

Breakout #1:

Thomas McConkie, B.A.

“Healing from the Causal Body: How Mindful Awareness Can Support Whole Body-Mind Healing and Integration”

- ❖ *What do we mean when we say “mindful awareness?”*
- ❖ *How does developmental psychology inform our understanding of mindfulness (state vs. stage)?*
- ❖ *What can we do to stabilize this awareness?*
- ❖ *How does this promote healing?*