

# Westside Notes



*A journey of a thousand miles begins with a single step*

## **A Mindful-Mess**

**by Melissa Garner Lee, M.A.**

You might say I'm terrified to speak publicly, but this would be an understatement. I've learned from past experience not to label the situation *terrifying*—so let's just say I find it *challenging and uncomfortable*.

But, alas, it's a new year and I'm turning over the proverbial new leaf.



On February 5th I'm leading a workshop entitled *Blame It on the NeoCortex* \*: *How Mindfulness Heals Trauma* hosted by Pepperdine University in West L.A. ([www.mindfulhearthealingcenter.com](http://www.mindfulhearthealingcenter.com)). I am determined to find a mindful way through my own un-comfortable state. To prepare myself, I intend to meditate at least half an hour a day until the workshop date.

On my first day of the challenge, I stumble out of bed at the unholy hour of 5:30 AM while my daughter the surfer eagerly awaits our departure for the waves, three hungry dogs incessantly pace around me, and my menopausal thermostat is set to high. Meditation is always a challenge! But for me, it's all about acceptance. The kid can wait, the dogs can wait, and sweaty armpits are simply a part of this chapter of my life. However you find your way into mindfulness—formal sitting meditation, a walk in the woods or simply a deep breath when you reach for the doorknob—one minute of mindfulness an hour can lead to a more satisfying day and a happier, healthier New Year. (\*from Peter Levine's book, *Waking the Tiger: Healing Trauma*).