

CLIMATE DESTABILIZATION: OUR LONG EMERGENCY

Sunday, February 24, 2019, 6:30-8:00pm

PRACTICES & ACTIONS TO CREATE RESILIENCE

4th Sunday of each month

Mental Training:

Increasing awareness, attention, and concentration



Well, now we know for sure!

Research has revealed that humans have a shorter attention span than goldfish!

8 seconds for humans; 9 seconds for goldfish!

(Possibly this is because goldfish don't have cell phones!)

In this session we'll focus on creating mental resilience in order to weather the upcoming storms (pun intended!)

A focused, steady, and quiet mind is both invaluable and necessary for personal resilience as we face the uncertainties ahead.

This is not an innate ability but a matter of training the mind.

After watching two short videos we'll turn our attention to how our mind functions in a variety of situations.

We'll practice exercises to improve awareness, increase ability to focus, enhance intuition, improve mental clarity & create a calm mind.

Join us ~ Free! Open to all! No experience necessary.

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Oasis Café in Carr Mill Mall
200 N. Greensboro St, first floor
Carrboro, NC

If you are unable to join us in person, we hope you will watch these short videos at home:

<https://www.youtube.com/watch?v=vJG698U2Mvo> & https://www.youtube.com/watch?v=IGQmdoK_Zfy

Sponsored by Citizen's Climate Collaborative:
Betsey Downing, Tana Hartman Thorn,
Dirk Kelder & Jim Sander

For more information, see <https://betseydowning.com/upcoming-events/>