

Not- Church Expands Mindfulness Studies! 2-4-16



Not Church is pleased to announce new (and continuing) opportunities to explore Mindfulness, the energy that makes it possible for us to be aware of what is happening in the present moment.



4-Day Workshop – Listening and Talking with your Heart with Alicia Dominguez

February 11 & 12 and February 18 & 19, 2016

Listening and Talking with your Heart is a powerful process for inspiring compassionate connection and action. It provides a framework and set of skills allowing us to speak from the heart and talk openly about what is going on for us without judgment, without provoking defensiveness, resistance and counterattack.

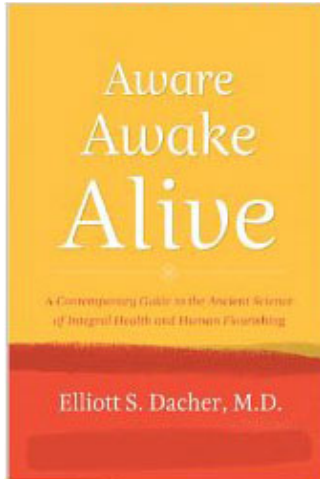
In his book *Aware Awake Alive*, medical doctor and philosopher, Elliott Dacher says two of the components of integral health “...relate to our interaction with others—our interpersonal relationships and our relationship to the larger culture and planetary community.” As Dr. Dacher points out, numerous

recent studies have shown the effects of relationships, good and bad on our physiology and well-being.

Alicia Dominguez taught this course and other personal empowerment workshops to groups of 300-500 people for 13 years all over Mexico and South America. We are fortunate she has agreed to run a small private intensive workshop here while visiting her sister, Carmen.

SPACE IS LIMITED to 10 people! It will begin each day at 10am and end at 5pm with a ½ hour lunch break. Cost is \$80 US for the Workshop.

Contact Carmen Dominguez mcdomdur@gmail.com to reserve your space!



Mindfulness Study Group – La Misión - February 16, 2016

After completing two sections on *Aware Awake Alive*, by Dr. Elliott Dacher, we continue our study of mindfulness with an exploration of Mathieu Ricard's, *Happiness: A Guide to Developing Life's Most Important Skill*.

Matthieu Ricard is Buddhist monk, French translator and right-hand man for the Dalai Lama, author of books, published photographer and was one of Dr. Elliott Dacher's spiritual teachers. He has been the subject of intensive clinical tests at the University of Wisconsin to prove the effects of meditation on the brain, as a result of which he is frequently described as "the happiest man in the world."

Ricard is the son of the late Jean-François Revel, a renowned French philosopher and the lyrical abstractionist painter and Tibetan Buddhist nun Yahne Le Toumelin. He grew up among the personalities and ideas of French intellectual circles.

Ricard worked for a Ph.D. degree in molecular genetics at the Pasteur Institute under French Nobel Laureate François Jacob, but in 1972 decided to forsake his promising scientific career and concentrate on the practice of Tibetan Buddhism in the Himalayas where he has lived and practiced for over 40 years.

The study group will be held Tuesdays 2pm – 4pm starting February 16. Contact [Nadine de Jong](mailto:nadine.lockitch7@gmail.com) – nadine.lockitch7@gmail.com for more information.

**We request you obtain the book and read at least the first chapter by the start of the first class. The book is available in Kindle, Hardcover & paperback on [Amazon](https://www.amazon.com).

NEW *Aware Awake Alive* Study Group March 1, 2016

If you missed the first two groups, here's your chance to study Dr. Dacher's book, *Aware Awake Alive* and begin your journey of transformation to an optimal state of well-being, peace, wisdom, happiness, freedom & love—to attainment of human flourishing.

The Northern Rosarito *Aware Awake Alive* group will start on the first Tuesday in March, March 1, 2016 – at 2:30pm. To join the group, it is requested that you have read the first chapter by the first meeting. You may contact [Dr. Mary Contreras](mailto:dr.marycontreras@gmail.com) for more information, location and directions. dr.marycontreras@gmail.com

The book is available in Kindle and paperback on [Amazon](https://www.amazon.com).
More on the author: <http://www.elliottdacher.org/>



MORNING MEDITATION CLASS
with Ron de Jong
Monday Mornings, 8:30 am – Plaza del Mar

The class includes an introduction, a 20-30 minute meditation and a discussion afterward.

It's a great way to start your week and a wonderful introduction to meditation. Contact Ron: ron@dejong.org