

Bathing in the Light

“Recovering Art of Resilience”

NYAPRS 35th Annual Conference

Neville B. Morris

September 15th 2017

Hudson Valley Resort, NY

Content

- **Recovery gems for self**
- **What to expect when we plant peas**
- **Knowing the rules of the *'game'*.**
- **Check yourself?**
- **You helping you.**

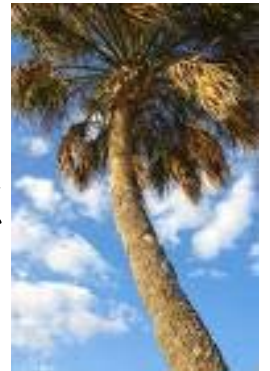
Your Help Comes From?

- Family, friends, "the hills", NYAPRS, therapy, doctors, medication, vanity, work, etc.
- Check yourself, is it enabling or disabling?
- If disabling then what?

**CHECK SOURCE
FRYING PAN**

1000 DIFFERENT PATHS THROUGH THIS EARTHLY PILGRIMAGE OF LIFE.

- Smooth, bumpy, rough, and sometimes we pass through a traumatic hurricane period that can throw us off course.
- We often do not bounce back the same.
- Resilience, the ability to recover/bounce back from adversity/change
- How well would you, could you, or should you bounce back from adversity?
..... easier said than done.



“What happen to you is not your fault, but managing it is your responsibility.”

- **Marc Dones, Chaku Mathai, Ali Rashid**
- **September 14th 2016**
- **NYAPRS 34th Annual Conference**

“The Impact of Poverty and Racism on Population Health.”

WHEN WE FALL FROM THE HORSE OF LIFE.



- Most of us know what to do.
- **WHY?**
- Is this **trauma recovery tool** in our tool box?

How well do we Bounce Back?

- What is our resilience factor.
 - * How EMOTIONAL are we?
 - * How PRACTICAL are we?
 - * The words we speak, **elevate** or **deflate**?
- Do we know the rules of the *'game'*?
- Are we using them?
- How prepared were we before the fall?



Rules of the Game

“When we know the rules of the game, our chance of winning improves tenfold.”

**USE, IGNORE, ABUSE
BEST FRIEND/NOTHING/WORST ENEMY**

Neville B. Morris

Does your life have a Purpose?

- If not, get one, didn't get one, then make one.
- Let it be the guiding light for your ship at sea.
- I can CHOOSE to be like fine wine.

OR, choose to stay as I am,

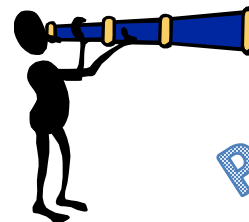
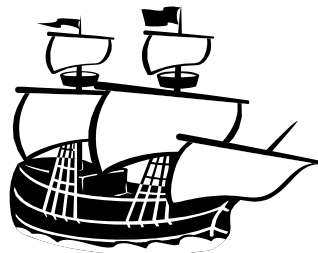
OR, choose to let the world choose for me.

- You guide it or _____.

STRESS MYSELF

**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

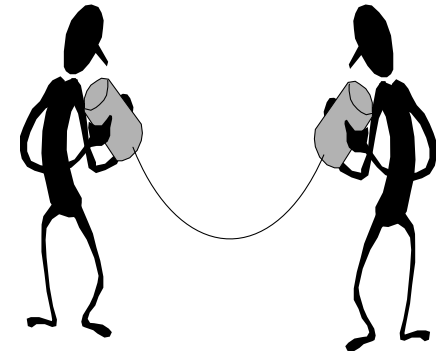
RELATIONSHIP, SOCIALIZATION, CONNECTEDNESS

- Where it all comes together.
- Relationship myth.



“DANCE A YARD BEFORE YOU.....”

**If relationship is where it all
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?

RELATIONSHIP STARTS WITH SELF.

- How much do you enjoy your own company?
- **NEED** “suppen” to enjoy your own company?
- Include family, “can” move it to a better place
- Include friend/s, “can” move it to a better place
- Include a significant other, “can” better place
- Include neighborhood, “can” better place
- Include the Universe, “can” better place

SELF INVENTORY

- Where are you with your life/purpose/communication, and where you would like to be?
- We can accept ourselves as we are and stop there.
- OR, choose to be like fine wine.
- Are our desires/thoughts/words/deeds consistent?
 - Low Risk with high rewards.
 - “Looking for love in all the _____”
 - Bet it all on 1st bet & expect to be in the game for a while.
- Do we focus on short term goals and have long term expectations?
- Can a man stand in the river and be thirsty?

THE RULES

CHECK YOURSELF

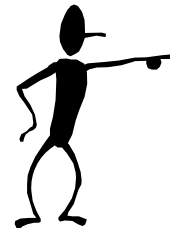
HOW EFFECTIVE IS OUR COMMUNICATION

- When we enter a room, does it get lighter, **brighter**, or do we **suck up** the energy?
- Lose/lose, lose/win, win/lose, win/win
- What is the aura that surrounds you **MOST OF THE TIME?**

- Is it your job to lighten a room when you enter?
- Is it your job to learn the rules of life?
- Are you required to apply what you learn?
- If you don't make a choice, did you make one?
- Will you be living with the choices that you make?

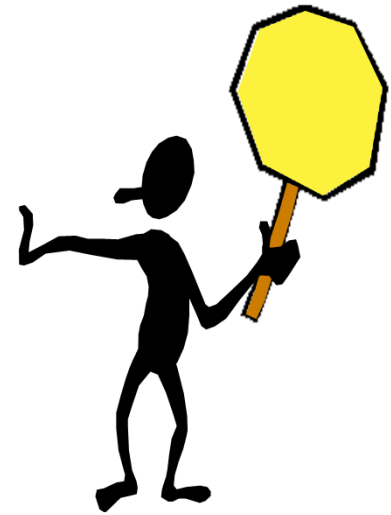
CHECK YOURSELF

- Your current beliefs could be most liberating thing you have going.
- They could also be the greatest restraint on your wings.
- Are THEY SERVING YOU, or
YOU SERVING THEM?
- Check yourself, bounce them off on a friend.
- Hold em, Change em, Fold em, Adopt ????????
– “You got to know when to _____”



COUNTRY

**DID I SAY YOU SHOULD CHANGE
YOUR BELIEFS?**



MOST POWERFUL WORDS

- "I am _____", and _____.
- Acknowledging your reality is one thing.
- Repeating that reality over and over again will 'sometimes' lock us there.
- Focus on where you would like to be 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 is 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 each day."

YOU ARE

PRACTICE / REPEAT



Be it thoughts, words, songs, prayer, or actions, whatever we repeat over and over again, we are moving closer and closer to it.

PLANT PEAS WHAT SHOULD I EXPECT?

**WEEDS
EDGE**

LIMITING WORDS (absolutes)

- “I must _____”
- “I always _____”
- “I never _____”
- “I have to _____.”
- “Every time _____”

- “I hate when _____.”
- “I get angry when _____.”
- “My pet peeve is _____.”

Stress (The Resilience Tester)

- **Our emotional response to the strain of life unfolding in time.**
- **Triggered by thoughts, or events detected by the senses.**

STRESS MYSELF

When it comes it comes

- **Sometimes, it comes like a thief in the night.**
- **High noon by the light of day.**
- **When you're most prepared,
or least prepared.**
- **Sneaks up on us.**
- **Can take us for a ride.**
- **Equal opportunity**
- **It's not about if, it's when.**



Trauma/Ecstasy gives new birth

- New conviction, and for some, **it's worth dying for.**
- John now _____ and is a happy man.
- After a heart wrenching breakup, harden/soften?
- Lady from Chicago had a traumatic experience.
- Parent forsake their most basic instinct for Q/fix.
- Suzette had a Ecstatic and somewhat traumatic experience at her initiation.
- John provides services and Tom sells goods that often destroy families and both are loved, admired and respected/fearred in their communities.

If I fall, then what?

- Denial, forget it happened.
- Decide when I get there.
- Depends on how I feel.
- Put it on social media.
- I will blame the other rider.
- I will rise again and ride.

..... easier said than done.

..... knowing the right thing.



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

Neville B. Morris

**LEARN THE RULES
AND CHOOSE.**

USE, IGNORE, or ABUSE.

The game will play on.

**“Emancipate yourself from mental slavery,
none but ourselves, can free our minds.”**

Hon. Robert Nesta Marley

Traumatic & Ecstatic Events



- Extreme emotional opposites
- Both life changing conditions
- Governed by the same laws, same process
 - You drive the process or it will drive you.
- Physical Laws
 - Stick your hand in the fire, get burnt. (swift)
- Spiritual Laws (say, pray, meditate, repeat) (slow)
 - Thoughts of joy, brings joyful emotions.
 - Thoughts of hate, revenge, envy, jealousy brings, _____.
- Whose job is it to know the laws of the land?

What Meaning will I Assign to this event?

The bounce of resilience is in the assignment, be it traumatic or ecstatic, the process is the same.

“It kills me when”. (slowly the death of you begins)

“This too shall pass.” (slowly the healing begins)

“I hate you” (Toxic words/creating toxic emotions)

“Wow, that is interesting.” (Controlling the meaning)

“**You are** just like your no good mo/father.” (plant seed)

“Forgive those that trespass against us”(healing begins)

SELF POISON
NEUTRALIZING

GENERATION

RULES

RIGHT THING

I'VE BECOME

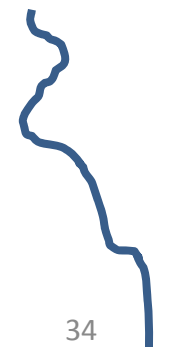
“Things and events have absolutely no meaning whatsoever until we assign one. After that, they take on a life of their own.”

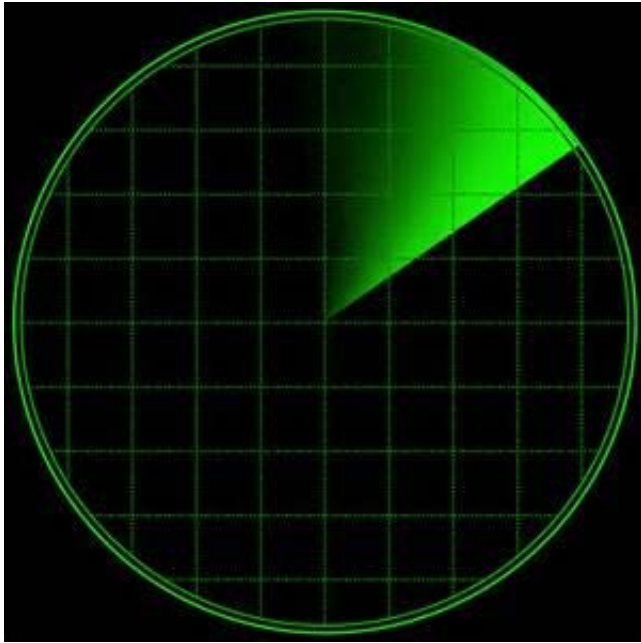
Neville B. Morris

How Does it Work?

- **We have our cycle from calm to anger.**
- **Do you know your own?**
- **How easy is it to ruffle your feathers?**
- **Learn the part you play in this cycle**
- **Who has the control button?**
- **Learn to interrupt the cycle and break the power others have over us.**

How does it work?





First Assigning 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*.
- You are responsible for the 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.

Stepping Stone 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.**

Neville B. Morris

Interpersonal Communication Skills & Development

P.O. Box 366

Endwell, NY 13761

Nmorris@ICSDev.net

(607) 765-5656



**Positive assignments make us more optimistic.
OPTIMISM ATTRACTS MORE OPTIMISM.**

**Negative assignments makes us more pessimistic.
PESSIMISM ATTRACTS MORE PESSIMISM.**

**Be it Optimism or Pessimist, the thoughts and
words we speak daily will complement that choice.
HOW IMPORTANT ARE THE WORDS WE SPEAK, THINK?**



**IF FROM OUR MOUTH WE ARE PLANTING PEAS, THEN WE OUGHT
TO EXPECT MORE PEAS TO BE UNFOLDING IN OUR DAILY LIVES.**

“GIVE US ON THIS DAY OUR DAILY BREAD/CORN/PEAS”

“We tend to drift towards the expectations people have of us and more importantly to the ones we have of ourselves. Unfortunately, our expectations are usually based on the ones **other people have of us.”**



Neville B. Morris

Who Am I

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

Neville B. Morris

We move closer and closer to the Things We Believe.

- ***“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”.***

Neville B. Morris

