

East Bay Mindfulness Center Presents:

Mastering Mindfulness II:

Feeding Internal Needs

In this workshop, I define the most basic, personal, and universal human needs—the need to be *Seen, Understood, and Valued*—first by our parents, then by ourselves, and finally, in an equal and reciprocal relationship with a romantic partner. After defining these needs, I identify the specific skills and awareness necessary to feed each need in ourselves, mates, and children.

I also define the universal need to master *Growing, Giving and Sharing*. With a normal education, we never understand these critical needs in enough detail to master all three for our own fulfillment, or to create satisfying and meaningful romantic relationships. This is the primary reason that passion and real intimacy are rare in long-term romantic relationships.

These two categories of basic internal human needs are the foundation upon which everyone's self-worth, emotional security, and internal fulfillment are based. In mastering both categories of needs, we open the door to the parallel universe of our internal world necessary for fulfilling our potentials and creating lasting happiness.

In the process of learning how to master the internal needs critical to our personal fulfillment, and the needs necessary for romantic intimacy and passion, we also learn how to apply *thinking for understanding* to define and feed all the other internal needs.

This workshop provides the detailed information and critical skills essential to our personal fulfillment all alone, intimacy and passion in a romantic relationship, and the ability to explore any significant topic and discover what is true, and learn how to provide what is needed.

**Date: Saturday & Sunday
September 9 & 10, 2017**

Time: 11am-4pm, both days.

Cost: \$425.00

**Location: 89 Moraga Way,
Orinda, CA**

**To Enroll:
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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