



Fall Happenings

A SPOT OF SERENITY



A SEASON OF RETURNING

As we welcome September, I'm reminded that growth doesn't always come from doing more—it often comes from gently returning to what matters most.

This month's newsletter explores that theme in several ways. In my latest blog post, *The Bridge and the Bubble*, I share a simple metaphor for noticing when our minds get pulled into stories and how we can gently return to the present moment. I'm also excited to share a preview of my upcoming children's book, *The Pictures in My Mind*, which introduces these same ideas to young readers through a playful journey of awareness, self-compassion, and discovering the quiet observer within.

This month, I'll be offering a free *Community Resiliency Model* (CRM) workshop and leading a book circle on *The Artist's Way*. For more info or to save your spot, please reach out!

I hope this season brings you moments of presence, resilience, creativity, and joy.

Namaste,

~Dr. Abby Ampuja

Contact Abby:

919-749-5072

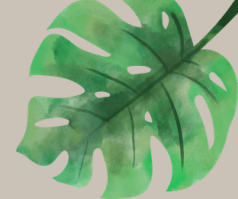
ampujaabby@gmail.com

spotofserenity.com

*"The present moment is the only place
where life exists."*

— Thich Nhat Hanh





"THE BRIDGE & THE BUBBLE"

YOU ARE NOT YOUR THOUGHTS

Our minds create countless pictures, stories, and predictions every day. But beneath the noise of our thoughts is a quieter place of awareness—the part of us that can simply notice. Learning to recognize that space can create more freedom, peace, and choice. I explore this idea in my latest blog, which is linked below:

[LATEST BLOG!](#)

THE PICTURES IN MY MIND

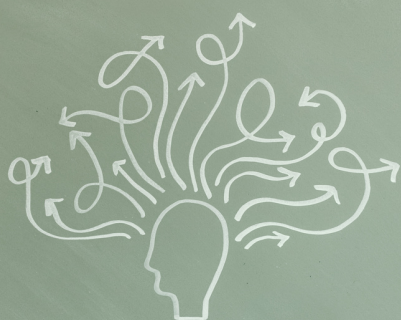
I'm excited to share that my newest children's book, *The Pictures in My Mind*, will be released this month! This imaginative story introduces children to the idea that thoughts are like pictures that appear in our minds—but they are not who we are. Through playful imagery and the metaphor of the "watcher," children learn simple mindfulness skills to notice thoughts, create space around big feelings, and return to a place of calm and self-compassion.

Designed to support emotional awareness and resilience, *The Pictures in My Mind* offers a lifelong tool for navigating busy minds and big emotions. The book will be available soon through Amazon in both hardcover and e-book editions. I hope you'll check it out and consider sharing it with others who may be interested.

Stay tuned for future book events and opportunities to connect!

~Abby

Contact Abby:
919-749-5072
ampujaabby@gmail.com



We've Moved!

HealthTouchNC
3500 Westgate Dr. #504
Durham, NC 27707

"You are the sky. Everything else is just the weather."

— Pema Chödrön

