

GRATITUDE MATTERS

- ALL NATIVE AMERICAN CEREMONIES BEGIN WITH GRATITUDE
- "THE WORDS BEFORE ALL ELSE" – THE THANKSGIVING CEREMONY OF THE HAUDENOSAUNEE TRADITION

"WE INDIANS ARE VERY PRAGMATIC PEOPLE. WE NOTICE THAT WHEN WE'RE GRATEFUL, THINGS SIMPLY GO BETTER"

WOLF WAHPERAH

GRATITUDE MATTERS



"GRATITUDE GROUNDS US
IN THE HEART AND
ALLOWS US TO FACE
UNCERTAINTY AND PAIN"

JOANNA MACY

"ORDERLY FASHION PRAYER"



GILBERT WALKING BULL

"ORDERLY FASHION PRAYER"

- WHAT GIVES OUR LIFE ITS DEEPEST MEANING
- OTHER-THAN-HUMAN-NATURE
- OTHER HUMAN BEINGS
- OUR OWN LIFE

HONORING OUR PAIN



MONTH 4



seeing with new eyes

forgiving our pain

going forth

gratitude

For Anne

Dini



seeing with new eyes

going forth

longing for our pain

gratitude

For Anne

with gratitude from Doris

BUT WHY?



A NUMBER OF WISDOM TRADITIONS TELL US
THAT, PARADOXICALLY, HEALING IS FOUND
WHERE WE MIGHT LEAST EXPECT IT:
IN THE WOUND,
IN THE PAIN,
IN THE SUFFERING

"WE ARE CALLED NOT TO RUN FROM THE DISCOMFORT, OR RUN FROM THE GRIEF, OR THE FEELINGS OF OUTRAGE, OR EVEN FEAR. FOR IF WE CAN BE FEARLESS WITH OUR PAIN, IT TURNS; IT DOESN'T STAY STATIC. IT ONLY DOESN'T CHANGE IF WE REFUSE TO LOOK AT IT. BUT WHEN WE LOOK AT IT, WHEN WE TAKE IT IN OUR HANDS, WHEN WE CAN JUST BE WITH IT AND KEEP BREATHING, IT TURNS. IT TURNS TO REVEAL ITS OTHER FACE; AND THE OTHER FACE OF OUR PAIN FOR THE WORLD IS OUR LOVE FOR THE WORLD; OUR ABSOLUTE, INSEPARABLE CONNECTEDNESS TO ALL LIFE."

JOANNA MACY

WAYS I KNEW OF BEING WITH PAIN

WAYS I KNEW OF BEING WITH PAIN

HEROIC

- MEDICAL MODEL
- "TREAT OR RETREAT" (FIGHT, FLIGHT, OR FREEZE)
- TRUST INFORMATION, EXPERTISE, TECHNOLOGY
- A POWER OVER/DOWN MODEL
- POTENTIAL FOR CURE

WAYS I KNEW OF BEING WITH PAIN

WOUNDED HEALER

- MINDFULNESS, SELF-KNOWLEDGE, SELF-COMPASSION
- "BEING PRESENT TO" – "HOLDING" – "WAITING"
- TRUST IN OUR OWN EXPERIENCE AND THE INNATE HEALING POTENTIAL IN THE OTHER
- AN EGALITARIAN MODEL
- POTENTIAL FOR HEALING

WAYS I KNEW OF BEING WITH PAIN

HEROIC

- PAIN THAT CAN BE FIXED

WOUNDED HEALER

- PAIN THAT CAN'T BE FIXED
- *BUT BOTH OF THESE WERE PRIMARILY WAYS OF BEING WITH ANOTHER'S PAIN*
- *I REALIZED I DIDN'T HAVE A GOOD WAY OF BEING WITH MY OWN PAIN, AND BEGAN TO SEE THAT THIS WAS COSTING ME DEARLY...*









CONNECTION



RECEPTIVITY



EXPERIENCING



SURRENDER



REMEMBERING WE ARE FLOW-THROUGHS

THREE WAYS OF BEING WITH PAIN

HEROIC

- PAIN THAT CAN BE FIXED

WOUNDED HEALER

- PAIN THAN CAN'T BE FIXED

FLOWING THROUGH

- OUR OWN PAIN

MONTH 5: PRACTICING SELF-COMPASSION



RADHULE WEINGER, PHD



TOGETHER MINDFULNESS AND
COMPASSION GIVE US A
PSYCHO-SPIRITUAL CONTAINER
TO HOLD WHATEVER COMES UP
WITH GENTLENESS AND CARE