

Center for Mental & Emotional Development

Mastering Mindfulness III:

How to Replace Neurotic Anxieties & Discontent With Conscious Fulfillment

Most people are unintentionally programmed by parents, peers, and culture to be chronically anxious, or discontent. The primary problem is that we are trained to pursue every *external* physical and material need and desire, while our *internal* needs, wants, potentials, and developmental tasks remain invisible, undefined, and unfulfilled.

This normal human contradiction—where we understand external needs and fulfillments more than internal—is one reason we can gratify every *external* desire and still feel *internally* unhappy, anxious, insecure, or discontent. CMED training is designed to correct this imbalance by providing clear experiential definitions, skills, and insights that help people *understand and master* all their internal needs, wants, potentials, and developmental tasks.

In this workshop, you will learn the basic definitions necessary to observe, think about, understand and master what heretofore has been part of everyday life, but invisible, and often beyond awareness. For instance, we will learn to divide life into three main categories: Personal life – all alone, Close Relationships, and Work.

We will also divide life into External and Internal dimensions, and clearly define both dimensions in each of the three main categories of Personal life, Relationships, and Work. These definitions are critical to observing ourselves and accurately seeing precisely where we are competent, and inadequate, so we can make critical changes that will enhance our ability to understand and nurture both ourselves, and other people.

Finally, we define our Internal Needs versus Wants in each category and dimension of life. With these definitions, we can now observe, think about, understand and master the internal needs and potentials necessary for conscious fulfillment and lasting happiness in each dimension of our Personal, Relationship, and Professional lives.

**Date: Saturday
December 2, 2017**

Time: 9am-4pm.

Cost: \$195.00

**Location: 4608 Calavo Dr.
La Mesa, CA**

**To Enroll:
Dr. Paul Hatherley
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Dr. Paul Hatherley has a Ph.D. in Psychology. He has studied Chinese Taoism, Japanese Zen, and Indian Buddhism along with Western psychology. Throughout his career, Dr. Hatherley has explored one key question: “What, if anything, is necessary to make human life satisfying and meaningful.” Dr. Hatherley has practiced psychology for over 20 years, and for the past ten years has offered education in mental & emotional development.

www.paulhatherley.com