

The Healing Power of Mindfulness

September 14, 2018 6:30-8pm at
Designing Health 1428 Commercial Astoria, Oregon

Please join us for this free talk as Sumedha shares her own experiences of the healing power of mindfulness. Sumedha's experiences led to an understanding of the Buddha's original teachings of the sixth sense and how this sense holds trauma in our bodies as well as our minds.

Through her path, she saw how the historic Buddha grounded his mindfulness teachings in the body. She found that formal 'meditation' had to include an increased awareness within the body. Understanding the relationship between body and mind gave rise to tools for her that can be used by anyone to fashion a path of healing and freedom from suffering through formal 'meditation', but also through focused body work for those not inclined to do meditation.

Sumedha plans to offer a regular meditation class after this introductory talk. This class will be for beginners as well as for established meditators. There will also be information available for more body-oriented ways to cultivate mindfulness.

Sumedha Murdock began her mindfulness meditation practice at a Zen Center in 1970. She was first ordained as a Buddhist monk in 1975 and traveled to a monastery in Asia. She has participated in dozens of long silent retreats over these decades. She also utilized bodywork including Massage, Rolwing, Feldenkrais, Reflexology, Bowen, Acupuncture, Yoga and Tensegrity Medicine as important components of her healing.