

# PAUL EPSTEIN, ND

## HOW BIOGRAPHY BECOMES BIOLOGY *THE BODY BEARS THE BURDEN*

**O**ur diseases tell a story, not just about our cells, but about our selves, our histories. By listening to their story, we are led to emotions that lie at the core of our authentic being. This evening, through lecture, discussion, guided imagery and meditation exercises, we will explore how to listen and discover the meaning of the stories our illnesses tell. We'll explore how our life histories, childhood hurts, traumas and stresses affect our health, and how healing happens when we engage our inner healer and unburden ourselves from the wounds of our life story. Illness is an opportunity to embark on a journey of self-healing and awakening, to come home to our true and authentic self.

*An Evening Lecture*

**Friday, March 28, 7:30pm**

**08WHH13P Approved for CEUs**

**Members: \$18 / Nonmembers: \$20**



## THE HEALING JOURNEY MEETS THE SPIRITUAL PATH *HOW ILLNESS CAN BE A VEHICLE FOR AWAKENING*

In this workshop we will explore how Buddhist teachings and mindfulness meditation practice can be integrated into the process of healing diseases of our bodies, minds, hearts and spirits. We will sit with and face such questions as: What is healing? How can we come to experience pain and illness as opportunities for awakening? How can we cultivate unconditional presence, radical acceptance and spiritual maturity and come home to our true Selves? Through mindfulness and heartfulness meditation practices, guided imagery, lecture, discussion and group sharing, we will learn to listen to our difficulties, our symptoms and our inner wisdom.

*A One-Day Workshop*

**Saturday, March 29, 10am–5:30pm**

**08WHH18S Approved for CEUs**

**Members: \$120 / Nonmembers: \$130**

**Paul Epstein, ND**, a naturopathic physician, mind-body therapist, Buddhist meditation teacher, and certified yoga instructor with 25 years' experience in holistic health, co-founded the Israel Center for Mind-Body Medicine. He currently has a private practice in Westport, CT, and travels extensively, speaking and leading workshops, trainings and retreats in mindful healing worldwide.

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