



Montclair Health Associates

Peak Performance, Meditation,
and Mindfulness Training

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www.MontclairHealth.com

The Elephant in the Room:

A Guide to Presence, Equanimity and
Concentration
for People in the Helping Professions

Caga describes the state of mind of the generous giver, or the desire to give. In order to cultivate generosity, one must develop the ability to concentrate with an awareness that is just naturally present all the time. With skillful means, our mind can become focused, lighthearted, and more available to insight. This calming state of mind allows a felt sense of collaborative connection to ourselves, our clients, and, our work. As we cling less to our own burdens- so will our clients to theirs.

Obtaining an unburdened mind that stays on task is paramount to being fully present. However, calming mental content takes practice and a knowledgeable guide. Indio-Tibetan culture refers to the Elephant as a metaphor for the mind. Left to run wild the elephant is capable of great damage, yet when trained is also capable of great benefit to others.

Those who wish to travel the Helping path must, through deepening introspection, be able to do the practices that generate higher insight, higher consciousness and the capacity to be of true and lasting benefit to others. One's own capacity to be effective hinges on the state of one's own mind.

The Elephant in the Room training teaches generating and maintaining these beneficial states of mind. Come learn how to find a simpler way to generosity, peace and contentment.

All classes are taught by Bob Jaskiewicz, licensed psychotherapist, who has over twenty years training in States of Mind. Classes are scheduled on weekend mornings and afternoons to accommodate professionals' needs. Each participant's progress is followed closely and classes are limited to ten people to ensure time for individualized instruction.

Training Beneficial States of Mind offers:

- Developing the skills for uninterrupted alertness, quieting the busy or agitated mind
- Reducing the wandering "clouds" of the mind so the mind doesn't get distracted
- Gaining a world-view leading to dedication to profound happiness for self and others
- Understanding Mindfulness and beyond to obtain the ability and virtues of equanimity
- Learning *productive* states of mind that generate resolve, wisdom, peacefulness, and compassionate presence

Please call us at (973) 509-8879, or email bob@montclairhealth.com for complete details.