

# Cultivating mindfulness and the heart qualities

With Mal Huxter, Clinical Psychologist  
The Relaxation Centre Brisbane



**Talk: Cultivating mindfulness, loving-kindness, compassion, appreciative joy and equanimity.**

Friday 24/2/17-7.00-8.30pm

**Weekend workshop/urban retreat**

Saturday 25/2/17 focusing on mindfulness and equanimity

Sunday 26/2/17 focusing on compassion, loving kindness and appreciative joy.

**The talk** will involve an overview of mindfulness and the four heart qualities and how their cultivation leads to the transformation of suffering to wellbeing, peace and genuine happiness. It will involve a power point presentation and be followed by a short meditation practice with an opportunity for questions and discussion.

**The workshop /urban retreat** will provide basic guidance in and the opportunity to practice mindfulness, equanimity, compassion, loving kindness (metta) and appreciative joy as meditations. The workshop/urban retreat will involve small and large group interactive discussion, reflection, experiential exercises sometimes in pairs, mindful movement, guidance and periods of meditative silence.

Both the talk and the workshop/urban retreat will draw on Mal's Buddhist meditation training as well as his experience as a clinical psychologists using approaches such as: Acceptance and Commitment Therapy (ACT) Mindful Self Compassion (MSC, Germer and Neff), Compassion Focussed Therapy (CFT, Paul Gilbert) and Positive Neuroplasticity Training (PNT-Rick Hanson).

**Mal Huxter** (MAPS, AABCAP) is a clinical psychologist in private practice. He is the author of "Healing the heart and mind with mindfulness. Ancient path, present moment", Routledge 2016. He has been teaching mindfulness and the four heart qualities to the general public, different cultures, clinical populations, therapists and other professionals since 1991. He began training in Buddhist meditation practices in 1975, living in Thailand as a Buddhist monk for two years in the

late 1970's. As well as Theravada he has trained in other Buddhist and spiritual traditions. For more info about Mal go to: [www.malhuxter.com](http://www.malhuxter.com)

Bookings:

To book into the talk please follow this link:

<http://www.relaxationcentreqld.org/programme/cultivating-mindfulness-and-the-heart-qualities/>

To book into the workshop-urban retreat at the Relaxation Centre Brisbane, please follow this link:

<http://www.relaxationcentreqld.org/programme/a-weekend-of-mindfulness-and-cultivating-the-heart/>