



March 12–14, 2010 Friday–Sunday

Wild Chickens and Petty Tyrants: Metaphors for Mindful Living

Arnie Kozak

Robert Frost warned, “Unless you are at home in the metaphor, unless you have had your proper poetical education in the metaphor, you are not safe anywhere.” Metaphors powerfully influence everything we think and say, and the metaphors we use can determine our happiness—or lack thereof. Recognizing and changing our metaphors can move us toward greater joy.

This weekend, we will explore mindfulness, itself a powerful transformational process, made more accessible through metaphor. We will also explore metaphors for mind, self, “ordinary craziness,” acceptance, and practice from Arnie Kozak’s book *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness*. Through metaphor-work, poetry, meditation, and interactive exercises, you will

- Learn mindfulness in an accessible and memorable way
- Author new metaphors to reprogram long-standing habits
- Develop tools and perspectives to relieve suffering, reduce stress, and increase happiness and satisfaction
- Leave with a lexicon of practical metaphors for integrating mindfulness into daily life.

Arnie’s repertoire of teaching skills and practical metaphors will make the value of mindfulness readily available so that you can live the wisdom of mindfulness in every moment.



Arnie Kozak, PhD, is a licensed psychologist and founder of Exquisite Mind in Burlington, Vermont, where he practices mindfulness-based psychotherapy and teaches meditation. He is the author of *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness*. Since 1985 when he took the Bodhisattva vows from His Holiness the Dalai Lama in Bodhgaya, India, he has practiced meditation, yoga, and psychology. He has recently lectured in psychology for the University of Vermont and is a clinical instructor in medicine at the University of Vermont College of Medicine. www.exquisitemind.com



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