

Bathing in the Light of Resilience

11th Annual Conference

**Reimagining Recovery:
New Challenges, New Trends, New Practices**

Neville B. Morris

November 18th 2020.

Content

- Resilience
 - Commonality among the resilient
 - Show me your friends
 - Preparation before trauma strikes
 - Before you try to fix it
 - Life with a central purpose
 - Guiding the Giant within
 - Knowing the rules.
 - Communication
 - Checking yourself for consistency
 - Synchronization and Alignment
 - Harnessing the power within
 - Unfished business, have fun.
- Resilient Muscle
 - Supporting habits
 - Generic approach
 - Your role



Resilience

- **The ability to bounce back.**
- **..... from life/event stresses.**
- **Preferably, without psychological damage.**
- **What is your threshold for experiencing trauma and return without psychological damage?**
- **How resilient are you?**

Balanced Walking

- How balanced is your walking?
- Rate your self on a scale of 1 to 10?
- How did you get to that level?
- What are the mechanics of a balanced walk.
- Missed step/stub toe recovery threshold?
- Fall at what speed

Resilience

- The ability to bounce back.
- Continuum, 1 3 5 7 9 1
 - $R = i(\text{Learn} + \text{Practice}) + \text{Genetics}$
 - Flexed muscle, atrophy vs. bulk.
 - We are drifting on the continuum
 - Which direction are you drifting?

Resilience

- How well would you, could you, or should you bounce back from adversity?

..... how prepared are you.

..... and if it's not broke?

..... and if you don't know?

..... what is your role?



Trauma

- TRAUMA: An overwhelming amount of stress that exceeds one's ability to cope.
- PSYCHOLOGICAL TRAUMA is damage to the mind from a stressful event.
 - Transformation varies from mild to severe
- **The same event that is a severely traumatic to one person can be a horrible experience for another, and a joke for a third.**

Stress

- **Our emotional response to the strain of life unfolding in time.**
- **Triggered by thoughts and or events detected by the senses.**
 - **Fight/Flight/Relax**
 - **Not perpetual stress/worry/fault**
 - **If meditate, blank thoughts, can we be stressed?**

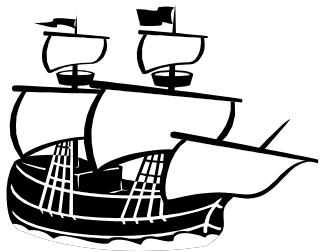
Start with what we know

- Practice gets better
- Some approaches are better
- Before you start the journey
 - Current location
 - Destination
 - Paths, pros and cons
 - Travel, walk, fly
 - Odds of success.



COMMONALITY

AMONG THE



RESILIENT

Studying Resilient People

- 13 stitches on right arm.
 - Life = 20% Reality + 80% Our Judgement
- Books, videos, internet.
- Interview people
- Mom, “This too shall pass.”
- Dad, “Rarely saw anger/upset”
- Ruby
 - Picking lime leaf for tea (Alkaline)
 - If not punished for wrong
 - Elder-BS, “It hurts me more than it hurts you.”



Ruby at 100

Annoyance of Aunt Ruby

- “It pleases me _____.”
- “I am happy to see _____.”
- “I just love it when _____.”
- “Oh that is so good”.

Rules of Resilience

"When we know the rules of the game, our chance of winning improves tenfold, practice, and it's a 1000-fold.

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Players w/most home runs

- Review path of the winners and seek common threads.

or



- Create your own path and learn from it.

Common Denominators

- Optimistic vocab (10 positive to 1neutral) ®
- Humility
- Belief
- Expect/Faith, good to come ®
- Minimized absolute words ®
- Ever giving, meal/food ®
- Bias with good
- Smile, hug & touch ®
- Joy meter rigged®
- Honesty & integrity ®
- Live in the present
- Listen more than talk
- Alkaline diet ®
- Confidence facing unknown
- Drink tea, tea and more tea
- Organic eating ®
- Gardener ®
- No smoke or alcohol ®
- Ever Grateful “Overjoyed”
- Forgive those who trespass
- Blinders
- Not to compare self to another
- Saying for every situation ®
- Wore ironed clothing ®
- Calm, stress free ®

® Ruby has in common
_____ I believe unlikely correlation
Abcd I believe strong correlation

To be or Not to Be

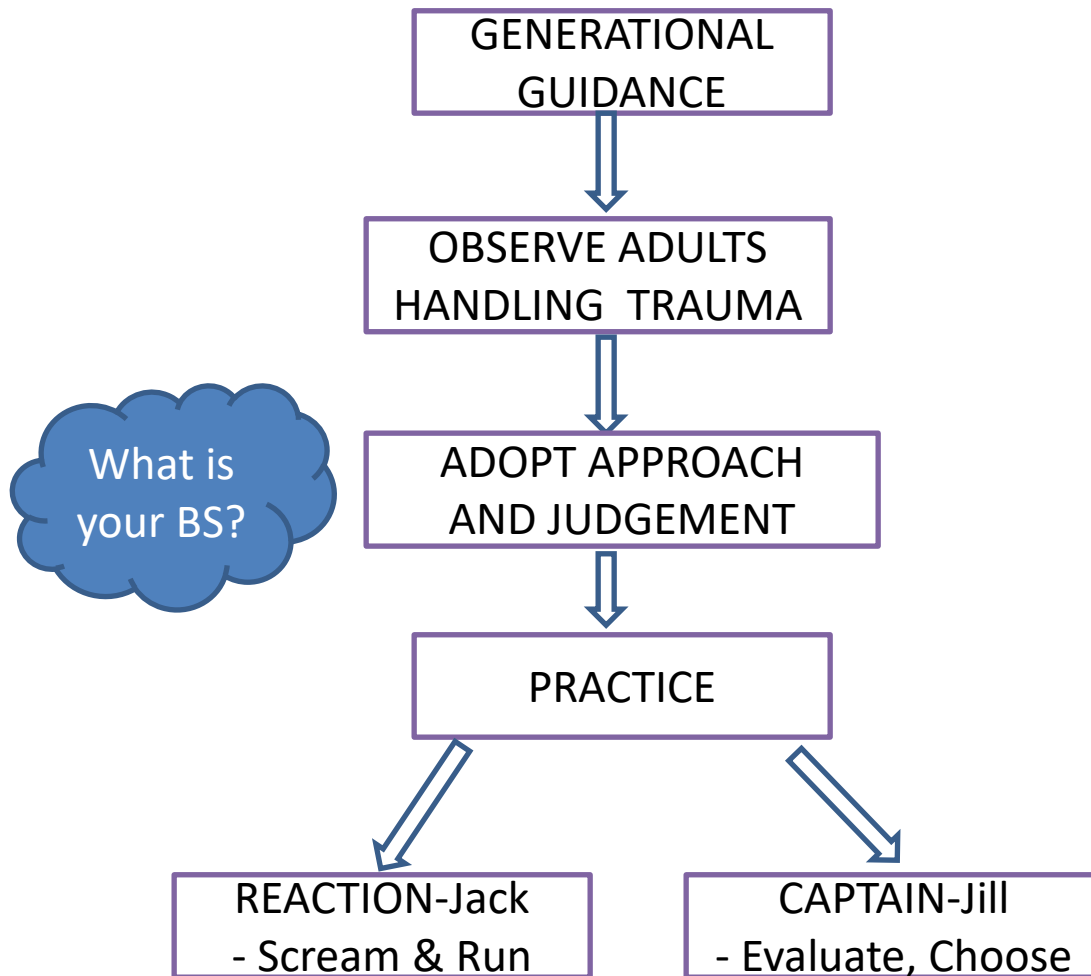
- If the same event, that lead to psychological trauma for Jack was only a horrible event for Jill, was the event traumatic?
- Jack = YES, Jill = NO
 - Then there is more to the equation
- We have little to no control over the event
 - Jack is crying for months, Jill is very angry for a week
- Reaction-Jack's focus, blame, revenge, how unfair
 - Jill, running interference, blocking, picking up pieces.

SHOW ME

YOUR FRIENDS AND

I'LL TELL YOU ...

Where does it begin?



- Philosophy of Hate, Love
- Me & mine thinking, We/Ours
- Coward/Bully, Brave/Defend
- Careless, Cautious/Methodical
- Blame/Excuses, Accountable
- Intolerance, Tolerance

THE AO Factor

- Cradle to Moms Chest
- Milk to Mothers milk
- Art of War to Village raised

Generational Guidance

- Teach the lesson to the child.
- Learn the value/judgement
 - Good, neutral, bad.
- The die is cast
- We nurture, this is gospel
 - Practice, reinforce, affirm “I was right”.
 - We may add or subtract a little.
- Evaluate the lessons
- What’s your approach to trauma management?
 - Is it healthy, efficient, for/against you?

The Emotions I Feel Reflect my Thoughts

“When the students are learning, the mountains are high, and the valleys are low. When the students become enlightened, they discover that the mountains weren't high, and neither were the valleys low. They are what they are, what they have been, and what they will forever be, simply mountains and valleys, no more and no less.”

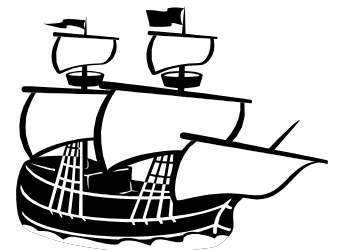
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Childhood Lessons

- The lessons vary from healthy to unhealthy
 - Teach the next generation
- How to deal with death.
- Family Values
 - Love/tolerance to Hate/Intolerance
 - Optimism/hopeful to Pessimism/doubtful
- Approach to health
- Risk evaluation, investing, gambling,

PREPARATION BEFORE TRAUMA STRIKES



Preparation is a Choice

“When the risk of disappointment is high, it is incumbent on us to take the additional precaution to minimize that exposure.”

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BEFORE ATTEMPT TO FIX,

YOU OUGHT TO KNOW

HOW IT WORKS

Learning to Drive

- Carburetor, spark plug and alternator.
- Gas, brake, and steering wheel.
- and resilience.



1st New Traumatic Fall from the Horse of Life.



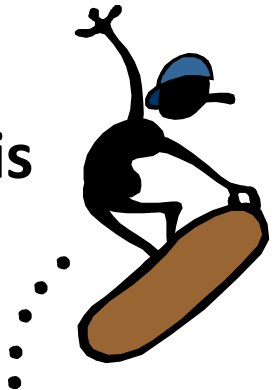
- Most of us know what to do.
- Get up, brush off and ride again.
- why?

Possible Overnight Coup

- Get back in the saddle or answer to the new sheriff.
- Thought you were in control?
- May I introduce you to your most powerful ally within.
 - Sub conscious mind, the giant within, soul, there are many names
 - 1st and primary job, seek out danger, use fight or flight, and survive.
 - 2nd follow your orders, do anything and everything to prove you are right.
 - 3rd If vacuum in leadership, assign meanings and observe 1st Job.
- Overnight you can have a new mission in life.
 - Willing to die for,
 - Act of Congress to change
 - New rule takes precedence
 - Forsake your parents, family, relatives' friends if tested, and abandon your former life as you knew it.

- ***“If we do not choose the way our beliefs are stored, then the autopilot process will provide one for us. What we hold as truths aren't necessarily so, however, they are the rudders that steer our ships through the emotional oceans of life”.***

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When adversity strikes

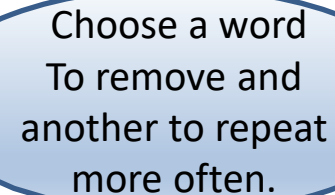
- **When it comes.....?**
- **The words that leave our mouth after a stressful or low traumatic event is a strong indicator of which direction, we are heading on the resilience spectrum.**
 - **“Oh my God” (Practicing panic and overreacting)**
 - **“Mmmh, that’s different.” (Practicing calm evaluate, and then choose)**
- **... and how do we get better at anything?**

How will you respond?

- Question of self, disempowering.
 - “Dear God, why me, why, why, why?”
 - “..... and if God does not answer?”
 - Your #1 critic
- Empowering question
 - What can I learn from this so that _____”
- Your best friend, and _____.

Self-talk to the subconscious?

- “It kills me when
- “This too shall pass.”
- “I hate when this happens”
- “Wow, that is different.”
- “I don’t know what to do.”
- “What can I learn from this so that _____”
- “This crap is driving me crazy.
- “It pleases me when _____.”
- “It makes me sick.”
- “I love it.” or “This is good”
- “I get angry when _____.



Choose a word
To remove and
another to repeat
more often.

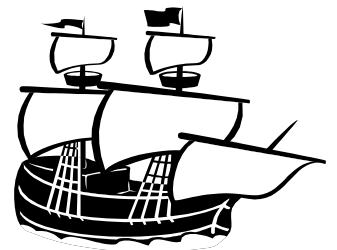
“Things and events have absolutely no meaning whatsoever until we assign one to them, after that, they take on a life of their own.”

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First Assignment of Meaning

- **Traumatic & ecstatic, process records the same.**
 - **First assignment rules for most of our lives.**
 - **Subsequent similar experiences, (movies, books, magazine, thoughts) *serves* to strengthen that first assignment.**
- **Who is responsible for that first assignment.**
- **You are the one who will live with it.**
- **Either it will serve you or *you will serve it.***
- **Choose wisely, check yourself, practice.**

LIFE WITH A CENTRAL PURPOSE



Who Am I

“If I am what I am, then today I am what I have become. My life can remain that way and I get more of the same, or I can choose to learn how to be the way I’d like to be.”

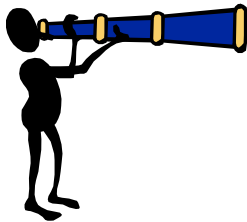
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Have a Central Purpose?

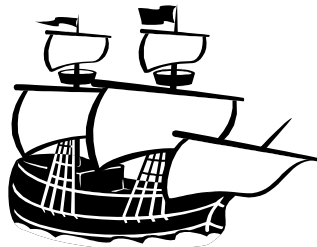
- **Source, is it yours, parents, religion, politician, job, spouse, or an organization.**
- **If none, get one, and check it for consistency being on the “right path”.**
- **Let it be the guiding light for your ship at sea.**
- **Are you “guiding” the ship, or in “followship”**
- **Without one, ship at sea without a rudder.**
- **If none, a purpose will be chosen for you, and not necessarily in your best interest.**



**HOPE IS THE 'SAIL' TO CATCH THE WIND.
&
FAITH THE 'WIND' THAT FILLS THE SAIL.
&
YOU ARE THE CAPTAIN OF THAT SHIP AT
SEA.**

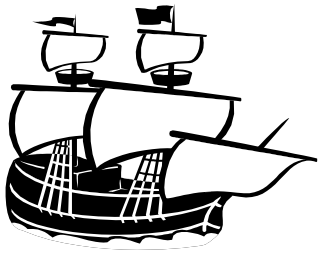


- Faith in something greater than you, by your side/outside working towards your greater good.



**PURPOSE
HOPE
FAITH
FINE/W**

GUIDING THE GIANT WITHIN



Most Powerful Two Words

- **"I am", and "You are"**
- **Acknowledging your reality is one thing.**
- **Repeating that reality can lock us in there.(jailers / liberators)**
- **Focus your thoughts on where you would like to go, is GOOD**
- **..... verbalizing/affirming the desire is even BETTER**
- **..... visualizing and acting on it is even GREATER**
- **..... calling on a greater source out there to help, near BEST.**
- **..... claiming it, PRICELESS. (Do you know how)**
- **A morning mantra, prayer, affirmation, saying, "I am healthy, wealthy, wise, and loved, doing what's in my best overall long term interest and getting better and better at it each day."**

PRACTICE / REPEAT



“Be it thoughts, words, songs, prayers, or mantra, whatever we repeat over and over again, as time goes by, we are moving closer to it.”

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- **If we practice finding faults, we can get so good at it that we become the fault.**
- **Likewise, if we practice being good, _____.”**

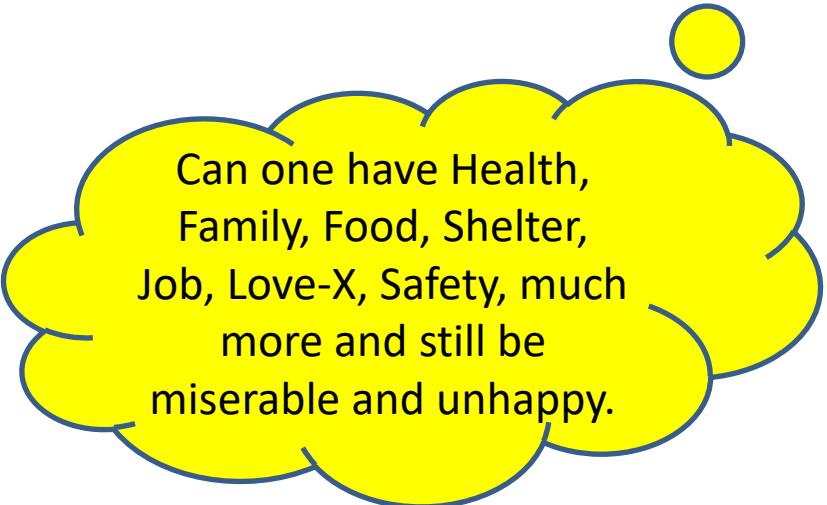
Trauma/Ecstasy gives new birth

- New conviction, and for some, it's worth dying for.
- Jack now _____ and is a happy man.
- After a horrible breakup, Tim-harden/Jill-soften?
- Lady from Chicago had a traumatic experience.
- Sue had an Ecstatic/traumatic experience at her initiation/_____.
- Sue provides a service and Tom sells goods that often destroy families and yet both are loved, admired and respected in their communities.
(Leadership/fellowship)

**“Knowing the right thing,
and doing the right thing,
are two completely
different things.”**

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**“In the abundance
of water, the fool is
thirsty.”**



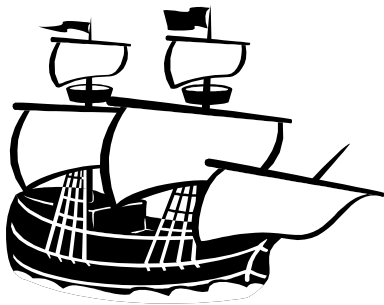
Can one have Health,
Family, Food, Shelter,
Job, Love-X, Safety, much
more and still be
miserable and unhappy.

Hon. Robert Nesta Marley

Taking Back the Power

- When we can accept a complement with a simple smile and a “thank you”.
- Independent of people's validation of you.
- Show great respect to those who have nothing to offer.
- When you can accept an **insult** with a simple smile and a ***“Thanks, your opinion is noted.”***
 - Without a feather on your back ruffled (*calm*)
 - Forgiving who **trespassed** against you (*let go*)
 - Return kindness to the hurting soul

COMMUNICATION, SOCIAL BEINGS.



Studies: Happiness and Longevity

- Multiple studies
 - Hours, days, week, months, years, and decades
- Surprise variable
 - Socialization, Companionship, and relationship.
- **Joy, Happiness, Satisfaction**
 - **Contrary to popular belief**
 - **Different Presentation, Different Day**



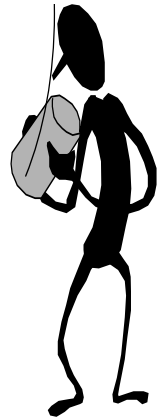
If relationship is where it comes together, then how important is our communication?

What are rules?

Whose job is it to teach em?

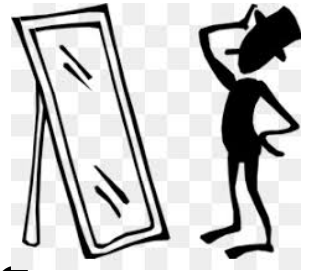
How important is it to learn em?

Covey's rule number five.



RELATIONSHIP STARTS WITH SELF.

- **Do you enjoy your own company?**
 - Do you get bored with self.
 - Do you know the child within
 - Can you hear yourself
 - Calibrate for course correction
 - Working together for the greater good.



HOW EFFECTIVE IS YOUR COMMUNICATION

- **When we enter a room, does it get brighter, or do we suck up the energy in the room?**
- **Lose/lose, to win/win**
- **The aura that surrounds you?**

HOW EFFECTIVE IS YOUR COMMUNICATION

“If you get down and you quarrel everyday. You're saying prayers to the devils, I say, wooh. Why not help one another on the way? Make it much easier (just a little bit easier)”.

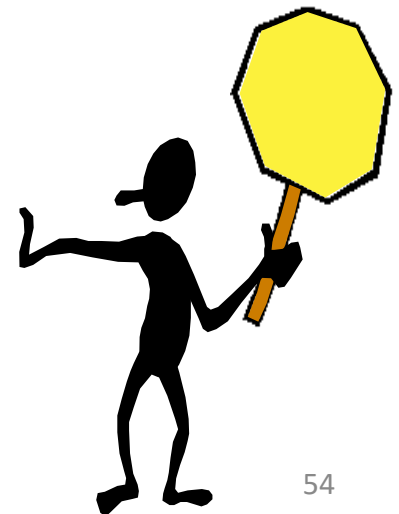
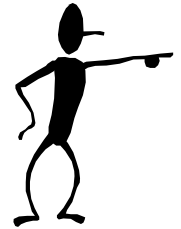
Hon. Robert Nesta Marley

CHECK

YOURSELF

CHECK YOURSELF

- **Your dominant beliefs and trauma interpretation**
- **Your current beliefs could be most liberating.**
- **They could also be your greatest restraint.**
- **Are they serving they serving you, or are you serving them?**
- **Check yourself.**
- **Hold em, Fold em, Change em?**



SYNCHRONIZATION and ALIGNMENT

Synchronicity

- Human body has multiple systems synchronizing towards the common good of our life.
- Our job is to synchronize our thoughts, desire, words, plans, actions and habits towards a joyful life with a central purpose.
- Have faith, be optimistic, expect miracles to unfold, showers of blessings, prepare for their coming, and experience the world conspiring to your humility.
- Avoid/minimize/prepare, for common storms, sharks, emotional temptations, hypocrites, power mongers, systems and self-serving organizations.
- Full time job from the heavens to the Earth.
- Check yourself, who is serving whom.

NEVILLE MORRIS
SYNCHRONICITY
CHART

HOME

- FOOD
- SHELTER
- TRANSPORTATION
- SAFETY
- PURPOSE
- HUMILITY
- INTEGRITY SAY&DO
- OPTIMISM/FAITH

HEALTH

- MENTAL HEALTH
- PHYSICAL HEALTH
- SLEEP/HEALTH CARE
- DIET / SLEEP /ACTIVE

FAMILY

- IMMEDIATE
- SIGNIFICANT OTHR
- EXTENDED FAMILY

YOU

SOCIAL

- FRIENDS OLD/NEW
- MEMBER/ GROUPS
- HELP OTHERS TO GROW
- CONNECTIONS
- DEBT MANAGEMENT
- SAVINGS NOW/RETIRE
- CUSHION FOR SET-BACKS
- ONGOING SALARY

WORK

- FULFILLING
- COMPENSATED
- TIME OFF
- SECURITY
- JOY/PLEASURE
- LOVE UNCONDITIONALLY
- BUILD DEEP RELATIONS
- COMPANIONSHIP

ROMANCE

FINANCE

HARNESSING THE POWER WITHIN

Managing Trauma

- **A vastly traumatic event for one person can be a mere teaching event for another.**
 - **The way we respond to trauma can be enabling or disabling**
- **We may not control our life events, however the tools we use will shape the outcome.**
- **Most of our tools maybe generational, however checking for consistency is our job.**
 - **We cannot plant peas and expect to reap corn**
- **My beliefs, habits and spoken words are commands to the subconscious mind that has no sense of humor.**
 - **It is an exceptionally good follower of its master.**
- **I can accept myself the way I am and get more of the same, or I can work towards what I would like to be.**

Steppingstone or Stumbling Block

- **When we learn the art of lighting our own fire, it is a good thing.**
- **When we learn to change the habits that do not serve us, it is a more beautiful thing.**
- **When we practice to check ourselves for alignment of purpose, hope, faith, desires, thoughts, and deeds, it is an absolute most wonderful thing.**
- **When we consistently take actions based on the above, then it all comes together as we learn to Bathe in the Joy of this Life.**

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