

WORKSHOPS WITH KER CLEARY AT

TAMARACK WELLNESS CENTER

3575 Donald St., Eugene

Tuesday, April 10, 7-9 pm

Developing Your
Authentic Private Practice

\$17 adv./\$20 door

For healing arts practitioners. If you want a clearer vision of your work and direction, and tools to help you accomplish it, take this workshop!
www.AuthenticPrivatePractice.com

Tuesday, May 8, 7-9 pm

Mindfulness in Everyday Life

\$12 adv./\$15 door

What is mindfulness? Simply paying attention, with gentle and friendly curiosity, to your experience of the present moment. Come learn simple practices you can do anywhere.

No previous meditation experience necessary.

TO REGISTER FOR THESE WORKSHOPS,

CALL TWC AT 683-7506


FOR MORE INFO,

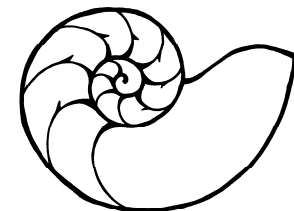
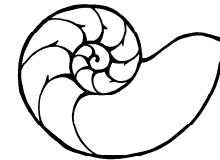
PLEASE CALL KER AT 349-0595



The next Developing Your
Authentic Private Practice class
starts in September...

Address Correction Requested


Ker Cleary, MA
1390 Oak Street #1
Eugene, OR 97401



The Doorknob Gazette
Spring Equinox
2007

Perhaps the earth can teach us
as when everything seems dead
and later proves to be alive.

- Pablo Neruda


Dear Ones –

Spring has sprung! Fresh, green life is bursting forth. Blossoms everywhere, the air quickens our blood with possibilities...

This can be a time when Karma energy runs rampant. Karma is the green Buddha Family, whose element is wind, whose direction is North, whose qualities are active and energetic, cutting through confused states. Karma throws open the windows and doors on the first warm day.

The landscape of Karma is the garden, and the symbol is the sword. A great time to take the machete to that tangle of weeds out back!

Be aware, however, that Karma in its neurotic manifestation is envious, excessively speedy, and can run over reason (and loved ones) like a steamroller. This leads to a feeling of Resentment. So, as things are busting out all over, it is useful to pace ourselves. Not all Projects must be done This Minute. We could take time for simple wanderings of pure enjoyment, get more rest, and nourish and replenish our bodies and minds.

If we pay attention to what we are doing, we will be able to manifest Karma in its wisdom aspect, which is All-Accomplishing Wisdom. 

BOOK REVIEW

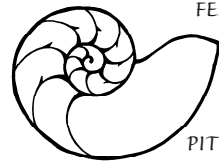
Loving-Kindness: The Revolutionary Art of Happiness by Sharon Salzberg
(Shambhala 1997)

This exquisite book from one of the founders of the Insight Meditation Center is devoted to sharing the practices we can use to develop *metta*, or loving-kindness, in our daily lives.

Salzberg is a warm and engaging guide and storyteller, elucidating both the challenges and benefits of such practice.

If you want to change the world - or your experience of it - take this book to heart.

COMING SOON - NOTE CARDS



FEATURING THE
NAUTILUS
AND VARIOUS
PITHY SAYINGS....

Ker Cleary, M.A. is a psychotherapist in private practice in Eugene, Oregon. She specializes in Contemplative Psychotherapy, using mindfulness and compassion to help people find happiness. She teaches and speaks on topics related to mindfulness, Buddhism and psychology. For more information, call (541) 349-0595 or visit www.ContemplativePsychotherapy.com
May all beings benefit.

SIMPLE METTA MEDITATION FOR EVERYONE

- Sit quietly for a few minutes, focusing on the sensation of breathing.
- Remember a time someone was very loving to you. Remember feeling safe and happy.
- Notice the body sensations that accompany this memory. (If you have trouble finding such a memory, think of a pet loving you, or imagine what you would feel if someone was very kind and loving to you.)
- Sit with these feelings, breathing in and out with the feelings. Return to the feeling when you get distracted.
- Repeat the following phrases several times: "May I be happy, may I be free from suffering, may I be joyful, may I be at peace." (Traditional Buddhist practice uses the "Four Immeasurables" of happiness, compassion, joy and equanimity. You can use whatever qualities resonate for you.)
- Return to simple awareness of breathing. Rest in the loving-kindness you have generated. Imagine it radiating out to the whole world.

This is a nice way to begin or end the day. We notice changes when we do this practice daily. It transforms our hearts and minds.

Once we have developed our own practice, over time, we can do the same practice thinking of others. (We need to develop our own loving-kindness first, so we have something to offer!) The usual sequence is to work with a loved one (easiest) for a while, then a neutral person (like a person who passed by on the street), and eventually an "enemy" (someone we have difficulty with). "May so & so be happy, free from suffering, etc."

Through this practice we can actually begin to offer loving-kindness to all beings equally, everywhere we go. That could make a very interesting world, don't you think? 