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?