

You are invited!

Radically Open Mindfulness: A New Year's Exploration

with Brent Morton, MA, MFT, Lexi Giblin, PhD
and Jennifer Harris, PhD, MA, LMHC

UNFOLD
therapy collective

“To study Buddhism is to study the self. To study the self is to forget the self. To forget the self is to be awakened by the 10,000 dharmas.”

- Dogen

This radical proclamation speaks to the profundity of the Buddhist path and what it offers the meditator. The arc of Buddhist meditation involves seeing through the fiction of a self and, in doing so, achieving a state of freedom and openness beyond imagination. Buddhist meditation can and does often deliver on the transcendental front, offering the sincere practitioner states of profound openness, emptiness, connection with all things, and (temporary) freedom from a self. Many Western practitioners are drawn toward transcendence; the work is less messy and it appeals to our polished grandiose side, as these practices largely leave the ego unexamined and intact while it is transcended.

Too often, even the tools meant to liberate us—meditation, therapy, yoga—become tools of suppression and dissociation. In their most unexamined forms, these practices can soothe the surface while leaving the deeper structures of repression intact. We meditate to escape discomfort, stretch to “release” tension without addressing its root, or engage in therapy that medicates symptoms rather than confronting the system’s pathology. This class is an invitation to stop suppressing, to ask what happens when we confront these patterns directly in a supported group practice. Brent Morton centers our exploration in his years of study and teaching of **mindfulness meditation and somatic practices**. Alongside, Lexi Giblin draws from **Radically Open Dialectical Behavior Therapy (RO-DBT)** self-inquiry practice and Jennifer Harris offers perspective from **exposure and response prevention therapy** for anxiety. *Together, we invite the class to explore the uncharted terrain of the shadow.*

“One does not become enlightened by imagining images of light. But by making the shadow conscious.”

- Carl Jung

Class Schedule

Tuesdays, Jan 21, 28, Feb 4, & 11, 6-8pm

Cost

\$100 total for full 4 class series*

Location

Private home on Phinney Ridge

To Register

- Email Jennifer Harris at jharris@unfoldtherapycollective.com
- Pay \$100 to Brent Morton via Venmo, @Brent-Morton-14

***Scholarships available for those with financial need.**