

Xmas Edition | 2024

YOUR NEWSLETTER

MINDFULNESS2BE

Tending the Garden Within: A Year of Planting, Watering, and Flourishing



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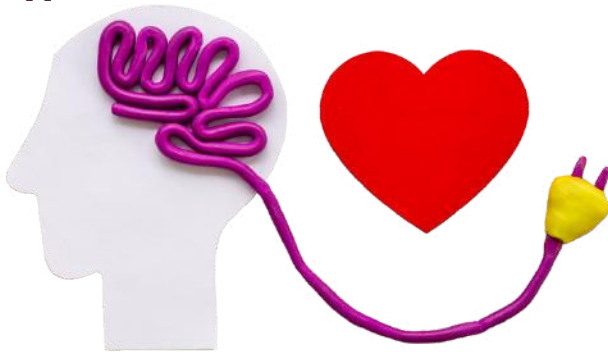
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MINDFULNESS COMPASSION PSYCHOLOGY CONTEMPORARY PRACTICE

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Winter Edition | 2024

SEASON GREETINGS



As the year turns, many of us experience this season differently. For some, it's a time of joy and celebration, while for others, it can bring memories that are difficult or even overwhelming. Whatever this season means to you, there's space for your experience.

In moments of stillness, I invite you to reflect on the idea of planting seeds — small acts of care, patience, and growth. Just as nurturing a plant requires gentle, consistent attention, so too does nurturing ourselves and our relationships. There's no perfect season for this; it can begin now, in the quiet of winter or the warmth of summer, whenever you feel ready.

As we move forward, let's remember that opening our hearts isn't tied to a specific date or tradition — it's a practice we can choose at any time. May this be a season of planting, tending, and growing, whatever that looks like for you.

In Kindness with care and presence.

Regina
December 2024

The Power of Pause: Why Rest is Revolutionary

Learn how true rest can spark creativity, emotional balance, and deeper connection during the busiest time of the year.

As the holiday season approaches, many of us find ourselves caught in a whirlwind of commitments, expectations, and endless to-do lists. Amidst the hustle, rest often becomes a distant luxury rather than a vital necessity. Yet, research and ancient wisdom agree: rest isn't just restorative—it's revolutionary.

In a culture that equates busyness with success, choosing to rest can feel radical. But rest isn't a retreat from life—it's a return to it. Here's why embracing rest this holiday season can transform how you experience life, love, and creativity.

REST FUELS CREATIVITY

Have you ever noticed how your best ideas emerge when you're taking a walk, daydreaming, or simply doing nothing? Science backs this up. Rest activates the brain's "default mode network," responsible for creative thinking, problem-solving, and insight generation.

Tap into restful creativity



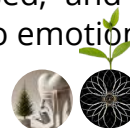
Micro-Pauses: Take five-minute breaks throughout the day to stretch, breathe, or enjoy a quiet moment. Set your alarm to not forget.

Daydream Time: Set aside unstructured time each week for creative wandering—no agendas, just being.

Mindful Tip: Try a "nature break"—a walk in the park or simply gazing out a window. Nature's rhythms naturally inspire creative flow.

REST BALANCES EMOTIONS

Rest isn't just physical—it's emotional. When we're constantly "on," our nervous system stays in a state of alert, making us reactive, stressed, and emotionally drained. Rest allows the mind and body to reset, returning us to emotional balance.





LET YOURSELF REST

If you're exhausted, rest.

If you don't feel like starting a new project, don't.
If you don't feel the urge to make something new,
just rest in the beauty of the old, the familiar, the
known.

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow,
do it.

If you want to do nothing, let yourself do nothing
today.

Feel the fullness of the emptiness, the vastness of
the silence, the sheer life in your unproductive
moments.

Time does not always need to be filled.
You are enough, simply in your being.

- Jeff Foster -

THE PEACE OF WILD THINGS

When despair for the
world grows in me
and I wake in the night
at the least sound
in fear of what my life
and my children's lives
may be,

I go and lie down
where the wood drake
rests in his beauty on
the water, and the
great heron feeds.

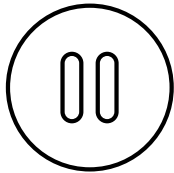
I come into the peace
of wild things
who do not tax their
lives with forethought
of grief. I come into
the presence of still
water.

And I feel above me
the day-blind stars
waiting with their light.

For a time
I rest in the grace of
the world, and am
free.

-Wendell Berry-

RESET EMOTIONALLY



Pause Before Responding

When emotions run high, take a breath before reacting. Even a brief pause can create space for thoughtful responses.



Digital **Detox**

Disconnect from digital devices for a few hours or even a whole day to reset emotionally.



Mindful **Practice**

Try a guided body-scan meditation to release stored tension and invite a sense of calm.

REST DEEPENS CONNECTION

When we are well-rested, we are more present, patient, and compassionate—qualities essential for deep and meaningful relationships. In the rush of holiday obligations, rest creates the capacity for genuine connection. Cultivate restful connection:

- **INTENTIONAL PRESENCE: DEDICATE SCREEN-FREE TIME TO BE FULLY PRESENT WITH LOVED ONES.**
- **SACRED SPACE RITUAL: CREATE A QUIET SPACE AT HOME WHERE YOU CAN GATHER WITH FAMILY OR REFLECT IN SOLITUDE.**
- **MINDFUL MOMENT: PRACTICE ACTIVE LISTENING BY GIVING YOUR FULL ATTENTION WHEN SOMEONE SPEAKS, WITHOUT THINKING AHEAD OR INTERRUPTING.**



REST AS A RADICAL ACT OF SELF-COMPASSION

In a world that praises productivity, resting is an act of rebellion—a declaration that your worth isn't tied to how much you accomplish. It's a reminder that you are worthy of care, attention, and restoration.

Rest Practice for Self-Compassion

- **Permission to Pause:** Give yourself permission to rest without guilt. Remind yourself that rest is essential, not indulgent.
- **Daily Wind-Down Ritual:** Create a calming evening ritual—dim the lights, sip herbal tea, or practice gentle yoga.
- **Affirmation:** "I honour my need for rest. In rest, I restore my strength, wisdom, and joy."



OVER 2 U – QUESTIONS TO PONDER ON



- When was the last time you truly felt rested—physically, emotionally, or mentally?
- How do you currently define rest? Is it relaxation, stillness, or something deeper?
- What beliefs or habits prevent you from allowing yourself to rest?
- Do you feel guilt when resting? If so, where might that feeling come from?
- How does being well-rested affect your emotions and relationships?
- How do you notice your body signaling when it needs rest?
- How might slowing down create more meaningful connections with yourself and others?
- In what ways could rest allow you to be more present during this holiday season?
- What restful practices could you incorporate into your daily life, even in small ways?
- How can rest become a regular act of self-care, not just something you do when you're exhausted?
- What would your life look like if rest was a sacred, non-negotiable part of your routine?
- What's one small, immediate change you could make this week to prioritise rest?



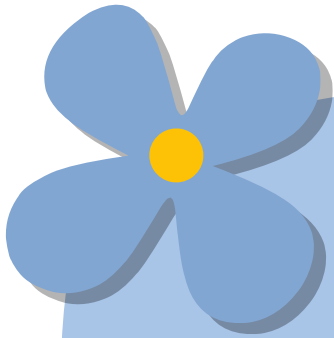
REVOLUTIONISING THE HOLIDAYS THROUGH REST

As you navigate the holiday season, consider rest your most powerful tool for showing up fully in your life. By resting, you reclaim your creativity, emotional balance, and ability to connect—both with yourself and others. This season, let rest be your quiet revolution.

PAUSE. BREATHE. BE.

Your rest challenge:
This week, schedule at least one hour of intentional rest. Notice how it impacts your energy, mood, and ability to connect. Remember: Rest isn't just something you do—it's a way of being. Let it change the way you live.





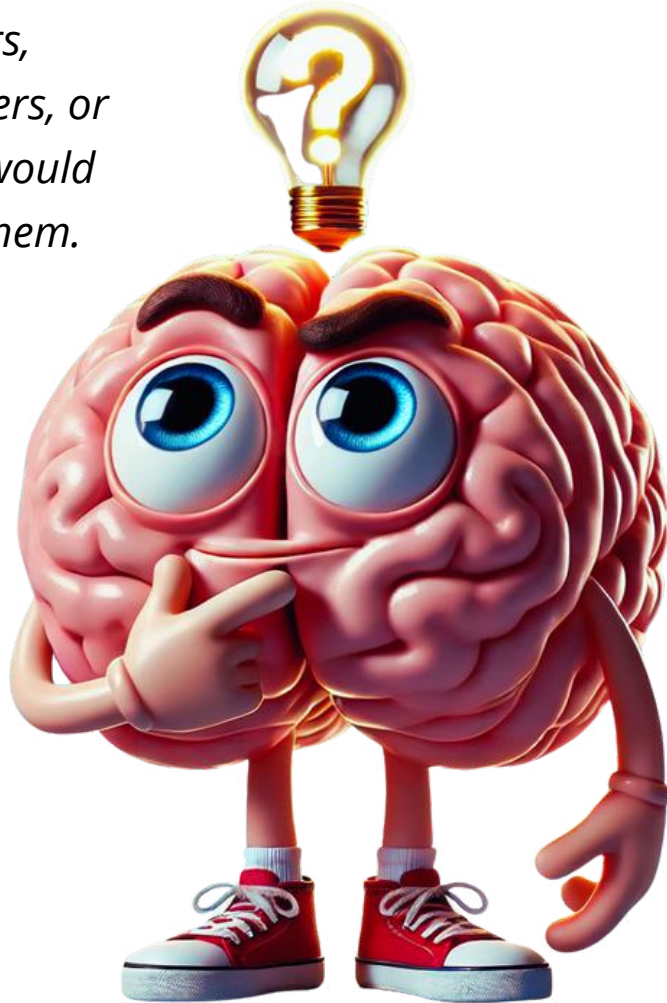
When you look at the studies on what makes for effective therapy, You know what it is? It's not the technique of the therapist. It's not their formal, academic or other qualifications. It wasn't the great insights of the therapist. That made the hugest difference. It was the capacity of the therapist to actually listen and really be present with the client'

Credit: Gabor Mate



What if ...? Emotional Creatures: Befriending Your Inner Angels and Monsters

*Facing Feelings:
Turning Emotions
into Characters,
Angels, Monsters, or
however you would
like to name them.*



YOU COULD imagine your emotions as colourful, animated characters, each with its unique personality and way of expressing itself?



AND SEE THEM ...

Just like the characters in the images, emotions aren't good or bad—they're simply visitors, bringing important messages about your inner world?



While Sadness might drift in, longing for stillness and reflection.

Joy might bounce into your life with bright energy,



Anger could burst forth, demanding fairness and change.

Fear quietly watches, trying to keep you safe.



Love, with its warm, glowing presence, gently reminds you of your capacity to care and connect.



AND

What if, instead of resisting these emotions, ...

... you invited them in with curiosity and kindness? Could you listen to what they have to say, understanding that each plays a meaningful role in your life's story? Like characters in a movie, they all contribute to your experience—sometimes clashing, sometimes harmonising, always adding depth to your human journey.

As you look at these playful, expressive figures, consider this: Which emotion feels most familiar to you right now? What might it be trying to tell you? How could you respond with compassion, knowing that no feeling stays forever?



Approaching emotions in this way transforms them from overwhelming forces into understandable, even lovable, parts of yourself. You can learn to acknowledge their presence, explore their meaning, and respond with care—just as you would with any friend who shows up at your door.

THE STORY OF THE MONSTER IN THE EMPERORS PALACE

A story told by Ajahn Brahm)



The anger eating demon as told by Ajahn Brahm - VoiceTube: Learn English through videos!

Thousands of YouTube videos with English-Chinese subtitles! Now you can learn to understand native speakers, expand your vocabulary, and improve your pronunciation...

 VoiceTube

Ajahn Brahm:
The emperor's three questions.

When is the most important time?
Now.

Who is the most important person?
The one you are with.

What is the most important thing to do? To care.



BOOK TIP

Monsters have fascinated people throughout history, sparking a wide range of emotions and meanings. For some, they symbolise fear or act as guardians against evil forces. Others imagine cuddly monsters that devour bad dreams. We all have "inner monsters"—hidden parts of ourselves that tend to surface when we least expect them.

Recognising the powerful symbolism of monsters, 40 talented artists came together to interpret this theme through their unique creative lenses. The result is a compelling deck of Monster Cards, designed as a playful and intuitive tool for personal exploration, creativity, and emotional awareness.

Monster Cards – The Power Pack for Intuition.
Playfully work with and explore personal, unwanted aspects of yourself. Uncover repressed emotions and engage with them intuitively.

Love my Monster: Monster Cards – May 22, 2020, Ulrike Hinrichs



***Image credit: copied from Amazon.com.au (books)

***Monster Cards in German language only

*****Drawing emotions as monsters can be a fun and creative activity.**

**TAKE A MOMENT 2 PAUSE AND
BREATHE**



Mindful Holidays: Prepare, Survive, and Thrive

As the holiday season approaches, there's a familiar rush—a whirlwind of plans, gatherings, expectations, and endless to-do lists. The promise of joy and connection often becomes overshadowed by stress, leaving us drained when we most crave meaning and togetherness. But what if this year could be different? What if the holidays became a time not only to give but also to receive—rest, presence, and compassion? Mindfulness offers us that possibility: to slow down, breathe deeply, and meet the season with intention. Here's how to prepare, survive, and thrive during the holidays—not just by doing more, but by being more present.

MINDFUL XMAS TIPS: Sacred Space: Create a quiet nook at home for stillness, meditation, or journaling.



Mindful Holidays: Prepare, Survive, and Thrive, cont.

Prepare: Set intentions, not just plans. Holiday preparation often means shopping lists, meal plans, and endless tasks. But true preparation begins within. **Before the season sweeps you away, pause and reflect: What do you want this holiday season to feel like?**

Create meaningful rituals: **Choose** one **SIMPLE** heartfelt tradition that reflects your values—lighting a candle at dinner, sharing a gratitude moment, or writing a handwritten note.

Gratitude Check-In: End each day by naming one meaningful moment, no matter how small.

Sacred Space: Create a quiet nook at home for stillness, meditation, or journaling.

Survive:
Find Peace in the Chaos.

EVEN THE BEST-LAID PLANS CAN UNRAVEL, LEAVING US FEELING OVERWHELMED. WHEN THE SEASON GETS INTENSE, RETURN TO YOURSELF WITH COMPASSION. YOU CAN'T CONTROL EVERYTHING—BUT YOU CAN CONTROL HOW YOU RESPOND.

Simplify & Prioritise: Say "yes" to what matters most, and give yourself permission to say "no" when needed.



Mindful Holidays: Prepare, Survive, and Thrive, cont.

Mindful Giving: Offer gifts of experience, kindness, or time rather than material things.

✿ When **chaos** stirs, ask:
Can I **pause** and take three deep breaths?
Can I step outside for fresh air or a short walk?
How can I **respond with kindness**—especially to myself?

Breathing Breaks: Set a timer on your phone for mindful breathing pauses throughout the day.

Thrive: Nurture Joy and Presence
To truly thrive during the holidays, reconnect with what matters most—presence, connection, and love. Rather than chasing the perfect holiday, lean into the imperfect, the real, the human. Joy doesn't live in flawless decorations or perfect gatherings—it lives in shared laughter, simple moments, and acts of kindness.

Mindful Thriving Practices:
Be Present in Conversations: Put away your phone, make eye contact, and listen deeply.

Celebrate the Little Things: A good meal, a warm hug, a quiet morning with tea—let these moments be enough.
Practice Generosity of Spirit: Offer patience, forgiveness, and compassion—not just to others, but to yourself.



Mindful Holidays: Prepare, Survive, and Thrive, cont.

Ask yourself:

What makes me feel truly alive and connected during the holidays? How can I give attention—not just gifts—to the people I care about? What small joys can I savour today?

Your Mindful Holiday Intention:

This season, may you prepare with purpose, survive with grace, and thrive with joy. May your holidays be less about perfection and more about presence. May you give not just gifts, but time, attention, and love. And may you receive the same in return—from others and from yourself.

Breathe. Pause. Be.

This holiday season can be a time of wonder—not because it's perfect, but because you are fully here to experience it.



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REFLECTING ON 2024 LESSONS AND GRATITUDE

A year of meaningful moments

As the year comes to a close, I find myself pausing to reflect on the adventure that has been 2024—a year of growth, change, and unexpected joys. Personally and professionally, it has been a season of planting seeds, nurturing possibilities, and trusting the process of becoming. It hasn't always been easy, but it has been meaningful.

After the lingering hesitations brought on by the post-pandemic years, I finally embraced travel again. Two overseas trips reignited my love for exploring, restoring a sense of possibility and freedom I had missed. A particularly moving experience was hiking in the Pyrenees—a challenge made easier by the physical training I'd committed to throughout the year.

Visiting Spain was a creative inspiration, especially seeing Gaudí's architectural marvels. His work spoke deeply to the power of vision, patience, and allowing ideas to evolve—lessons I found mirrored in my personal and professional life.

REFLECTING ON 2024 –LESSONS AND GRATITUDE, CONT.

This year saw a meaningful return to long-distance running, including participating in several half-marathons. Training became a grounding force—a space where commitment, discipline, and joy met. Running, swimming, and cycling became part of my daily rhythm, providing a much-needed anchor during busy periods.

The changing seasons brought natural adjustments to my routine, especially after returning from time away. But what stayed constant was a deeper appreciation for movement as both a physical and mindful practice—a space where effort and ease could coexist.

Another highlight was reconnecting with classical music—a long-standing love that has always offered comfort and inspiration. A memorable experience was attending a Brahms concert performed by WASO in Perth. In that shared space, surrounded by music that felt timeless, I was reminded of the importance of making time for the things that truly nourish my soul.

REFLECTING ON 2024 –LESSONS AND GRATITUDE, CONT.

Professionally, 2024 was a year of expansion and learning. I continued advanced EMDR training and supervision toward next level accreditation, exploring relational, integrative, and attachment-informed EMDR approaches. This training has added depth and perspective to my practice, for which I'm deeply grateful.

Working with clients from all walks of life continues to be a privilege. It's humbling to witness the resilience and commitment clients bring to their personal growth. I've come to see my role as a guide—a listener and enabler—helping clients rediscover their strengths and build new possibilities through the power of neuroplasticity.

Group therapy has been especially meaningful. One of the highlights was facilitating a group of 10 participants who are now completing their first of three modules. Witnessing their progress and the connections they've built with one another has reaffirmed my belief in the healing potential of shared experiences.

REFLECTING ON 2024 – LESSONS AND GRATITUDE, CONT.

Mindfulness and self-compassion have remained central to both my personal and professional worlds. Hosting Insight Timer sessions has been a rewarding way to share practices that matter deeply to me. Looking ahead, I'm excited about stepping into new teaching and supervisory roles within the mindfulness space here in Australia—an evolving journey I'm eager to explore further.

Looking Ahead with Gratitude

As I prepare to step into 2025, I feel a quiet sense of readiness—not driven by rigid goals but by openness to what's next. Expanding group therapy programs, stepping into new roles within the mindfulness teaching community, and possibly transitioning into a new private practice space are on the horizon.

One of the defining lessons of 2024 has been the art of allowing—letting life happen for me, not to me. Trusting that things unfold as they are meant to has brought both peace and perspective. It's been a year of learning to hold the difficult and the joyful side by side, knowing that both have their place.



end of **YEAR** *meditation*



LOOKING AHEAD: A GLIMPSE INTO 2025

A year of meaningful moments

As we step into 2025, it's a perfect time to reflect on how we can live with.

GREATER AWARENESS, COMPASSION, AND PURPOSE.

Every year, the global calendar is filled with special days dedicated to celebrating, appreciating, and acknowledging the beauty of our shared existence. These days remind us to pause, reflect, and take action for causes that matter—not just to the world, but to our own well-being. These dedicated days remind us to celebrate our humanity, protect the Earth, and support one another through life's challenges. They offer intentional pauses in our busy lives—opportunities to reconnect with what matters most and take small, meaningful actions toward a better world.



**Celebrating Well-Being
Mental Health
Honouring Our Planet
Embracing Peace & Unity
Valuing Connection
Cultural Awareness**

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Mark Your 2025 Calendar Days That Inspire Awareness and Action

Add you special days, b'day, anniversaries, ...

JANUARY

31 | National Hot
Chocolate Day

FEBRUARY

17 | Random Acts
of Kindness Day

MARCH

20 | International
Day of Happiness

APRIL

22 | Earth Day

MAY

16 | International
Day of Living
Together in Peace

JUNE

8 | World
Oceans Day

JULY

30 | International
Day of Friendship

AUGUST

19 | World
Humanitarian Day

SEPTEMBER

21 | International
Day of Peace

OCTOBER

10 | World
Mental Health
DaY

NOVEMBER

13 | World
Kindness Day

DECEMBER

5 | World Soil
Day

Source: UN Days in 2025 timeanddate.com/holidays/un/2025



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- **Set Intentions:** Choose a few special days that resonate with your personal values and commit to honouring them in a meaningful way.
- **Get Involved:** Participate in local or global events, volunteer, or organise your own initiative.
- **Reflect & Act:** Use these days as milestones for personal reflection and growth. Contemplate about what each day means to you and how you can live its values year-round.

LET'S MAKE EVERY MOMENT COUNT. EMBRACE & CELEBRATE LIFE'S BEAUTY, CARE FOR OUR PLANET, AND NURTURE OUR SHARED HUMANITY—ONE INTENTIONAL ACT AT A TIME.



The planet DOESN'T need
more "successful" people.
The planet desperately NEEDS -
more peacemakers, healers, restorers
* storytellers & lovers of ALL kinds.



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love, peace, and joy

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