

FALL 2007

**Developing Your Authentic Private Practice - The Class**

Sept. 18 - Dec. 11 (12 weeks)

Tuesdays, noon-2pm

\$420 (\$399 if paid in full by 9/18)

For all healing arts practitioners.

If you want a clearer vision for your work and the tools to help you manifest that vision, take this class!

Download brochure and registration form at [www.AuthenticPrivatePractice.com](http://www.AuthenticPrivatePractice.com) or call Ker at 541.349.0595 to have materials mailed to you and/or questions answered.

COMING FALL/WINTER 2007-8

- **Mindfulness and Depression Group**
  - Women's Support Group
  - Mindfulness Practice Group



**Summer Special**

**Half price introductory Authentic Private Practice Consultation!**

**One hour of individual attention for your healing arts business for only \$40 (regularly \$75). To take advantage of this offer, consult must take place (in person or by phone) by 8/31/07.**

**Applies to new clients only.**

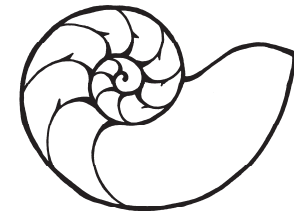
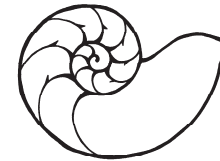
**Tell your friends & colleagues!**

**Call Ker at 541.349.0595 for further information and to schedule an appointment.**

Address Correction Requested



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*The Doorknob Gazette  
Summer Solstice  
2007*

*Life is very short, and very uncertain;  
let us spend it as well as we can.*

*- Samuel Johnson*

Hello, Dear Ones -

The heat of summer, the flowers, the sultry air, all speak of the red Buddha family, Padma. The symbol of Padma is the lotus, which is rooted in murky depths and blossoms in the clear open surface of the water. Padma is about relationships, and moving from confusion to clarity.

Padma in its neurotic state is seductive, fantasy-oriented and indiscriminate. This confusion leads to codependence, narcissism and poor boundaries. "I'll do anything, you can treat me however you want, just love me and make me feel worthwhile" is the refrain of Padma neurosis. A feeling of desperation and self-absorption prevails; a clinging to what we think will make us happy. In Padma neurosis we reject anything that does not fit our notion of how things should be in our personal universe. We do not see clearly how things are. Denial rules.

In its wisdom aspect, Padma manifests as Discriminating-Awareness Wisdom. This means we see clearly what is happening in the moment and what is called for. We understand the details of our interpersonal dynamics and are able to take precise action to correct misunderstandings and imbalances.

As Chogyam Trungpa says, "When Padma neurosis is transmuted, it becomes fantastically precise and aware; it turns into tremendous interest and

inquisitiveness... The genuine character of Padma...is real openness, a willingness to demonstrate what we have and what we are to the phenomenal world."

The wisdom and neurosis aspects of any way of being in the world are inextricably linked. The path to wisdom is simply being present with whatever we are experiencing. Padma energy supports the practice of presence with a devotion to detail and a basically curious nature.

If we are to understand how we do things, and the impact of our beliefs and actions, we need to investigate with a sense of friendly curiosity. In our willingness to see our situation and ourselves clearly, without judgment and criticism, we make friends with ourselves in whatever state we are in. In this open awareness arises the understanding that *wisdom is present in whatever we do*. With this clear seeing, we can relax a bit and enjoy the open moment, appreciate the delicate scent of a blossom or the path a bird traces through the air.



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](http://www.ContemplativePsychotherapy.com)  
May all beings benefit.

### **Mindfulness**


*Mindfulness means paying attention in a particular way: on purpose, in the present moment, nonjudgmentally.*

- Jon Kabat-Zinn

Mindfulness practices such as breath awareness, walking meditation and body scans are all helpful in developing the awareness and acceptance that leads to connection with our basic wisdom selves.

While a regular, committed meditation practice is helpful for stabilizing our minds and opening up awareness, mindfulness can also be practiced spontaneously, on the spot, throughout the day. No form of mindfulness practice is inherently better or worse than another. It matters only that we do it, and that we include the elements of friendly curiosity toward ourselves and a nonjudgmental attitude toward whatever we might discover through practicing attention. We needn't reject or deny or cling to whatever we become aware of; we can simply notice, and relax with what is.

A very basic mindfulness practice is to simply check in with all your senses from time to time during each day. What are you seeing, touching, hearing, tasting, smelling at any given moment? You can cue yourself to practice this by associating it with a common daily event such as opening a door or stopping at a traffic light.

Mindfulness increases our awareness and helps decrease stress, anxiety and emotional reactivity. It also helps us make friends with ourselves, which increases our capacity for joy and compassion. 

### **Books on mindfulness include:**

***Full Catastrophe Living* by Jon Kabat-Zinn; *Finding the Center Within* by Thomas and Beverly Bien; *Mindfulness in Plain English* by Ven. Henepola Gunaratana; and *Beginning Mindfulness* by Andrew Weiss.**