

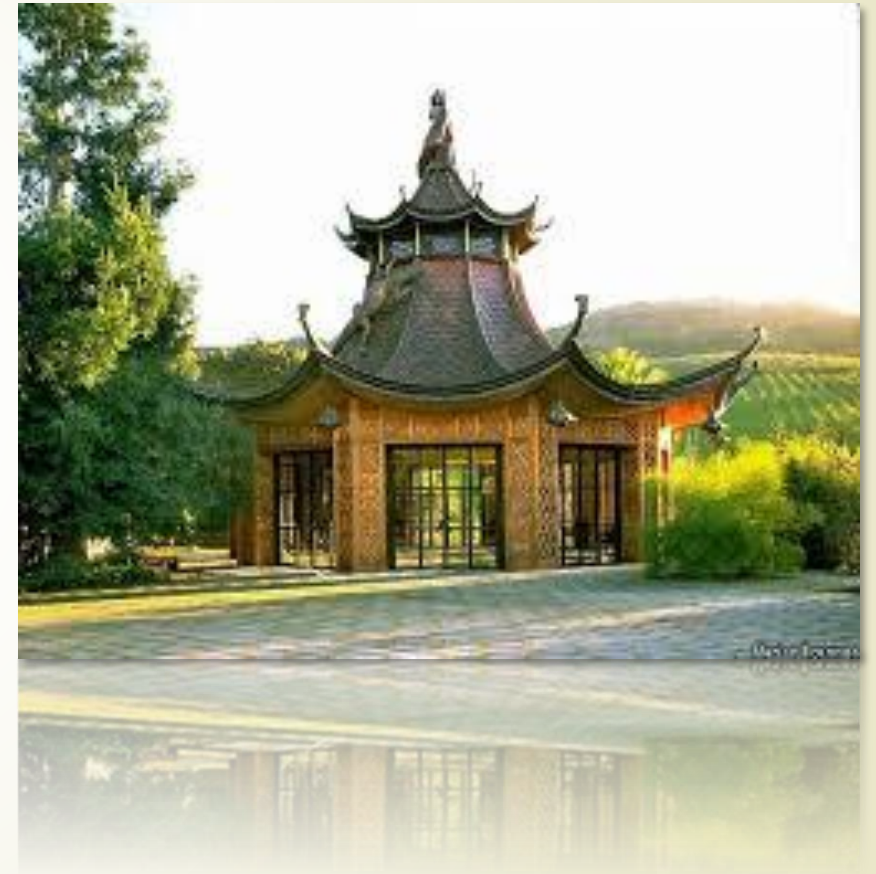
Resilience



At the Teahouse, 6 am

Holly Hughes

Sunrise at the octagonal hut;
beyond, where two decks meet,
a lizard does pushups in the sun.
I see the green, chattering world
through the window, I see
my image in the window.
Both are present; are both true?
A bee enters the hut, buzzes
insistently against the window,
but the window won't yield
to his wishes. I want to
show him the open door,
say *this world through the glass*
is only an illusion but I don't.
How long will he hurl himself
against the dusty glass? How long
will we believe we are not free?



Spiritual Pain

- ▶ **Meaning**
 - ▶ What do we want?
 - ▶ What are our values?
 - ▶ What is the deepest desire of your heart?
 - ▶ What are our stories?
 - ▶ Why are we here?
- ▶ **Relationship**
 - ▶ 66% failure to connect
 - ▶ Interpersonal gap and Pinch
 - ▶ Initial relationships with parents/significant adults
- ▶ **Forgiveness**
 - ▶ Shame, vulnerability
 - ▶ Forgiveness, surrender
- ▶ **Hope**
 - ▶ Resilience work



Reflections

- ▶ **The movement of the class has been yes-no-yes**
- ▶ **Forgiveness and shame/vulnerability are hard**
- ▶ **Healing so often comes in metaphor and images/dreams**



Resilience



Definition:

- 1) The capability of a strained body to recover its size and shape after deformation caused especially by compressive stress.
- 2) An ability to recover from or adjust easily to misfortune or change
- 3) Healing : “Coming to right relationship with what is” or “The ability to adapt and self manage in the face of social, physical, emotional and spiritual challenges”

Resilience

➤ Inherent in:

- Accountability—ability, willingness and courage to change, intention
- Comfort zone—stepping outside
- Differentiation—stepping off cow trail
- Relationship—repairing the 66% failure rate
- Reporting impact, working pinches
- Living with vulnerability
- Hopefulness

➤ Missing in:

- Victim loop where resilience is denied

Practical Resilience

- ▶ **Primarily a function of the thinking channel**
- ▶ **Learning to move beyond assumption, stories, projection**
- ▶ **Moving closer to the truth of a relationship or situation as it is**
- ▶ **Checking out assumptions explicitly**
- ▶ **Being accountable to deepest values**
- ▶ **Stepping outside comfort zone, practice, learn and grow intention**
- ▶ **Fundamentally a capacity building process**
- ▶ **Trusting our ability to step into a new room**

Resilience Practices

- ▶ **ABC model**
 - ▶ Beliefs drive consequences, not “adversity”
 - ▶ Beliefs actually set up what is seen as “adversity”
- ▶ **Mind traps**
 - ▶ Habitual belief/thinking systems
- ▶ **Explanatory style**
 - ▶ Habitual inaccuracy—“All about me” vs “All about them”

Resilience Practices

- **Searching for truth**
 - Self disputing
 - Putting into perspective
 - Funnel to get to deeper truth
 - **Byron Katie**
 - Is it true?
 - Can I absolutely know it is true?
 - How do I react when I think that thought?
 - Who am I without that thought?
 - Turn it around, may be multiple ways

What is Hope

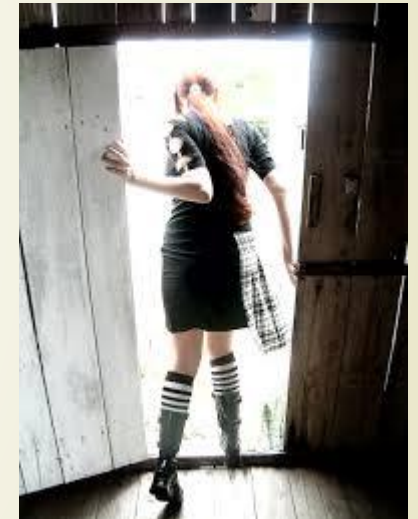
- ▶ **Hope is to desire with the expectation of fulfillment. Hope is confidence that something considered to be important will not remain illusory. It derives from our ability to imagine what will be life-giving.**
- ▶ **Hopelessness occurs when any spiritual pain is present long enough or severe enough.**

Types of Hope

- ▶ **Future or Christmas present hope**
 - ▶ In the control of others/Universe
 - ▶ Attaching happiness to outcome
- ▶ **Resignation hope—Wait and Hope**
 - ▶ Not accountable
 - ▶ Victim
- ▶ **Alter reality for me hope**
 - ▶ “Die while not dying”
 - ▶ “I’ll just have to pray harder”
- ▶ **Engaged hope/Mature Hope/Hope-free**
 - ▶ Fully engaged, working for a change, present moment, accountable
 - ▶ Requires non--attachment—”Impeccable input, skillful nonchalance”
 - ▶ Fully recognize not in control of outcome and intention driven
 - ▶ No matter what happens, I’ll be OK

Stages Of Dying Practicing Resilience

- ▶ Acceptance
 - ▶ 5 stages
 - ▶ Ego driven
- ▶ Lean into the pain
 - ▶ Surrender/Requires Hope
 - ▶ Beyond personality
- ▶ Transcendance



And our deepest desire?

- ▶ **Ultimately our deepest desire will require we are broken open**
- ▶ **If we were ready we would already have it**
- ▶ **Because we don't have it, we are blocked by something internal**
- ▶ **Experiences with this**
 - ▶ **Pot**
 - ▶ **Sacred question**
 - ▶ **Seed with stone**



Ultimately hope is...

- ▶ **Hope is one's resilience in the face of challenge.**
 - ▶ Can I be OK no matter what the outcome?
 - ▶ Can I surrender fully to "What is"?
 - ▶ Can I fully engage "ability, willingness and courage to change attitudes and behaviors"
 - ▶ Can I step through the door into the new room?
 - ▶ Can I live with the question (in the tragic gap) until a third way appears?
 - ▶ Can I continue to move forward even when seems off course?
 - ▶ Can I open and allow without a fix?
- ▶ **Hopelessness is an inability to trust, let go, transform—a failure of resilience**
 - ▶ Any spiritual pain long or severe enough will result in hopelessness

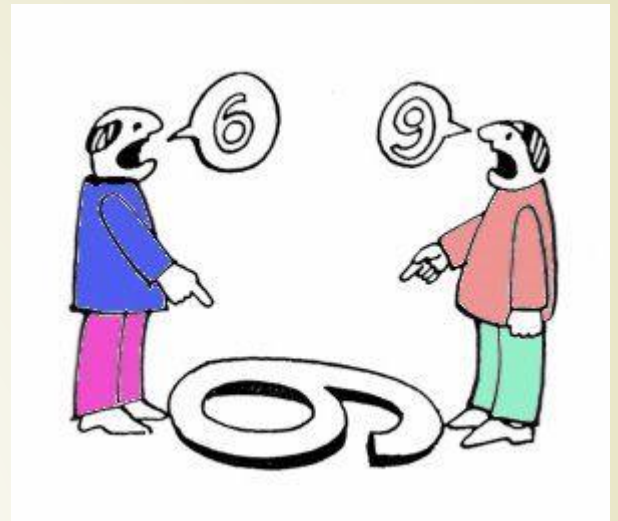


O hope be still.
For to hope
would be hope
for the wrong
thing.

T.S. Eliot



Inquiry



- **These two questions, looping, 10 minutes each**
 - **What limits your capacity to trust the loving goodness underlying your life?**
 - **Who does this mistrust belong to?**
- **This question back and forth 12 minutes**
 - **What's holding you now?**
 - **What's holding all that?**
- **Spend 5 minutes journaling**
- **Spend 10 minutes talking with each other about learnings**

Gathering Together to Tell Our Stories

- ▶ **What did you notice?**
- ▶ **What surprised you?**
- ▶ **Were you able to shift in perspective – find a bigger story?**
- ▶ **When you share, we each hear our own story and it's such a gift.**
- ▶ **Sharing takes courage, connection and willingness to be vulnerable – or whole hearted.**
- ▶ **Whatever you say is perfect – for you – for this moment.**



Pre-work for Month 10

- ▶ Write some final thoughts reviewing your journey this past year, thinking about who you are and what you want.
- ▶ At the final session, we will go through the entire year's content with an opportunity to respond with a word or phrase.
- ▶ Here's a summary list of the content/processes for the year. 1. Awareness wheel, cow trails, automatic reactions. 2. Accountability vs. victim mentality, Intention: learn/grow vs. protect/defend, comfort zone 3. Process of Holistic Spiritual Inquiry 4. Neurobiology – neurobiological basis of cow trails, hardwired for connection, Dan Siegel meditation – relationship, resilience, reflection, foundation of personality 5. Relationship – Pinch- crunch model, Interpersonal gap, Personal filters, 6. Shame/Vulnerability – realizing the story that separates us allows us courage to be vulnerable 7. Forgiveness 8. Change – Wall of fear, Listening, Going to your basement 9. Resilience – Explanatory style, mind traps Bring this to the final Webinar.
- ▶ What are you going to carry into the future as a practice or a realization that you think will get you more of what you want?
- ▶ Do you hold who you are differently than when you started this process a year ago?

Wait Without Hope

By: TS Eliot

**I said to my soul, be still, and wait without hope
For hope would be hope for the wrong thing; wait without love,
For love would be love of the wrong thing; there is yet faith
But the faith and the love and the hope are all in the waiting.
Wait without thought, for you are not ready for thought:
So the darkness shall be the light, and the stillness the dancing.
Whisper of running streams, and winter lightning.
The wild thyme unseen and the wild strawberry,
The laughter in the garden, echoed ecstasy
Not lost, but requiring, pointing to the agony
Of death and birth.**