



THE PRACTICE OF MINDFULNESS HAS ENABLED ME TO LIVE WHAT IS TRUE AND AUTHENTIC

When I learned I was going to be losing my hair permanently, it didn't come as a surprise, and I never asked, "Why me?" Mostly, I was relieved to learn that the cause was not life threatening, genetic or contagious — and that I had choices.

In many ways, the decision to be a bald woman in public has felt like a natural extension of my spiritual practice, a theory meets practice litmus test.

To me, Jewish mindfulness means being connected to the lessons and messages we are given through our ancestors. My spiritual growth incorporates my sense of presence through the richness and language of Judaic teachings, cycles and practices. Practically, it has enabled me to become more aware of my actions and reactions, and to work toward tempering them with acceptance of myself and others.

Jewish mindfulness study and *attention to intention* has enabled me to be present, to live what is true and authentic for me in the moment. And along the way, I've experienced first hand the power of compassion, love, strength, gratitude and grace.

My life has truly been enriched by mindfulness practice. And I am certain that my ability to draw strength to accept the twists and turns of my own story so far has been eased by my Jewish mindfulness practice.

I am so grateful.

— *Bea Leopold*
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