EVERYDAY HEALING

How to work with your own pain
When we're born, nobody really tells us how to live.
We are shown how to live by the people and environments around us.

For most of us, that means mimicking the way other people live.
Growing up, nobody really explains this part of life to us...

Our minds and all the things our minds create can often be a complete and total mystery.
THINGS LIKE OUR PRAYERS
HOPES DREAMS
WISHES THOUGHTS FANTASIES
FEELINGS and FEARS
BECOME SECRET WORLDS INSIDE
OF US THAT ONLY WE KNOW
ABOUT.
AND SOMETIMES, WITHOUT ANYBODY ELSE EVEN KNOWING IT...
WE FIND Ourselves IN PAIN
If you have experienced pain—

to whatever degree—
either from one hurtful event or lots of times in your life when you did not feel safe,

your body is most likely carrying a memory of it somewhere.
This might lead you to believe there is something wrong with you.
You may be struggling in some way, or deeply afraid of something...

You may not feel good about yourself or proud of who you are.

You think you are broken...

But...
YOU ARE MOST CERTAINLY NOT BROKEN

YOU ARE IN NO WAY BAD
you are somebody who matters
you are still becoming all that you are
DID U KNOW?

YOU HAVE TOOLS INSIDE YOU RIGHT NOW THAT CAN TRULY HELP YOU ON YOUR JOURNEY TOWARD HEALING
Some of the most basic tools you have are your breath, your attention and present moment awareness.
YOUR BREATH

IS THE CONSTANT RHYTHM
OF TAKING IN AND LETTING GO.

IT IS ALWAYS THERE, ALWAYS BREATHING.

EVEN THOUGH IT IS AUTOMATIC
LIKE DIGESTION,
YOU CAN ALSO TEACH IT
TO SEND HELPFUL
MESSAGES

TO YOUR BRAIN.
Learning how to deepen and lengthen your breath sends a signal to your brain that 'things are okay.'
As you relax and feel steady, your perspective gets bigger.

You can see better solutions to problems.
YOUR ATTENTION
IS THE WAY YOU
DIRECT YOUR
ENERGY.

IT IS LIKE A
CAMERA LENS
THAT CAN
FOCUS ON
DIFFERENT THINGS.
IT CAN FOCUS ON THE PAST, THE FUTURE & RIGHT NOW (the present moment)

IT CAN

ZOOM IN, ZOOM OUT

and

CHANGE DIRECTIONS
YOUR ATTENTION CAN SOMETIMES WANDER...

...BUT YOU CAN ALSO TEACH IT TO FOCUS ON WHAT IS HELPFUL TO YOU.
Present Moment Awareness is Being Here Now
Sometimes people call this level of attention to the present moment mindfulness. It's the ability to notice what is happening as it's happening.
NOT STUCK IN THE PAST

NOT JUMPING AHEAD TO THE FUTURE

YOU ARE NOT FOCUSED ON THE STORY OF OLD PAIN...

...OR WORRYING ABOUT WHATEVER MAY COME.
It's like the difference between drinking your coffee while your mind is reviewing an argument you had... versus actually tasting your coffee as you drink it.
Here are a few simple exercises that will help you develop mindfulness in your own life.

You can practice them anywhere, anytime without anyone even noticing.
BELLY BREATH

Put one hand on your belly.

Put one hand on your chest.

BREATHE

As you inhale, try to get the hand on your belly to lift first, then the hand on your chest. As you exhale, feel both hands relax. Keep going.
CANDLE GAZE

Stare at the center of the flame

Relax your eyes

Start to breathe steady and cool

Don't let distractions pull you around

You are steady and calm
3.2.1

Say out loud 3 things you can see.

Say 2 things you can hear.

Say 1 thing you can touch.

Keep doing this until you can remember you are here, now.
NOW BREATH

BREATHE.
SILENTLY SAY 'NOW'
WITH EACH EXHALE.

KEEP GOING UNTIL YOU FEEL AWARE
OF THE SIGHTS, SOUNDS AND FEELING OF
YOUR FEET ON THE GROUND IN THIS MOMENT.
Your breath, attention and awareness are not magic erasers for pain. They are not the only ingredients for healing. We also need each other very much as we heal.
Still, knowing how to steady our breath, focus our attention, and be in the present moment will throw us a lifeline when we are stuck and confused.
PRACTICE USING OUR TOOLS BUILD WISDOM AND CREATIVITY BEYOND THE HABITS OF OUR PAIN.

IT CAN SHOW US WHAT TO DO NEXT TO SUPPORT OUR WELL-BEING.
We have a centered self always there waiting to be discovered.
Moment to moment
breath by breath
day by day...

We can experience
healing in our
everyday lives.
The Porch Light program is a collaboration between Mural Arts Philadelphia and the City of Philadelphia’s Department of Behavioral Health and Intellectual disAbility Services (DBHIDS). Kensington Storefront funders include DBHIDS, Department of Licenses & Inspections, Drug Enforcement Administration Philadelphia Field Division, Hummingbird Foundation, National Endowment for the Arts, Patricia Kind Family Foundation, Rostair Foundation, Stavros Niarchos Foundation, and TD Charitable Foundation. Support for Mural Arts’ Neighborhood Storefronts and Hubs is provided in part by the National Endowment for the Arts.

Kensington Storefront partners include Prevention Point Philadelphia, Impact Services, and New Kensington CDC.