

OPENING THE LIMITATIONS OF OUR PERSONAL IDENTITY

Tucson Community
Meditation Center

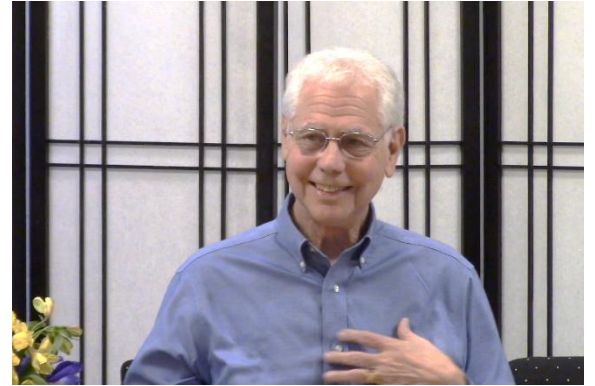
IN-PERSON
WORKSHOP DEMONSTRATION
Saturday, July 29, 2023

How we think, how we act, how we see things, and how we feel all become our identity.

This identity organizes our reality: How things are to us and what they mean.

We get caught up in the daily trials and tribulations of our lives. We get lost in our routines and habitual ways of thinking and being. The patterns of our lives become repetitious, and our ways of reacting become automatic.

It does not have to be this way!



Hayward M. Fox, Ph.D.

8:30 AM – Noon

Cost: \$45

[REGISTER](#)

How we see ourselves, how we see our circumstance, and how we see the future are dependent upon our ever-changing state of mind. Our *state of mind* influences our mood, self-concept, and relationship with the people around us.

During this half-day **Workshop Demonstration**, we will practice *state* regulation. This is a body-mind interaction designed to interrupt our limited and sometimes dysfunctional ways of being.

[For more information](#)
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