

ALAMEDA COUNCIL OF COMMUNITY MENTAL HEALTH AGENCIES PRESENTS:

DR. DAN SIEGEL

# Mindfulness and Our Interconnected Reality

A systematic survey of consciousness has revealed a first-person experiential pattern of descriptions consistent with ancient wisdom teachings – that awareness, interconnection, and love appear to be three interwoven threads forming a tapestry of the deep fabric of life.

Biological and physics perspectives suggest that a “separate self” may be only one part of a much larger view of the deeply interconnected nature of reality. Part of the journey forward for humanity may be to expand our consciousness and integrate our identity – with practices like mindfulness – to embrace a wider view of who we truly are.



*Dr. Siegel* is a clinical professor of psychiatry at the UCLA School of Medicine, the founding co-director of the Mindful Awareness Research Center, and the Executive Director of the Mindsight Institute. Dr. Siegel has published extensively and serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology.

For more information please visit: [www.DrDanSiegel.com](http://www.DrDanSiegel.com) and [www.mindsightinstitute.com](http://www.mindsightinstitute.com)

**TUESDAY, OCTOBER 6 • 10–11:30 A.M.**

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