

Books for Trauma Informed Mindfulness
 It didn't start with you, Mark Volynn, Penguin Publishing.
 Together we are one, Thich Nhat Hanh, Parallax Press.
 What happened to you? Oprah Winfrey and Bruce Perry, MD, PhD
 Online Resources
 chetahouse.org
 Davidtreleaven.com
 TheWisdomofTrauma.com

Dear Sangha Friend,

Our Beloved Teacher Thich Nhat Hanh encourages us to support each other fully as we are. Together we are enough. Together we have enough.

We are here for each other. Ask your sangha family and your sangha facilitators for support.

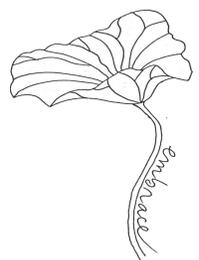
We also offer many resources online to share peace, resilience and joy.

With a deep bow to all beings,
 The EMBRACE Sangha



www.embracesangha.org

PLUM VILLAGE
EMBRACE
SANGHA
 TRAUMA-INFORMED
 MINDFULNESS
 POCKET RESOURCES



Space for your choices
 for self-soothing or a gatha.

A gatha for grounding
 Sitting here,
 I feel the ground solid below me
 Sitting here
 I grow more peaceful and free.
 Here, solid below me
 Here, peaceful and free
 Sitting here
 I hear sounds and name colors I see
 Sitting here
 I soothe my body, mind, and heart
 Here, sounds and colors to see
 Here, soothing and free



Trauma-informed
 Mindfulness
 At times mindful meditation may not bring you ease or may call up discomfort in your body, mind, or heart.
 Your sangha offers you these gentle grounding suggestions.
 May these resources bring you greater peace, release, strength, and ease.

1. Listen and name some sounds you can hear in the present moment.
2. Choose a soothing word, a mantra, or a gatha (which is a short meditation poem) as an anchor to the present moment.
 For example, whisper or silently say:
 "I am here.
 I am safe."
 Or
 "Hello my heart.
 I am here for you."
3. Open your eyes and look around while you breathe.
4. Notice and name four or five colors or shapes you see.
5. Move, stretch, touch or sway your body.
6. Walk or lie down. Feel free to change positions.

