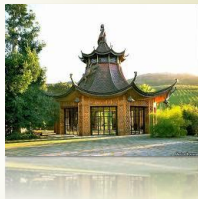


Resilience and Hope

1

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 hurt himself
against the dusty glass? How long
will we believe we are not free?



2

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
 - 44% failure to connect
 - Interpersonal gap and Pinch
 - Inlital relationships with parents/significant adults
- Forgiveness
 - Shame, vulnerability
 - Forgiveness, surrender
- Hope
 - Resilience work



3

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"
- 4) However, the new form is not the same as the old

4

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



5

Practical Resilience



- Primarily a function of awareness
- 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, be unknowing, die over and over again

6

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"



7

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



8

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.
- Deeply connected to what we want
- Hopelessness occurs when any spiritual pain is present long enough or severe enough.



9

Paradox of Hope and Want

- We don't always get what we want
- We are not in control of the Universe
- The ego that wants is built on the ground of lack (grasping and rejecting) and separation
- Ego evolved to solve the insoluble problem of helplessness
- If our current ego were capable of getting what we wanted we would already have it
- Clarity about ends and means helps
- To get what we want will require the dissolution of our ego, broken open



10

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, ends driven
 - No matter what happens, I'll be OK



11

Stages Of Dying Practicing Resilience

- Acceptance
 - 5 stages
 - Ego driven
- Lean into the pain
 - Surrender/Requires Hope
 - Beyond personality
 - Something larger
- Transcendence



12

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?
 - Can I trust?
- Hopelessness is an inability to trust, let go, transform—a failure of resilience
 - Any spiritual pain long or severe enough will result in hopelessness



13

And When Resilience Isn't Enough...

- Trust, Faith
- Higher Power
- Trust the Process
- Beyond ego—surrender and transcendence
- External help, coaching (Wall of Fear)
- Angel
- Dissolve into the river



14

Hope as Shift in Awareness

- When we are **helpless**, we need hope or resilience.
- Our response to **helplessness** comes from our **earliest, inevitable** experience of helplessness. **The same response is triggered.**
- We want to fix/change it, yet ego cannot do that.
- If we can **surrender thinking** because the ego is limited (it's just the **structure** of our mind from so young)
- Remember when you felt held or became aware of Love.

15

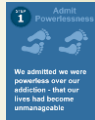
You are not alone. There is Support Available

- Finding support, connection, trust in times of life's disruption cannot come from your ego. It requires a surrender of the illusion of control and finding – faith, God, emptiness, peace, Allah or Grace.
- Buddha: Everyone will face not getting what they want, aging, illness, loss and death. The practice is to watch your thinking and become empty. Allowing what is to be, brings peace and joy. The meditation on death is the greatest meditation.
- Miranda MacPherson: When facing helplessness, it's another time for spiritual practice of allowing. The ego's desire to think/fix cannot answer the challenge. Ramana Maharshi says it's time to **unwind the ego back to your beginning**.
- John of the Cross says, "Strive to preserve your heart in peace; let no event of the world disturb it. The **endurance of darkness** is the preparation for great light."
- Sufism believes that one can **dissolve** into Allah by spiritual practices.

16

Twelve Step Spirituality

- Jung said "the most important spiritual path developed in 20th century"
- All twelve step programs begin with these assumptions:
 1. Admitted that I am **powerless over my addiction (my thinking)**. My life has become unmanageable.
 2. Came to believe that a **power greater than ourselves** can return our lives to functional.
 3. Made a decision to **turn our lives over** to the care of our Higher Power.



17

This Moment

- So often, helplessness is future focused.
- Bring your attention to **your breath – this moment** in your body.
- Access the **wisdom of body and support** always available.
- Feel your **butt** in the chair, **feet** on the ground.
- It's all **practice for dying**.
- Dying is often uncomfortable or even painful. When we can let go of our thinking, find awareness of the support available, **calm and peace** is there.
- **Rest in between breaths** – on the exhale.
- It's where **peace, joy and strength** are always present.



18

Nonduality

Just sit there right now
Don't do a thing
Just rest!

For your separation from God
Is the hardest work in this world
Hafiz



19

Miranda MacPherson

Be nothing.
Do nothing.
Get nothing.
Become nothing.
Seek for nothing.
Relinquish nothing.
Be as you are.
Rest in God.



20

Inquiry



- These two questions, 12 minutes each
 - What limits your capacity to trust the loving goodness underlying your life?
 - Who does this mistrust belong to?
- This question looping 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

21

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.



22

Pre-work for Month10

1. Write some final thoughts reviewing your journey this past year, thinking about who you are and what you want.
2. At the final session, we will go through the entire year's content with an opportunity to respond with a word or phrase. In preparation take a look at the course topic summary and note one or two major learnings from each session that you will carry forward with you. Bring this to the final Webinar.
3. It's mid-year. Take a look at the intentions you wrote in January and the sacred questions you might have formulated along the way. How is it going? Approach this with curiosity, not judgement.
4. Fill out the vision worksheet and bring to the final session.
5. 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?
6. Do you hold who you are differently than when you started this process a year ago?

23

Monet Refuses the Operation

Doctor, you say that there are no haloes
around the headlights in Paris
and what I see is an aberration
caused by old age, an affliction.
I tell you it has taken me all my life
to arrive at the vision of gas lamps as angels,
to soften and blur and finally banish
the edges you regret I don't see,
to learn that the line I called the horizon
does not exist and sky and water,
so long apart, are the same state of being.
Fifty-four years before I could see
Raven cathedral's bulb
of parallel shafts of sun,
and now you want to restore
my youthful errors: fixed
notions of top and bottom,
the illusion of three-dimensional space,
wisteria separate
from the bridge it covers.
What can I say to convince you
the Houses of Parliament dissolve
right after right to become
the build dream of the Thames?

I will not return to a universe
of objects that don't know each other,
as islands were not the lost children
of one great continent. The world
is flux, and light becomes what it touches,
becomes water, lies on water,
above and below water,
becomes lilac and mauve and yellow
and white and cerulean lamps,
small fits passing sunlight
so quickly to one another
that it would take long, streaming hair
inside my brush to catch it.
To paint the speed of light!
Our weighted shapes, these verticils,
burn to mix with air
and changes our bones, skin, clothes
to gases. Doctor,
if only you could see
how heaven pulls earth into its arms
and how infinitely the heart expands
to claim this world, blue vapor without end.



Lisel Mueller

24