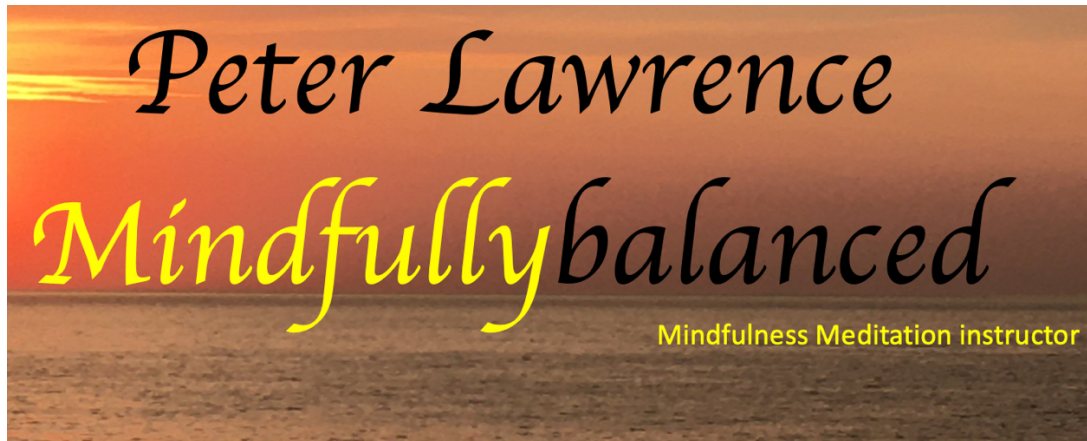


# Newsletter 35/2021



Mindfullybalanced.co.uk

Date: 5<sup>th</sup> December 2021

Contents of this newsletter:

## **Section 1:**

**Update weekly sessions:**

## **Section 2:**

**Cancer Creativity Course**

**Poem – The river cannot go back**

## **Section 1:**

Monday 6<sup>th</sup> December – 9am and 7.30pm

Wednesday 7<sup>th</sup> December - 9am and 6.30pm

Friday 9<sup>th</sup> December – 9am

Saturday 10<sup>th</sup> December – 11am



## **Section 2:**

Starting from Tuesday 4<sup>th</sup> January at 7.30pm I will be taking a weekly course of Mindfulness especially for people living with, or recovery from or supporting someone who has cancer. The course is called 'Movement for Cancer'. The course will cover, meditations in movement, breathing, acceptance, being with, If you think you or someone you know may benefit from attending the course, please contact Cheryl at: [cancercreativitygroup@gmail.com](mailto:cancercreativitygroup@gmail.com)

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The course will run for 6 weeks then repeat for 6 weeks. The first course will run between 4<sup>th</sup> January to 8<sup>th</sup> February, with a pause of 2 weeks, and then starting again on Tuesday 1<sup>st</sup> March to 5<sup>th</sup> April.

A person who attended the previous course wrote:

“As a Chartered Psychologist in Private Practice I have to be very discerning indeed about who I recommend to my clients.

I use Mindfulness with many of my clients and can attest to its effectiveness as a treatment, both personally and through the work of other practitioners, which helps people with many issues.

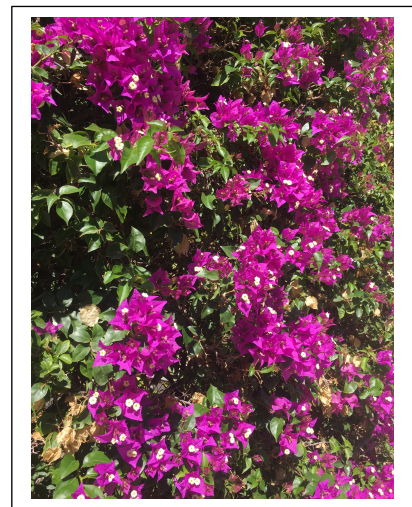
However, Peter Lawrence takes it to another level which I consider to be masterful. I have personally found his sessions extremely beneficial and enjoyable and to top it all - fun. I always feel very relaxed and uplifted and positive about life - both during and after his sessions. I looked forward to his sessions and sadly miss them now that they have finished.

He has developed a unique approach, combining Mindfulness with several other reputable treatment relaxation methods, and he tops it with his beautiful soothing voice. I have already referred Peter to several people and will continue to do so. I have no hesitation whatsoever in recommending Peter's group work.” **TS 2021**

**I heard a poem this week**, and thought how it reflected being mindful, reflecting at emotional energy, and how through different thinking, after being aware of our own thoughts may change the way we see things. It means a lot to me so I thought I would share it.

## **The River Cannot Go Back by Kahlil Gibran**

It is said that before entering the sea  
a river trembles with fear.  
She looks back at the path she has travelled,  
from the peaks of the mountains,  
the long winding road crossing forests and villages.  
And in front of her,  
she sees an ocean so vast,  
that to enter there seems nothing more than to disappear forever.  
But there is no other way.  
The river cannot go back.  
Nobody can go back.  
To go back is impossible in existence.  
The river needs to take the risk  
of entering the ocean  
because only then will fear disappear,  
because that's where the river will know



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it's not about disappearing into the ocean,  
but of becoming the ocean.

**Yay!!!**

**Take care everyone.**

**With kindness**

**Pete**

