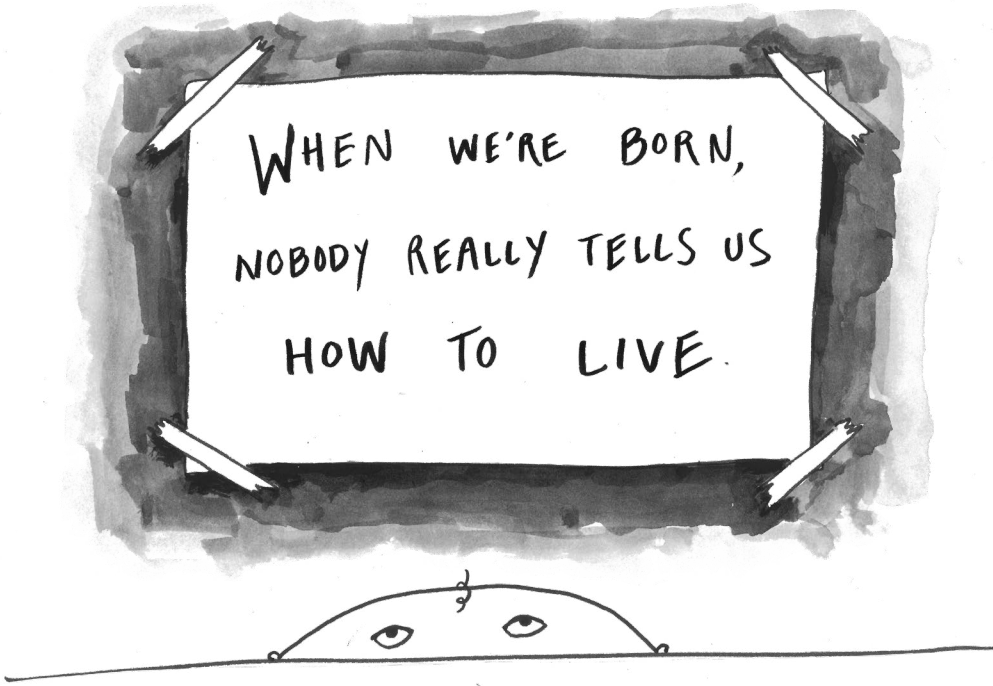


# EVERYDAY HEALING

HOW TO WORK WITH YOUR OWN PAIN

A hand-drawn illustration. At the top, a rectangular sign is pinned to a dark, textured background with four white pushpins. The sign contains the text: "WHEN WE'RE BORN,  
NOBODY REALLY TELLS US  
HOW TO LIVE." Below the sign, a simple line drawing shows a curved horizon line with two eyes and a small nose peeking over it.

WHEN WE'RE BORN,  
NOBODY REALLY TELLS US  
HOW TO LIVE.

WE ARE SHOWN HOW TO LIVE BY  
THE PEOPLE AND ENVIRONMENTS  
AROUND US.



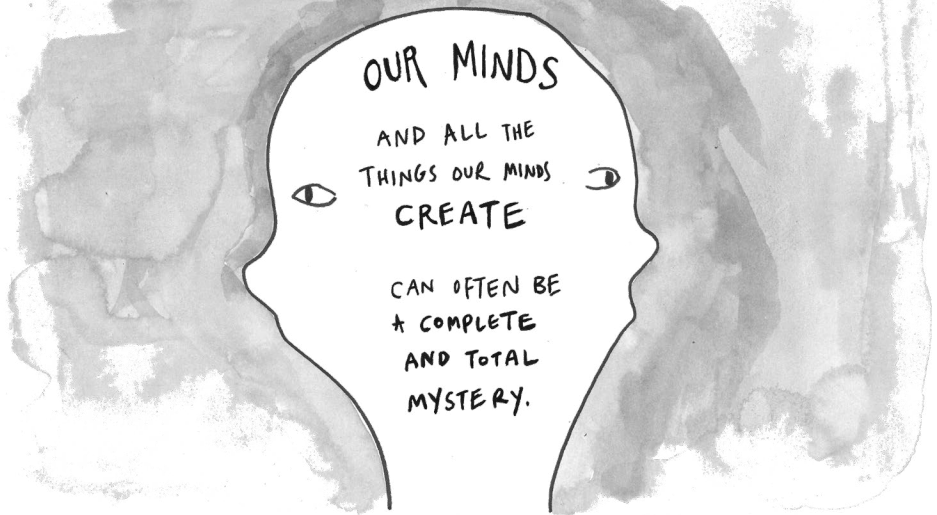
FOR MOST OF US, THAT MEANS  
MIMICKING THE WAY OTHER  
PEOPLE LIVE.

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

HOPE

DREAMS

PRAYERS

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.

A hand-drawn illustration of a dark, leaf-like shape with a wavy line above it. The wavy line contains the text '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 MAY  
THINK YOU ARE  
BROKEN

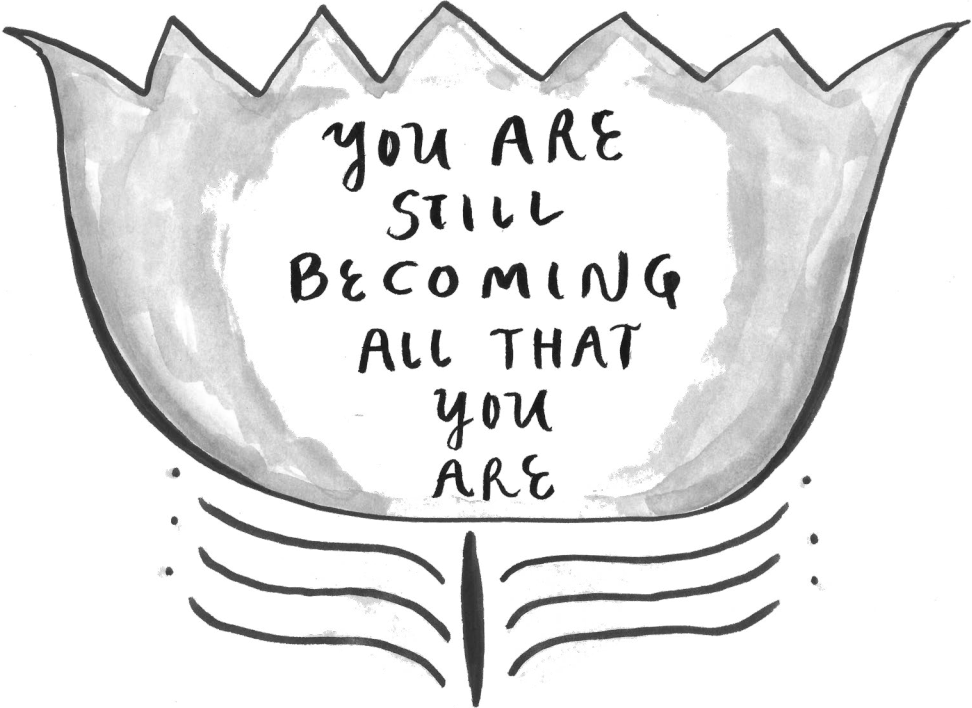


BUT...

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

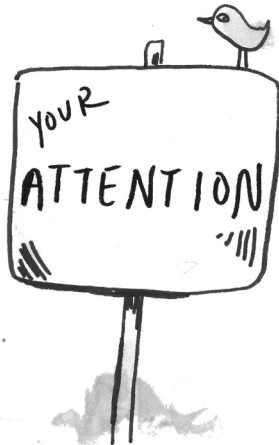
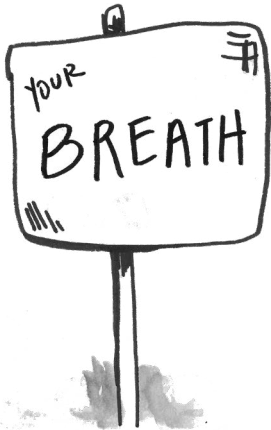
The illustration features a hand-drawn lotus flower with a scalloped top edge. The interior of the flower is shaded with light gray watercolor. The text is written in a simple, hand-drawn font in the center. Below the flower, there are several horizontal wavy lines representing the stem and leaves, with a vertical line in the middle. Small dots are scattered around the base of the flower.



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

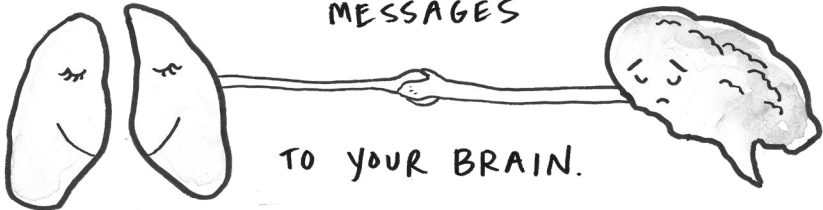


# YOUR BREATH

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

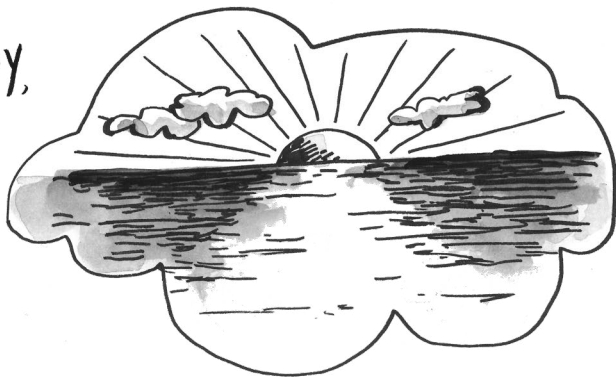
DEEPEN

and

LENGTHEN

YOUR BREATH SENDS A SIGNAL TO YOUR  
BRAIN THAT 'THINGS ARE OKAY.'

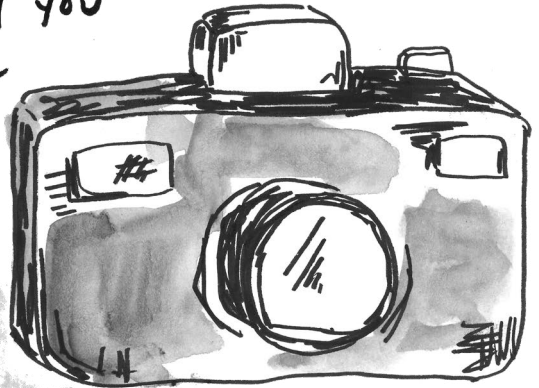
AS YOU RELAX  
AND FEEL STEADY,  
YOUR PERSPECTIVE  
GETS BIGGER



YOU CAN SEE  
BETTER SOLUTIONS  
TO PROBLEMS.

# YOUR ATTENTION

IS THE WAY YOU  
DIRECT YOUR  
ENERGY.



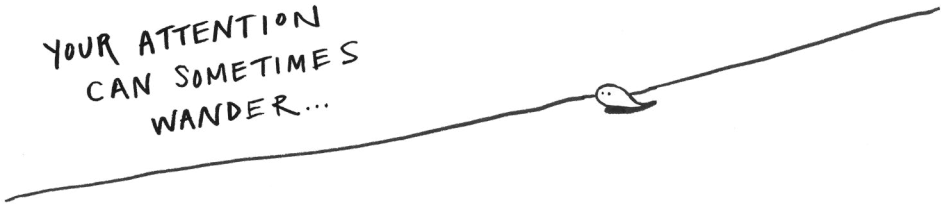
IT IS LIKE A  
CAMERA LENS  
THAT CAN  
FOCUS ON  
DIFFERENT THINGS.

IT CAN FOCUS ON THE PAST,  
THE FUTURE & RIGHT NOW (the present moment)

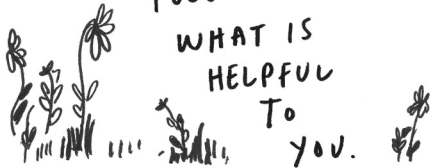
IT CAN

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

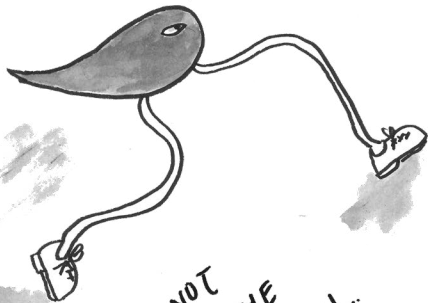
MINDFULNESS

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 PAIN  
MAY COME.



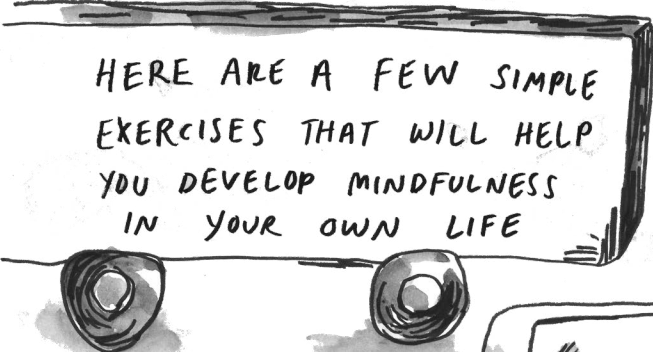


IT'S LIKE THE DIFFERENCE BETWEEN  
DRINKING YOUR COFFEE WHILE YOUR  
MIND IS REVIEWING AN ARGUMENT  
YOU HAD...




... 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 + 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

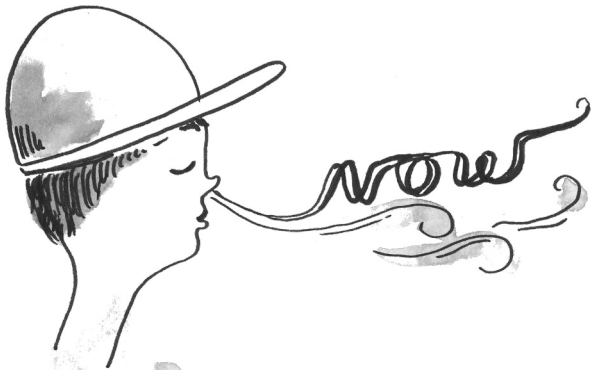


SAY 1 THING YOU CAN TOUCH

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



WILL THROW US A LIFELINE WHEN  
WE ARE STUCK AND CONFUSED.



1) PRACTICE USING OUR TOOLS  
BUILDS WISDOM and  
CREATIVITY BEYOND  
THE HABITS OF OUR PAIN.

IT CAN SHOW US WHAT  
TO DO NEXT TO SUPPORT  
OUR WELL-BEING. 1)

WE HAVE A **CENTERED**  
**SETTLED**



**TRUE**  
**SELF**

always there WAITING  
TO BE DISCOVERED.

MOMENT TO MOMENT

BREATH BY BREATH

DAY BY DAY...

WE CAN EXPERIENCE

HEALING IN OUR  
EVERYDAY LIVES.



Text and images by Jessica Radovich

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.

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