



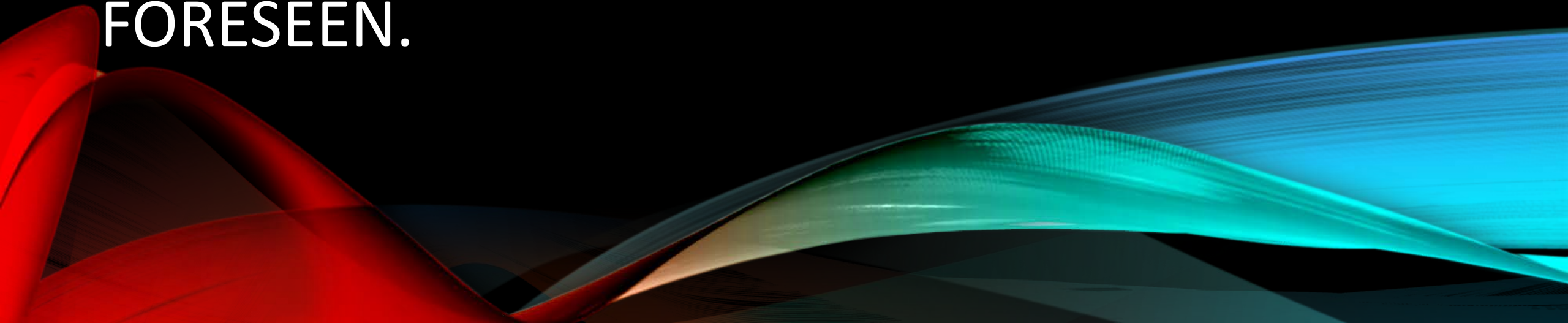
THE SPIRIT OF CHANGE



- SPIRITUALITY...
- Actions taken in the service of deeply held values and a broader sense of purpose.

SEVERE MERCIES...

THESE ARE EVENTS THAT WERE
DIFFICULT OR EVEN EXCRUCIATING AT THE
TIME BUT LATER CAME TO YIELD MORE GOOD
IN OUR LIVES THAN WE COULD HAVE
FORESEEN.



LIFE CHANGE DIMENSIONS

- 1/ The degree of change
- 2/ The desirability of the change
- 3/ Life area the event occurs

Our Exterior World



Our Interior World



DESOLATION



- Darkness
- Stress
- Spiritual questioning
- Self harm
- Demoralized/Disheartened

CONSOLATION



- Light
- Practices of self-care established
- Spiritual questing
- Self Compassion
- Meaning and purpose are clear

SELF- COMPASSION

Self acceptance
Kindness and
understanding for
oneself
Self forgiving



THINKING AND ACTION

- Kufungisisa...thinking too much
- Naikan...contemplation and action
- Courage...heartfelt participation
- Commitment...presence, focus, energy
- Mindfulness...attention in the moment



The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.



Readings Related to Presentation

Please note that the Rocky film clip has been deleted from the Powerpoint presentation...it can be found on YouTube under the title "Mickey loves you".

Loss and Grief:

The Truth About Grief by Ruth Davis Konigsberg

Spirituality Definition:

The Power of Full Engagement by Schwartz and Loehr

Severe Mercies:

A quote from Elisabeth Elliot

Life Change Dimensions:

Found in the Journal of Health and Social Behavior...A

Multidimensional Analysis of the Concept of Life Change
(March, 1977)

Desolation and Consolation:

Inner Compass by Margret Silf

Self Compassion:

Kristin Neff has a number of books about S/C.

Naikan...refer to the Todo Institute (todoinstitute.org)

Final Quote (Charlie Brown and Snoopy watching the sun):

"The moment one gives..." by Henry Miller (p 93) in the book
Ordinary Recovery by William Alexander



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