

Sivananda Ashram Yoga Center

June 15, 2017

S-1 Title

Cultivating Inner Resilience: Embodied Practices to Help Cope with Disappointment, Difficulty, even Disaster

Hello everyone. I'm Linda Graham. Very happy to be with you today, happy to be at Sivananda again. Happy to be in a yoga community, and especially happy to be in a yoga community of dedicated practitioners, dedicated to being of service to the larger community.

I presented a very similar workshop a month ago at the Yoga Service Council conference at Omega Institute in New York. What seemed most helpful to the yoga practitioners and teachers there were these key concepts:

S-2 Resilience is a capacity

First of all is that resilience IS a capacity that can be cultivated. It is an innate capacity of the human brain, of the brain's pre-frontal cortex, the structure of the higher brain behind the forehead. Known as the brain's center of executive functioning. It is the part of the brain we use to make plans, make decisions, analyze our experience. But it is also the part of the brain - the

most integrative part of the brain - it receives input from and sends instructions to all parts of the brain and body - that we use to regulate the body and the nervous system, that quiets the fear response of the amygdala, that manages a broad range of emotions, pleasant and troubling. It's the structure of the brain we use to attune to the felt experience of another, to attune to the felt sense of our own experience, to empathize with the pain and struggle of another, or our own pain and struggle, or to empathize with joy and delight as well. It's the structure of the brain we use for self-awareness, to have a sense of our personal self as we navigate our peopled world and move through time.

And...it's the structure of response flexibility. The pre-frontal cortex IS the structure of the brain we use to shift gears, shift perspectives, discern our options and choose wise action. That's why I call it the CEO of resilience. It's what allows....

S-3 Q Friedman; Hill; Darwin

Catch the moment; make a choice - Janet Friedman

Every moment has a choice; every choice has an impact. - Julia Butterfly Hill

*It is not the strongest of the species that survives,
nor the most intelligent that survives.*

It is the one that is the most adaptive to change.

- Charles Darwin

Response flexibility - our response-ability underlies our resilience. It is a capacity that can be cultivated. We'll spend most of our time this evening learning how to do that, learning how to strengthen the functioning of our brains so that we can cultivate more resilience and rest in a deeper well-being.

S-4 Cultivating inner resilience

Second; cultivating *inner* resilience. Discoveries in trauma research, resilience research, behavioral sciences, and neuroscience, about 25 years of research in each discipline dovetailing nicely. Resilience is our *inner* response to external stressors.

Examples of small stressors that might stress out some people but not others: losing our car keys and wallet, missing a flight; going to the dentist for a root canal. Or the messages we hear inside our own heads about ourselves in relationship to those events.

There are more difficult challenges we might experience. We or someone close to us loses a job, loses their home, loses a relationship, loses someone they love, loses hope.

There are real tragedies: causing the death of someone in a car accident, a son or daughter being killed in combat.

Research is emerging the increasingly accepted understanding that how person responds - their inner response to an external disaster, determines whether event is traumatizing or not.

How you respond to the issue...is the issue. - Frankie Perez

Inner resilience is what allows us to cope with *any* disappointment, difficulty or disaster.

Between a stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. The last of human freedoms is to choose one's attitude in any given set of circumstances.

*- Viktor Frankl, Austrian psychiatrist,
survivor of Auschwitz*

I teach resilience. I teach the neuroscience of resilience. I teach how exercise and mindful movement causes the brain to grow new neurons in the hippocampus, the structure of the brain we use to encode experiences and learning into long-term memory, and how we need to protect those new neurons from the damaging effects of the stress hormone cortisol which kills those

new cells, and how feeling safe and loved and cherished with other human beings like in a yoga community, can reduce the levels of cortisol in the body and protect the brain and those new baby brain cells.

I've learned there are 5 key factors in helping the brain cultivate those inner capacities of resilience:

1. **Safety.** The brain's neuroception of safety within itself, which can be at quite an unconscious level, that we are safe and not in danger or life threat, primes the neuroplasticity of the brain for learning and growth.

2. **Safety in relationships.** The safety and trust and resonance between us and another human being or from being part of a community, will activate the neuroplasticity of the brain to do what it does best - learn and grow and rewire in interactions with other brains.

Positive psychology pioneer Barbara Fredrickson found, in her book *Love 2.0*, that when two people are in physical proximity, making eye contact, sharing a positive emotional experience, sharing mutual care and concern, the neurochemistry of the brains of the two people begins to sync up and generate a sense of resonance that she calls love, that certainly is an experience of safety and trust.

Q Fosha: the roots of resilience are to be found in the felt sense of being held in the mind and heart of an empathic attuned self-possessed other.

3. The role of **positive emotional experiences in relationships** that channel the brain's patterns of coping into more openness, receptivity, and larger perspectives.

Doing a kindness produces the single most reliable momentary increase in well-being of any exercise we have tested.

- Martin Seligman

The direct measurable outcome is resilience.

4. That the brain learns from experience

Any experience will cause neurons in the brain to fire, any experience, positive or negative. Repeat the experience, repeat the neural firing. The axiom in neuroscience is "Neurons that fire together wire together." So when we repeat an experience enough times we're creating circuits that will remember that pattern of firing and the brain will go there more easily.

So any time we cultivate a gratitude practice, or deepen our listening skills, or develop more mindfulness or practice self-

compassion, we are creating new circuits in the brain that make those practices the new habits, the new go-to's of the brain.

Q Davidson

The brain is shaped by experience. And based upon everything we know about the brain in neuroscience, change is not only possible, but is actually the rule rather than the exception. It's really just a question of which influences we're going to choose for the brain. And because we have a choice about what experiences we want to use to shape our brain, we have a responsibility to choose the experiences that will shape the brain toward the wise and the wholesome.

- Richard J. Davidson, PhD

Center for Investigating Healthy Minds

University of Wisconsin-Madison

5. And the brain learns best “little and often.” Small experiences, repeated many times. Researchers have found it may be more beneficial to meditate 10 minutes a day, every day, than for one hour on the weekend. It may be more beneficial to write down things we are grateful for in a journal every evening that to save it up for the weekend.

Mindfulness and compassion practices, which I will teach tomorrow evening, have been shown to be two of the most

powerful agents of brain change known to science. And they are so powerful because they happen moment by moment, just as the brain works best.

When I teach a longer workshop, I apply these five factors to somatic, emotional, relational, reflective intelligence. This evening we'll focus on embodied tools of somatic intelligence, some tools of emotional intelligence, because emotions are sensations flowing up from the body to the brain saying, "Something important is happening. Pay attention!" So they work well with our tools of mindful embodiment.

First review here mechanisms of brain change; how the brain processes information or processes experience so you can take away that understanding and use it on your own at home... because sometimes we'll be using focused attention in these exercises and sometimes de-focused attention that appears in yoga, too, so just a little bit about that. Way over-simplified.

When neuroscientists first began scanning the brains of people in their fMRI scanners to learn how the brain works, they would ask the person to focus the mind on a particular task - name a color or solve a puzzle - and they would see what structures of the brain lit up to do that task. They could observe which structures of the brain light up when we watch the evening news or play a musical instrument or mourn the loss of a pet.

So the scientists were measuring focused attention. Focus on a specific task or on specific objects. And focused attention on a practice, on a behavior, can create new neural circuitry in the brain. So every time we focus our attention in mindfulness practice, or cultivate a gratitude practice, or deepen our listening skills, or learn to take a self-compassion break, we are shaping neural structure in the brain.

So when we practice gratitude, our brain goes there more easily. When we practice the focused attention of mindfulness our brain goes there more easily. So we can create or condition new habits in the brain. New conditioning doesn't change old habits in the brain. They are still there and we can fall into them when we are stressed or fatigued. But our new conditioning, our new habits can become the new go-to in our brain.

In the last 5-7 years, neuroscientists have also seen in their scanners that when we do want to rewire an old negative pattern, we can deliberately juxtapose a new different, more positive pattern, a new experience that deliberately contradicts or disconfirms the old pattern, and the juxtaposition, the holding the awareness of the two patterns in awareness at the same time, or toggling back and forth, will cause the neuronal networks constituting the memories to fall apart, de-consolidate-reconsolidate a fraction of a second later. When the positive is strong enough, it will trump or rewire the old memory. Neuroscientists have seen this in the scanners only in the last 5-7 years, but the memory deconsolidation-reconsolidation, I call it

re-conditioning, has been the basis of all trauma therapy for decades.

So, new conditioning and re-conditioning both use focused mode of attention. Focused attention to make something happen.

Early neuroscientists assumed when they weren't asking research subjects to focus their minds on a task, when the brain was "at rest" that the brain would be quiet. They assumed less neural activity. And they discovered the opposite. When the brain is at rest, it is more active than ever and all over the brain. So this has come to be called the default mode network in the brain, because it's what the brain defaults to when we're not asking it to do anything else.

This default mode of processing - de-focused attention - has positive aspects. It is the realm of imagination, reverie, daydreaming. When the brain is playing on its own, creating associations, making links, connecting the dots on its own. It's the realm of intuition, of revelation, of epiphanies, insights, and aha!s. I never thought of that before. And this de-conditioning as I call it, can lead to deep intuitive wisdom that perhaps we always knew but never gave voice to or brought to conscious awareness.

On the negative side, the default mode is the mode of processing in the brain that is known as worry, rumination, obsessing. The brain is chewing away on something and won't let go.

Meditators can experience this negative side of the default mode very often, because when we let go of the conscious guidance of the pre-frontal cortex, we're not focusing on the breath or a mantra but letting go into open spacious awareness, the brain can begin to ruminate on every unresolved worry or problem we have, especially worries concerning the social self - do I fit in, do I belong, do people like me, what if I make a mistake, what do people think?

The way out of that worry and rumination is to focus the brain on a task again, return the attention to the breath or to sensations in the body to get up and talk to a friend or cook a meal. Re-focus attention of the brain again until we regain an equilibrium, our perspective, and then we can re-open to spacious awareness again. I will lead us in some de-conditioning exercises that have enough focus that we may experience some very positive outcomes from this mode of brain processing to strengthen our pre-frontal cortex, strengthen our response flexibility .

I should say that neuroscientists have found that deep states of concentration can bring the brain to very low levels of activity; it is possible to quiet the mind, and yoga practices do lead to the cessation of fluctuations of the mind, but, unless we're in residence at an ashram, that's not the state of mind we're in most of the time, so I will try to teach tools here relevant to how we do experience our brain most of the time back home.

So for the rest of my time with you this evening, I will lead you in exercises applying all three of these mechanisms of brain change, not yoga per se, but mindful movement, that can perhaps demonstrate efficacy in harnessing neuroplasticity of brain, create more resilient coping with disappointments, difficulties, disaster in life, more thriving, flourishing and well-being.

We begin with somatic, body-based tools of breath, touch, movement and visualization that help us return our nervous system and states of mind to the baseline physiological equilibrium that is the natural resting state of the body, brain, and mind.

As we do these exercises, please, always stay within your comfort zone or on the edge of your comfort zone. If anything seems re-triggering, please feel free to back out. You are always very welcome to sit, listen, observe, take notes.

NEW CONDITIONING

We'll begin with exercises of new conditioning, creating new patterns of response to disappointment or difficulty in the brain.

S-7 Affectionate Breathing

Find a comfortable position so that your body is supported and you don't need any effort to remain in that position for the entire meditation.

Close your eyes if you wish, or allow your eyes to soften their gaze. Come into a sense of presence, a sense of being in your body, in this moment, in this place.

Take a few slow, easy breaths to release any unnecessary tension.

Now focus your awareness on your breathing, noticing where you notice the breath most easily - through your nostrils, through your throat, through the rise and fall of your belly.

Let yourself notice the simple sensations of breathing; just feeling your breath for awhile.

See if you can orient toward yourself and your breathing as you might toward a new born child or beloved pet, with curiosity and tenderness. Bring a kind and loving awareness to your breathing.

Bring a sense of kindness toward yourself.

Notice how your breathing nourishes and soothes your body with every in breath and every out breath. Notice how you don't have to remember to breathe; your body does that for you.

See if you can feel your whole body breathing. See if you can let your body breathe you.

Give yourself over to the breath. Let yourself become the breath.

Allow your body to be moved and feel internally caressed - by the breath.

And now, release your awareness on your breathing. Allow everything that comes to awareness to be just as it is, for now.

Then take a moment to notice your entire experience of this exercise. And perhaps to have a moment of gratitude for your breath that sustains your life every moment.

When you're ready, open your eyes.

S-8 Soles of the Feet

1. Stand up and feel the soles of your feet on the floor. (Remove your shoes if you wish) Notice the sensations in your feet, feeling the floor or ground.

2. Rock back and forth a little, and side to side. Notice any changes or shifts in sensation. Make little circles with your knees, feeling the changes of sensation in the soles of the feet.

3. When your mind wanders, simply focus your attention on the soles of your feet again.

4. Begin to lift one foot up and place it back down; lift the other foot up and place it back down. Notice how the sensations in your feet change as you lift and place in place. Notice that sensations may change in your entire body.

4. Begin to walk slowly, noticing the changing sensations in the soles of your feet. Notice the sensation of lifting a foot, stepping forward, and then placing the foot on the floor. Do the same with both feet while walking.

5. Return to standing, standing still. Notice the sensations in your feet, in your body now.

5. Notice how the small surface area of the feet supports your entire body. Perhaps allow a moment of appreciation or gratitude for the amazing work of your feet, all day long.

6. Return to standing, then return to sitting.

S-9 Hand on Heart

This is one of the first tools I teach my clients and in trainings and workshops. It's called Hand on the Heart. It's a very fast way to return our body-brain to our natural physiological equilibrium.

Simply place your own hand on your own heart, breathe gently, softly, deeply into your heart center. If you wish, breathe in a sense of ease or safety or goodness into your heart center. Then remember one moment, just one moment, when you felt safe, loved and cherished by another human being. Not the entire relationship, just one moment. This could be a partner or child, a friend or therapist or teacher; it could be a spiritual figure; it could be a pet. As you remember this moment of feeling safe and loved and cherished, let yourself feel the feeling of that moment, let the feeling wash through your body, and let yourself stay there for 20 or 30 seconds.

S-10 Hand on the Heart text

When we do this Hand on the Heart exercise, the warm, safe touch of our hand on our heart center begins to activate the release of oxytocin, the brain's hormone of safety and trust, bonding and belonging, calm and connect. Warm, safe touch anywhere that feels comfortable on our body can release the oxytocin, but there are neural cells around the heart that communicate directly with the brain and more quickly begins the activation of the release.

Breathing deeply into the heart center activates the calming branch of the nervous system, the parasympathetic branch, and our body begins to relax. Breathing a sense of safety or ease or goodness or any positive emotion into the heart center puts the brakes on our very fast, very automatic survival responses of fight-flight-freeze. Remembering a moment of feeling safe and loved and cherished with someone really activates the release of the oxytocin. With clients, that may be us. Blood pressure goes down, heart rate stabilizes. This technique is powerful enough to calm down a panic attack in less than a minute.

I suggest to my clients and workshop participants that they practice Hand on the Heart ANY time they experience a startle or an upset, to be able to back out of a difficult emotional reaction before it hijacks them. Or even just to practice it to train the brain to create this new response to any difficult moment even before the moment happens. Research has shown,

oxytocin flowing through the body-brain can pre-empt the stress response altogether.

S-11 Touch

The fastest way to activate the release of oxytocin and calm down the spikes of the sympathetic nervous system is through warm, safe touch. These practices can be cultivated as the new automatic responses to the internal stress response.

HOH, hand on cheek

Head rub, foot rubs, massage

Massage back of neck

One hand on forehead, one hand on back of neck

Hold thumb as “inner child”

Hugs - 20 seconds, full-bodied

Partner yoga

Overall, breathing, touch, movement. Once brain is trained, don't need conscious processing to remember; procedural memory.

RECONDITIONING

Reconditioning is the juxtaposition of one movement with another, or the experience of one memory with another, to light up the neurons in the brain holding a particular pattern so that a new pattern can rewire an old one.

S-12 Movement with Attention

My friend Anat Baniel, clinical psychologist and dancer, has developed a form of neuromovement therapy based on her years of study with Moshe Feldenkrais. Anat was Feldenkrais' protégé for many years and developed her own Anat Baniel Method based on her work with children with developmental and brain disorders.

Anat considers movement as the most fundamental language of the brain, and she uses movement to prime the brain to perceive differences in experiences, organize information differently, and thus encode new neural connections, i.e., “learn” new behaviors.

This helps a person move beyond brain-based limitations to greater brain integration, thus greater flexibility, strength, energy, and awareness in their bodies

I'm going to lead us in one of Anat's exercises from her book *Move into Life* called movement with attention, what Helen Lavretsky, whose research I summarized in the Yoga and the Brain article, calls mindful movement. I'm going to give the instructions, as Anat does, to lead you through the entire

exercise on the right side only. Normally in yoga we balance every movement to the right with corresponding movement to the left. Anat suggests doing the entire exercise on one side, and waiting for an hour before you do the exercise on the other side, so that you can experience the difference between one side and the other from doing the exercise; noticing the impact before balancing it out. So you may choose to do this exercise on the left side at lunch or later in the day.

1. Sit in the edge of the chair with both feet flat on the floor and a comfortable distance apart. Approximately the width of your pelvis is ideal. Rest your hands, fingers down, on the tops of your thighs. Call this your neutral position. Turn your head to look to the right. Do so easily, always within your comfort range, without forcing anything, straining nothing. Take note of how far you turn your head. You might want to spot a visual reference point you can use to measure changes as you go along. Now turn your head to the left and find a similar reference point.

2. While still sitting on the edge of the chair, place your right hand a few inches behind you on the seat of the chair and lean back on it so it's bearing some of your weight. Turn your head to the right and then turn your head back to look straight ahead of you. Make sure you move easily within your comfortable range of motion and notice how far to the right you see. Repeat this movement two or three times. Then come back to the middle, placing both your hands back on your thighs, stop, and rest for a moment.

3. Again, sit on the edge of your chair and place your right hand behind you and lean on it as before. Now lift your left arm, bend your elbow, and rest your chin on the back of your hand. Gently turn your head and your arm together, as one unit to the right and then come back to center. As you turn, make sure that your chin is in contact with the back of your left hand all the time. Do this movement three or four times. Stop, come back to your neutral position, and rest for a moment. Notice if there are any changes in the way you are sitting or feeling.

4. Using the same position as above, with your chin on the back of your left hand, turn to the right as far as is comfortable for you and hold that position. Now gently move only your eyes to the right and to the left. Repeat the movement three or four times, then stop and rest in your neutral position.

5. In the same position as step 4, turn as far as you can to the right comfortable and stay there. Now lift your left buttock off the chair and inch or so and put it back down three or four times. Feel how your ribs move on your left side, coming closer together and then moving farther apart as you lift and lower your left buttock. Stop, come back to neutral, and notice if you are sitting differently on your right buttock compared to the left.

6. Once again, lean on your right hand behind you and turn your head to the right. Notice if your neck moves more easily and whether you see farther than before.

7. Now to back to your neutral position, with both hands palm down on the tops of your thighs. Gently turn your head to the right, then to the left, and notice whether you turn your head more easily to the right than to the left. You have just experienced the power of your brain learning through movement with attention.

S-13 Rewire through Movement

We can greatly expand this re-conditioning through a rewiring through movement exercise I first learned from expressive arts therapist Natalie Rogers, Carl Rogers' daughter, to rewire difficult, negative body-based experiences through movement.

This exercise can be used to explore shifts of any agitation or shut down of the nervous system, any emotion of fear, anger, sadness, disgust, even nuances emotions of jealousy, resentment, disappointment, etc.

I'll describe the exercise first, and then we'll do it.

First, you'll identify a negative emotion you want to work with, anger or sadness or fear or disappointment. A small experience of that emotion, not something that would overwhelm or trigger you.

Then I'll ask you to stand so that you have room to move your body. When we do this in a large group, I'll ask you to respect and protect the privacy and confidentiality of everyone in this room. This is a very private, inward exercise, so please keep your attention focused on your own experience, don't be looking at anyone else in the room. If you want to look somewhere, I will be here using the exercise to explore the experience of shame, because shame is the biggest derailer we have of our resilience. And I'll be using the movement of the body to explore a posture that is opposite to the shame, and shift the experience, even rewire the sense of shame.

So take a moment to identify what specific emotion you want to explore and perhaps rewire through movement of the body.

And now stand, and you let your body move into a posture that would inhabit or express that emotion. I can curl up here in the withdrawal and hiding of shame. Let your body assume or inhabit the posture of the emotion you are working with, and we'll stay here 30-40 seconds, to really let the neuroception of that feeling be strong. Then you let your body move, on its own, without thinking, without going to your head at all, to the opposite posture. Here I'm moving my torso and arms; I don't even have to know what this new posture, this new emotion is called. We simply stay here inhabiting this posture for 30-40 seconds. Then, let your body return to the original negative posture and we'll hold that for 20 seconds, then return to the

second opposite posture again, and we'll hold that for 20 seconds, and now let your body come to something integrative in the middle, and we'll hold this integrative posture for 30 seconds.

Then take a moment to pause and notice and reflect on the experience of doing this exercise, noticing any shifts or insights from doing the exercise.

The first time I used this technique with a client, he was exploring depression. He had assumed the posture opposite to depression would be one of happiness. To his surprise and to his learning, he realized the opposite of depression for him in that moment, was reverence. He had shifted his experience; he had learned from the intuitive wisdom of his own experience.

S-14 Power Posing - Slide women cheering

Many clinicians and clients have now learned of this technique - to shift the posture of the body to shift the physiological state of the body to shift the emotional state in the brain - through the TED talk of Amy Cuddy of the Harvard Business School, who teaches a technique she calls Power Posing, used to help people feel strong and empowered before they face a difficult situation like a job interview or a business meeting or appearing in court. Amy shares her own very moving story of bouncing back from disaster in her TED talk, now the second most viewed talk in the

history of TED. When we use the moving of our bodies to shift from one emotional state to another, we are training our brain in the reconditioning or rewiring of our emotional experiences, using self-directed neuroplasticity to rewire our sense of ourselves.

S-15 image of woman in contemplation

Shoes in wet cement story

Here's a story from my own experience that perhaps illustrates how we can bounce back from difficulties and take responsibility for shifting how we cope with challenges, overcome suffering and learn to sail our own ship.

When I had an office in the Sunset neighborhood of San Francisco, I would park my car in Golden Gate Park and walk the two blocks to my office, something I could do on automatic pilot.

One day, more distracted than usual mulling over something I was worried about, I wasn't paying enough attention to where I was walking and blithely stepped into a sidewalk of freshly laid wet cement - up to my ankles.

The cascade of critical thoughts erupted immediately, “You stupid klutz! Look what you’ve done! You’ve ruined your shoes! Now you’ll be late to work; you’ll have to cancel clients today; you’ll probably lose clients over this. How could you!” The whole deep slide into the rabbit hole of shaming-blaming-catastrophizing.

Fortunately, by then I had enough mindfulness and self-compassion practices under my belt to catch up to myself. “Whoa! Wait a minute! I need to shift my entire approach here! I’m not the only person on the planet who made a mistake today just because they weren’t paying attention. This is probably not the only mistake I’m going to make today. I need to slow down here, collect myself, try to be a little kinder to myself right here, right now, step out of this sidewalk, and deal.”

With that shift in attitude and shift in response, I did pick my feet up out of my shoes and pick my shoes up out of the cement.

There happened to be an apartment building with an outdoor water faucet just a few steps away. As I began to wash off my shoes, I began to think a little more clearly. “This happened. Other than my own embarrassment and my own inner critic wailing the hide out of me, there’s no catastrophe here. Shit happens. This happened. I’m dealing with it as best as I can. This is going to be okay.

As an on-site construction worker came over to me with some paper towels to wipe off my shoes (I'm grateful to this day for his kindness - no teasing or taunting, no further embarrassment) I began to have some hope that I could save my shoes (I did). I also began to have a little pride and a lot of gratitude that I was coping as well as I was.

Then came the big shift. "Yeah, bad stuff happens, but shift happens, too. If I can shift my attitude in these circumstances, I can shift my attitude in any circumstances." That's the big shift.

If I can shift my response in this moment, I can shift my response in any moment. That's the big shift. And modern neuroscience helps us understand the neuroplasticity that supports our capacities to respond flexibly to challenges and crises in life that make that shift possible.

DE-CONDITIONING

Now I'll lead us in a guided visualization to allow the brain to play in the default mode network and shift our attitude. Guided visualization is a powerful technique for rewiring the brain and strengthening our resilience, because whatever we can imagine is real to the brain. When we imagine a banana, the same neurons light up in the visual cortex as when we see a banana in real time. We can use visualizations to rewire old memories; we can use visualizations to rehearse new behaviors.

S-16 Noticing Shifts in Patterns of Response

This exercise helps us notice how our patterns of response to a disappointment might shift. I learned this exercise from Stuart Eisendrath, who studies mindfulness and depression at University of California, San Francisco:

Simply come into a sense of presence, being in your own body in this moment. When you're ready, you imagine that you are walking on a sidewalk down a street in your hometown. Someplace familiar and comfortable to you. Just walking along, feeling fine. Then imagine that you notice someone walking toward you on the sidewalk on the opposite side of the street. You recognize them and you wave and call out "Hello!" There's no response; you simply notice your own reaction to the lack of response. Just notice. Then, on their own, this person sees you and waves and calls out "Hello!" Now notice your own reaction to their response. Simply notice. Then take a moment to reflect on any differences between your two reactions; noticing any insights or anything you learned from the exercise.

We are bringing our mindful awareness to movements or shifts of patterns inside. Disappointment, difficulty, even disaster does happen. Shift happens, too. And when we realize we can shift our attitude, our response, in a particular moment, we realize we can shift in any moment, and that's the big shift.

S-17 Q Keller, Alcott, Zinn

All the world is full of suffering; it is also full of overcoming

- Helen Keller

I am no longer afraid of storms, for I am learning how to sail my ship.

- Louisa May Alcott

You can't stop the waves, but you can learn to surf.

- Jon Kabat-Zinn

S-18 LG info