Gazette is available at my office, by mail, and at:

- Dr. Arthur Ticknor, DC Chiropractor
1245 Charnelton Street, Suite 7
- KellyRose Zuvuya
Full Spectrum Bioenergetic Healing
260 E. 15th Avenue, Suite F
- Dr. Virginia Oram, ND Naturopath
400 E. 2nd Avenue, Suite 105
- Coleen Stevenson, LMT, Bowen work
2401 River Road, Suite 102
- Pam Farmer, Acupuncturist
1405 Mill Street
- Acupuncture For the People
2833 Willamette St. Suite B
- Hazel Courtman, LMT
2691 McMillan Street

Back issues at www.KerCleary.com

Address Correction Requested


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The Doorknob Gazette Summer Solstice 2008

*If you're in a bad situation, don't worry,
it'll change. If you're in a good situation,
don't worry, it'll change.*
- John A. Simone, Sr.

Calendar of Events

Upcoming Meditation Group -

This fall I will be facilitating an 8 week Meditation Group, time and dates TBA. Please contact Ker if you are interested in this group: 349-0595.

Sept. 11-14 Nonviolence as a Way of Life Conference in Eugene. I will present on Befriending Your Inner Critic. FFI: www.NonviolentLiving.org

Oct. 16-18 Oregon Counseling Association Conference at the Hilton, Eugene. I will present on Mindfulness & Compassion and will also be on a panel discussing private practice. FFI: www.Or-Counseling.org

Book Review

In Lama Tsultrim Allione's book *Feeding Your Demons*, she outlines and discusses in depth a practice she developed based on the traditional Tibetan Buddhist practice of Chöd.

Using Lama Tsultrim's formula, we can reshape our relationship to our "demons," the obstacles which keep us from happiness. Demons may be states of mind (depression/anxiety/anger) or body (illness/disability/weight), our perceptions of others, even the difficult situations in the larger world.

This book details the ground of the practice, and offers structure to support further explorations. We can move from fighting our demons, which is fruitless and increases suffering, to feeding them, which develops our compassion and could heal the world.



Greetings, Dear Ones -

Happy Summer Solstice! As spring progresses toward summer I notice a lot of people in transition states: identity shifts, work changes, altered home lives. Even increases in light and green and blooming things can unsettle us.

We humans are generally uncomfortable with change, even if it moves us towards something we want. Change implies something unfamiliar, and we tend to prefer the familiar. We fear only the unknown - the room full of strangers, the event that has yet to take place, the unknown of how our lives will end.

We forget that we are in constant flux. Each moment is a transition to the next moment, the next state of mind, the next thought. Awareness of this gives us the option of meeting transition with patience and curiosity. When we become intimate with change, we no longer fear it.


To become more familiar with transitions, we must notice how we react to them. We may react to change by freezing up, sitting for hours at a time, unable to take action. We may react with activity, frenzied motion without accomplishment or construct. Some of us want to be alone, some head for the bars, some get lost in a video realm. How we react to change is less important than how we react to our own reactions. Do we believe our frightened thoughts? Do we buy into the critical internal voice? If we can remember that fear of the unknown is running things, the obvious remedy is to get to know it.

Getting to know change is easy, since it happens constantly. Our reactions

to change are likewise very available. Here's the trick: paying attention, in the present moment, without judgment, with a sense of friendly curiosity, simply observing. In other words, mindfulness.

Judgment won't help at all in this investigation. We judge ourselves relentlessly to try to stop ourselves from feeling uncomfortable, but it doesn't work. If it did, we'd all be happy by now! Judgment merely drives our fear-based habits underground, where we can't find them to attend to them properly. It doesn't change how we react to change.

Approaching ourselves with a friendly curiosity, like a warm-hearted detective - "Hmmm, what have we here?" - opens us up to ourselves, baring the truths underlying our reactions. In simple observation mode, we are less attached to what we see ourselves do. We have the opportunity to choose something different.

We could drop the story of how bad change is. We could hang out quietly watching our thoughts go by, like clouds in the sky. We could marvel at the various body sensations that arise when we feel a little nervous. This could be a change in itself: a new way of experiencing and responding to the continuous natural fluidity of the world. 

Ker Cleary, M.A. is a counselor in private practice in Eugene, Oregon. Trained in Contemplative Psychotherapy, she helps people discover friendship with themselves as the path to healing. For more information, call (541)349-0595 or visit www.ClearHeartCounseling.com
May all beings benefit.