



Spring Happenings

A SPOT OF SERENITY



SPRING SELF- COMPASSION CIRCLE

In a world where striving, productivity, and achieving are highly valued, it can feel revolutionary to put our focus on something like **Self-Compassion**. But I have found that this actually allows us to better show up for others--and for the 'action journey' of modern life. In the spirit of self-compassion, I am offering a virtual community circle where we will work through Kristin Neff's book, *The Mindful Self-Compassion Workbook*. The **Self-Compassion Circle** will meet on Sundays at 7pm, starting on March 9 on Zoom. Message Abby to sign up: 919-749-5072; ampujaabby@gmail.com. Namaste, and Happy Spring! :)
~Abby

Contact Abby:

919-749-5072

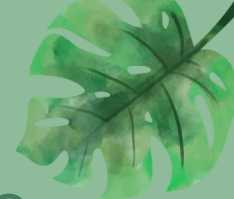
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*"The way you treat your **own heart** is the way you will end up treating everyone else's."*

-John Eldridge





THE KINDEST THING: TUNING IN TO SELF-COMPASSION

Check out my latest blog post, where I explore the power of self-compassion and how we can bring more of it into our life experience.

PAUSE. BREATHE.

REIKI! HEALING AND TRAININGS AVAILABLE

Perhaps you are new to Reiki and want to experience the power of this Japanese healing modality for yourself. Or maybe you have taken a course in Reiki, but you want to go deeper with your knowledge and skills. Either way, a Spot of Serenity is your trusted Reiki Resource! Join Dr. Abby Ampuja for a Reiki healing session, or sign up for Reiki 1, 2, or 3 training and certification. All are offered on a continual, rolling basis, so reach out today to find a time that works best. Reiki is the gift that keeps on giving—body, mind, and spirit!

Contact Abby:
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Find us Online!

<https://www.spotofserenity.com/>

*"If your **compassion** does not include **yourself**,
it is incomplete."*

-Jack Kornfield

