

The Neuroscience of Inner Peace, Resilience and Well-Being

Yoga for Peace Symposium
Sivananda Yoga Ashram Retreat, Bahamas
February 7-9, 2014

Linda Graham, MFT
lindagraham2@earthlink.net
www.lindagraham-mft.net

Mindfulness

Focused attention on
present moment experience
without judgment or resistance.

- Jon Kabat-Zinn

Mindfulness

- Pause, become present
- Notice and name
- Step back, dis-entangle, reflect
- Shift perspectives; shift states
- Discern options
- Choose wisely

Notice and Name

- Thoughts as thoughts
- Patterns of thoughts as patterns of thoughts
- States of mind as states of mind
- Identify belief systems and identities as
 - Mental contents, patterns of neural firing

Autobiography in Five Short Chapters – Portia Nelson

I

I walk down the street.

There is a deep hole in the sidewalk.

I fall in.

I am lost....I am helpless.

It isn't my fault.

It takes me forever to find a way out.



II

I walk down the same street.

There is a deep hole in the sidewalk.

I pretend I don't see it.

I fall in again.

I can't believe I'm in the same place.

But, it isn't my fault,

It still takes a long time to get out.



III

I walk down the same street.

There is a deep hole in the sidewalk.

I see it is there.

I still fall in....it's a habit.

My eyes are open.

I know where I am.

It is my fault.

I get out immediately.



IV

I walk down the same street.

There is a deep hole in the sidewalk.

I walk around it.

V

I walk down another street.



Moving Resilience Beyond the Personal Self

A ship is safe in harbor.

But that's not what ships are for.

- Grace Hopper



How we live our days is, of course, how we live our lives. –
Annie Dillard

In every community there is work to be done.
In every nation, there are wounds to heal.
In every heart, there is the power to do it.
- Marianne Williamson

Every moment brings a choice, and every choice
has an impact. – Julia Butterfly Hill




We have not solved your problem.

In fact, we have more questions than when we started.

But we believe, however, that we are confused at a higher level,

And about more important things.

- SRI International, Electrical Engineering Lab



I long to accomplish great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the might shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.

- Helen Keller

Learning Model

- Unconscious Incompetence
- Conscious Incompetence
- Conscious Competence
- Unconscious Competence

Competence

- Previous competence as resource – Sure I can!
- Ownership of competence – “I” did that
- Reframe inadequacy or failure – find the gift in the mistake
 - Regrettable moment becomes teachable moment
- Coherent narrative

Coherent Narrative

- This is what happened.
- This is what I did.
- This has been the cost.
- This is what I have learned
- This is what I would do differently next time.

Courage

*Yes, risk-taking is inherently failure-prone.
Otherwise, it would be called sure-thing taking.*

- Tim McMahon

Do One Scary Thing a Day

- Venture into new or unknown
- Somatic marker of “uh, oh.”
- Dopamine disrupted
- Cross threshold into new
- Satisfaction, mastery
- Dopamine restored



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

- Swami Satchitananda

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