

THE MONTHLY MINDFUL



updates, events, and insights

Upcoming Workshops



Deepen Your Relationships

A continued look at our inner selves and how we and others interact and deal with conflict, disappointment, and communication challenges. Click here for more details.

When: June 7, 14, 21
5pm - 6:30pm Pacific

Details and Registration

payment: sliding scale [read more](#)
register via email: connect@rachelhayek.com

9 Ways to Transform Fears into Growth Opportunities

Using the enneagram as a guide to understanding the ways our fears protect us, and how to use this for growth and transformation.

Saturday, June 5th 10am - 12pm PDT
\$55 CDN - sliding scale available

View Full [Events Calendar](#)



May Enneagram Meet-up

This month's Meetup is called "Travelling the Arrows of Stress and Growth." Each enneagram type has an "arrow" to 2 other numbers. In this 1-hour session, we will explore what these arrows mean and how to use them to support our growth and self-understanding.

When: Thursday, May 13th 7pm - 8pm PDT
Suggested donation: \$10

Register by email

connect@rachelhayek.com

Connection and Community



The Shift Network - [Shift Your World Film Festival](#) - mindful films for healing and conscious expansion - free access May 6 - 9 2021.

Attend a second Saturday gathering Saturday May 8th with the Enneagram Prison Project to connect with their community.

The first 3 episodes of The Podgecast podcast include Ashley Avinashi, Pearl Cicci, and April Bellia as guests. [Available on multiple platforms.](#)

A Moment of Mindfulness



Taking inspiration from nature, take a few moments to contemplate the questions below.

Begin by placing your hands over your heart centre, anahata chakra. Take a couple deep breaths to connect with the earth. Silently or audibly chant the seed mantra "yam," for the heart. Do this 3 times on your next 3 exhales.

- What am I currently watering, nourishing, growing?
- Does it serve me best to plant, sprout, create or harvest at this time? Would a combination of these serve me?
- What future would I like to see bloom?

Meditate with me: I host by-donation meditations every other Sunday 11:30am - 12pm Pacific. Note - I will change the time for summer.

Here's a [link](#) to some meditations - the most recent guided meditation is called "coming into your centre." Next 2 sessions: May 16 & 30 2021