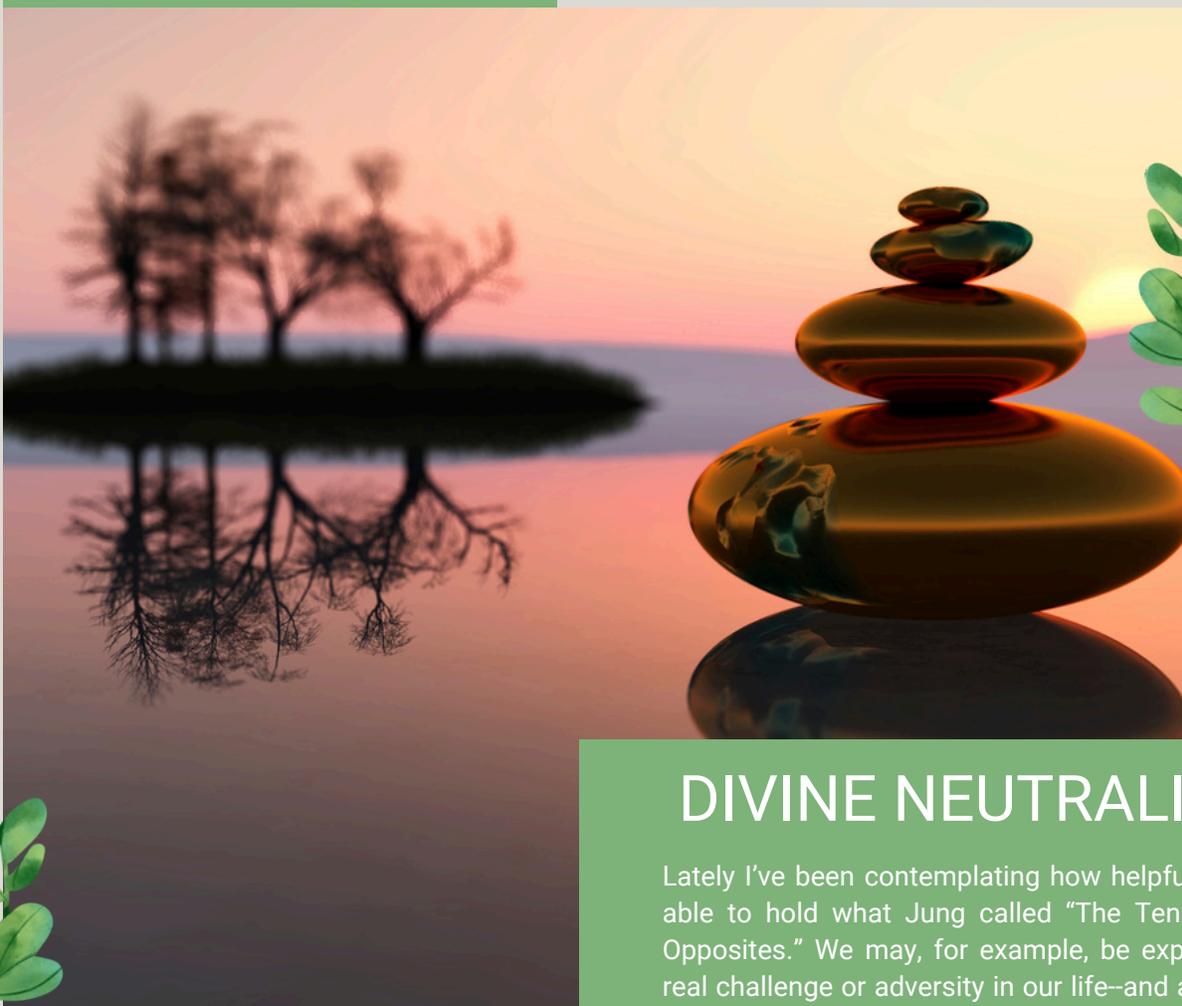




Fall Happenings

A SPOT OF SERENITY



DIVINE NEUTRALITY

Lately I've been contemplating how helpful it is to be able to hold what Jung called "The Tension of the Opposites." We may, for example, be experiencing a real challenge or adversity in our life--and at the same time, find that it is possible to connect with a deep sense of trust, ease, and gratitude in the midst of it. When we can hold *both* to be true, we often find that we are able to live in a beautiful space of what is known as "Divine Neutrality." Keep reading to learn more about my latest offerings--each a potential pathway to help you connect with this space of Divine Neutrality within yourself. Wishing you wellness, ease, and peace this fall season!

~Dr. Abby Ampuja

Contact Abby:

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spotofserenity.com

*"The only **true wisdom** is in knowing you know nothing." ~Socrates*





MEDITATION 101:

FINDING THE MIDDLE WAY

Meditation is one of the most powerful tools to help us reconnect with our center. In this experiential 5 week class, we will explore a variety of meditation and mindfulness practices to bring in a sense of balance, ease, and calm. Sundays at 4pm, starting October 6 on Zoom. Message Abby to save your spot!

BE HERE NOW



BRINGING IN BALANCE: NEURODIVERGENT EDITION!

For those of us who get to experience the daily adventure of living with a neurodivergent brain, finding balance and calm can sometimes feel elusive....Which is exactly why I've created this supportive 5 week workshop! Join me for a deep dive into the tools, frameworks, and modalities that have helped me connect with my core inner self and to find a sense of peace and equanimity amidst the fast pace of today's modern world. Topics covered will include Resiliency Skills, Energy Medicine tools, Ayurveda, IFS/Parts Work, and more! Thursdays at 7pm on Zoom, starting September 19. Message Abby to sign up!

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



Our Address:

240 Running Deer Trail
Pittsboro, NC 27312

*"The greater the contrast, the greater the potential."
~Carl Jung*

