

Spiritual Frontiers Fellowship  
*presents*  
***Life Is a Verb:  
Six Practices for More Mindful Living***

“Life is complex, not complicated,” says **Patti Digh**. “But we insist on confusing what is complex with what is merely complicated.” There is a difference: A moon launch is complicated. Fixing your car is complicated. But raising a child or finding more meaning in your life is complex. Come learn what those differences are, and how solving a complicated problem is vastly different from walking into complexity.

Patti discovered the difference in 2003 when her stepfather died from lung cancer just 37 days after his diagnosis. In response to the question “What would I be doing today if I only had 37 days to live?” she started writing her award-winning blog, *37days.com*. Thirty-seven of her blog essays form the foundation of her 2008 book, *Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally*.

In her talk, she will share the “Six Practices for Intentional Living” outlined in *Life is a Verb*, and engage us in stepping into complexity in order to live more mindfully. Using her “story-based insights with a lot of laughter thrown in,” and interactive exercises to embed the knowing in us, she’ll explore what it means to:

**Say Yes.** How can you live a “yes, and” rather than a “yes, but” kind of life?

**Love More.** How could adoration (of yourself and others) revolutionize your life?

**Be Generous.** How can you give (and receive) something more valuable than money or things?

**Trust Yourself.** How can you choose whom you spend your time with?

**Speak Up.** How can you stand tall, yet give up your attachment to being right?

**Slow Down.** How can you pay attention and stand still in a world moving at warp speed?

Her smart, funny, and moving presentation will touch your heart deeply. You may come away both laughing and crying, and with a clearer sense of what’s important in your own life.

Patti Digh (pronounced “dye”) is a North Carolina-born master storyteller whose stories are full of humor, poignancy, surprise, pain, and knowing. *Life Is a Verb* was one of five finalists for the prestigious Books for a Better Life award and a nominee for a Book of the Year award from the Southern Independent Booksellers Association. Her award-winning blog on which it was based, *37days.com*, brings together readers aged 12 to 95 and from across the globe; readers of the blog created an unprecedented 43-city book tour for her when the book debuted. This fall she has two new books out: *Four-Word Self-Help: Simple Wisdom for Complex Lives* and *Creative Is a Verb: If You’re Alive, You’re Creative*. Patti lives in Asheville with her husband, two daughters, and a dog named Blue.

**Friday night with Patti:** Patti Digh will be reading from her newest book, *Creative Is a Verb*, on Friday, December 3rd at 6 p.m. at Ornamentea in Raleigh. *This is not an SFF event*; see [www.Ornamentea.com](http://www.Ornamentea.com) for details.



***Patti Digh***

**Thursday, December 2, 2010**

**4900 Waters Edge Dr, Suite 190  
Raleigh, NC**

**Admission: \$10;  
\$8 seniors & students**

**Doors Open - 6:45 PM  
Meeting - 7:15 PM  
Early Meditation - 6:30 PM (free)**

Visit us online at [www.Spiritual-Frontiers.com](http://www.Spiritual-Frontiers.com).  
SFF meets the first Thursday of every month except July.