

"Jerry Braza's insight and sensitivity to individuals coping with rare disease is tremendous. His presentation about cultivating mindful relationships in the face of daily adversity at the 7th International Cystinosis Congress in Paris was embraced by all our conference guests—patients, families and medical professionals."

**Cystinosis Foundation
Executive Director
Valerie Hotz, J.D.**

"Jerry Braza is a healer. When he presents, he creates an environment of care for every attendee in his sessions. His ideas never get ahead of his heart and his infinite ability to model mindfulness, because he lives what he teaches every moment of his life.

Troubled Youth Conference has invited Dr. Braza to present many times because the professionals who attend our conference consistently rate his sessions as overwhelmingly positive experiences."

Bonnie Shaw, Ph.D.

"Jerry is a seasoned and gifted workshop leader and Sangha connector. He has embodied compassion in our greater Alaskan mindfulness community. He possesses clarity, depth of knowledge and a mindful cadence, while empowering those ready for a deeper way of looking."

**Leon Webber, D.Mn.
Therapist**

MINDFULNESS SEMINARS

From the author of
*The Seeds of Love:
Growing Mindful
Relationships*

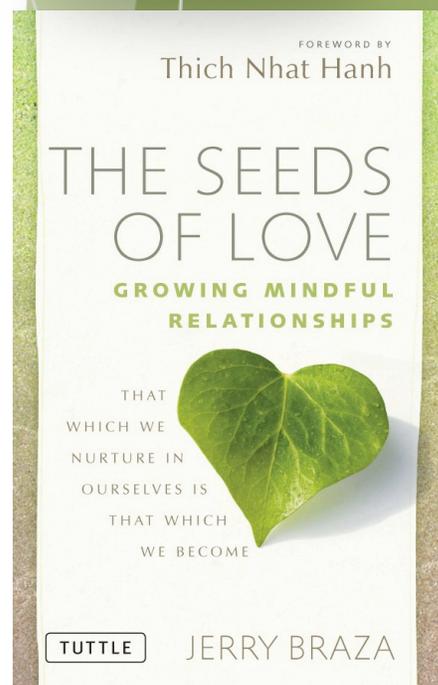
By Jerry
Braza,
Ph.D.

Meet Jerry Braza, Ph.D.

Jerry offers years of experience and practice in helping those who are interested in living up to their deepest aspirations. Specializing in mindfulness and relationships he conducts retreats, seminars, workshops and classes in a variety of spiritual and secular venues.

Jerry is a mentor and ordained dharma teacher in the lineage of Buddhist Master Thich Nhat Hanh as well as professor emeritus at Western Oregon University. His newest book, *The Seeds of Love: Growing Mindful Relationships*, focuses on applying mindfulness to deepen the depth and quality of relationships. The foreword has been contributed by Zen Master Thich Nhat Hanh.

Consider contacting Jerry to learn more about what he may offer to you and your group or organization.



For interviews or events, contact Jerry at Jerry@WateringtheSeedsofLove.com or 503-385-6474.