

Leave it at the Shore

Session 4

a meditative guide through photography
by Jenny Lea

Inspired by my
daughter who
taught me
resilience.

Dedicated to
my patients and
surfers who
have taught me
how to heal.

Just as one can
pollinate over
thousands of
flowers, your
soul can touch
each being that
crosses your
path.



Step into the
ocean to
nourish your
whole self in all
your beauty
and all your
flaws.



Stay anchored in place
as you adjust your
perspective to embrace
discomfort.

Your limitations are
only perceived, not
actual.



Remove the
barrier to cold
environments to
allow the
enhancement of
cognition. See the
constant
regeneration as
nature lifts you.



You have magic
in your meaning
and purpose on
this Earth.

Shine your
vibrant color in
abundance.



Remember
how far you
have come. As
you use your
innate
resources of
adaptability,
you are
transforming on
this path.



See the basic
goodness in
others. This
provides
profound
satisfaction in
connection and
relationships.



Cultivate these
moments day to
day. Practice
patience daily
and the
crystalline
clarity soon will
come. Stand
and be carried
by this energy.



Your inner
experience will be
outwardly
manifested in what
you dream of.

There's two sides
creating balance.
Step calmly out of
your shadows into
vast opportunities.







Thank you for allowing this into your life. A decade of treating patients has given me an extensive background of understanding traumas and pain we each experience. Chronic hyper-arousal of stressors in our lives lead to dysregulation of the prefrontal cortex, hippocampus, amygdala. This leads to an inflammatory state predisposing us to hypertension, depression, anxiety and other diseases. Practicing mindfulness daily reduces the pro inflammatory cytokines, bringing us back to a state of adaptability and healing. It is within all of us to get back to our natural biologic processes by connecting with nature and others. Let's take this journey together.