**“Resilience”
Process Plan**
October Soul Circle and Sinsinawa Series #1



**Preparation:**

1. **Personal environment materials:**Candle/ lighting implement, small bowl, notebook/pen **B. Creative Materials:** 8.5 piece of Paper (or slightly larger), colored pencils, markers
or crayons, a plate that fits on the area of the paper.
2. **Session handouts/attachments:** printed or easily brought up on an alternate device
other than the one that zoom is accessed on.

**SONG:** “When my mind become Still”by Kathy Zavada, Michael Singer
 **CD:** Songs of the Untethered Soul

**WELCOME & INTROS:
1. Soul Circle** ... (Acknowledge new participants)

**2. Sinsinsawa Series**...(address willingness and intent to enter into this sacred time with “ unknown” others)

**Self Intros☹ 1 min or less)**

* Name, location...where are you right now? (geographic and space)
* Ques: What drew you to be present today? (nutshell version)
* Light your candle- “Present” to ZOOM camera
* **Response:** “I am in” or “I am here” Respond thenplace candle near you so you can see it.

**Widening the Circle** ...(Close eyes)

1.Soul Circle: who else do you intentionally bring into the Circle? Bring to mind
a SC woman not with us today...or a woman whose presence would bless this sacred circle...one on this “side” or the spirit and energy from “other side”

2**. Sinsinawa Series:** Bring to mind someone who is having difficulty dealing with the struggles (Covid-19/Societal issues or “life” challenges) **Sacred Circle Commitment**:

...how we come with deep respect as we sit in this sacred space
Excerpted from **Urgent Message from Mother**(9/2005)byJean Shinoda Bolen MD (Psychiatrist, Jungian analyst, and author)

Each person speaks a section by assigned # (till reading is completed)

**SOUND:** **Tibetan Bowl** (3 X) to begins transition into sacred space .

**GROUNDING: Breath (**Guide through Breathing exercise)

**Guide:** Settle into a position of ease...alert wakeful posture that allows breath to flow easily without constriction. Close eyes...rest hands where comfortable...let your chin drop and become still...relax facial muscles with a slight gentle smile. Feel a softness come over your face, forehead, eyes, lips and jaw.

Take a moment to let go of needing to be anywhere else...let go of any distracting concerns.
Settle into HERE, settle into NOW.

Allow your focus to gently rest on your breath. Be attentive to the rhythm of your breath.
Natural breaths in and out...deep breaths that invite your mind and body to connect.
(Suggest: hand over heart or on belly or both)

Breathe & relax...
Let sounds, thoughts, memories, feelings... come and go passing though awareness.
Not silencing the mind but disengaging from distractions. Settling into simply being...in present.
Letting go of past...not fearing or planning future...Nothing to fix...no other place to go.
Be in this moment!

Be aware of sensations of breathing: in your face, chest, abdomen...Note where the breath rises and falls.

Attention to beginning of inhalations...sustaining it and then after the exhalation. Note the start of each new breath. **Suggest**: count your breaths (in and out) 1-4 (do this 2 X) Silently say to self...in/out...rising/ falling.

**Mantra or Prayer for GROUNDEDNESS** (be attentive to breathing)
Guide as following: **Inhale**–Right here, **Exhale**–Right Now, **Inhale**–All that I am, **Exhale**–I Give to You

Receive with gratitude what your breath has given you (Eyes still closed-listen to invitation to go deeper within)

(Start song gently...lower volume...increase gradually) **SONG:** “Come into the Quiet” by Bethany **CD:** Go within

**Presence Check in:** “Are you here yet?” (note: visual responses)

**Entry quote: *“****The oak fought the wind and was broken, the willow bends when it must
 and survived.”* ~ Robert Jordan, The Fires of Heaven

**Intro and development of “Resilience” theme:**

*“Resilience is accepting a new reality, even if it's less good than the one you had before.
(sound familiar??) You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.”* ~ Elizabeth Edwards

Though, individual resilience is essential for personal self-care and calming of one’s soul it is
also about **fostering resilience for the common good** ...to be STRONG and RESILIENT
As a **community** ...as a **TRIBE ...**to bring healing into our wounded world.

 **Re-phrased:**

*“Resilience is accepting ~~your~~* ***(OUR)*** *new reality, even if it's less good than the one ~~you~~* ***(WE)*** *had before. ~~You~~* ***(WE)*** *can fight it, ~~you~~* ***(WE****) can do nothing but scream about what ~~you've~~* ***(WE’VE)*** *lost, or ~~you~~* ***(WE)*** *can accept that and try to put together something that's good.”*

**Why PAUSE, WHY consider Resilience?**

* We are here “to PAUSE, to reflect on fostering resiliency through cultivating
INNER CALM of body, mind and spirit.
* This “PAUSE” might help to you to restore desire/need for grounding and balance
in midst of the escalating out of control “chaos.”
* This “PAUSE” offerors a dose self-compassion. Necessary for fostering calm and balance
especially in the currently charge time as a society (politics, covid-19, racial equality)

***Sharon Salzberg****:* Prominent infield of meditation, world-renowned teacher, author, Buddhist practice (BK: Real Change: Mindfulness to Heal Ourselves and the World
*tells us:**“Resilience is based on compassion for ourselves as well as compassion for others.”*

* Being here and ”showing up” – positive intention in “practicing” (action) not just talking
(lip-service) for self-care (self-compassion.)
* Care of your inner-self (all levels-body, mind and spirit) fosters a safety and well-being
* Being intentional about self-compassion skills **primes your brain** to be:
 - More resilient
 - Strengthens ability to cope with stress and circumstances
* Kudos for taking this time “to PAUSE” to be attentive and intentional about self-care
* Your presence also affects the well-being of this “gathered” virtual circle.

**Circle Commitment** (on attachment)Excerpt from“Urgent Message from Mother**”** Jean Shinoda Bolin (Read slowly)
Each participant takes a #...**Circle Shift:** (from social to spiritual) with Tibetan Bowl (3 X)

**Session INPUT:**in planning this experience, I was flooded with many symbols of “resilience!” (rubber bands, spider webs) best image surfaced: was **“trees”** (define being in the moment, release and renewal in changing
of seasons. **AHHHH FALL!** Time of immense beauty... nature’s WISDOM of taking time to “pause.”
Trees- “Nature” is a wise teacher showing us how to embrace transition.

**Free Daily lessons:** see <http://nature365.tv>

**Trees show us how they:**

* Gracefully **let go** of their leaves
* Stay **firmly rooted**
* **Store up energy** and practice natural self-care...
* **Gather inner strength** and preparing to meet the harsh winter ahead!!!!
* Trees begin to form buds in a last big hurrah of growth as they prepare for winter
* **Trees rest...**and **go dormant** as they await the awakening of Spring
* Boldly “push out” pre-formed nourished “buds’ n ‘nubs” to **boast new growth**!!!
* **Lesson: intense growth and productivity are followed by periods of rest and doing nothing!**

 **Question to self:**
When is the last time “I “allowed myself the “luxury of doing nothing”...to rest...to just sit...
to **“pause**” to replenish?

**WILLOW TREE SYMBOLISM:** The willow is the tree that clearly embodies the **quality of resilience.**
 **Willow Quotes:** *“Allow yourself to bend like a willow in the wind, so that you will not break”**“The oak fought the wind and was broken, the willow bends when it must and survived.”*
~ Robert Jordan, The Fires of Heaven (refer bookmark Attachment)

 **Willow Tree:** is rooted in a long history of spirituality various cultural traditions.
(Celtic and Christian tradition + others) **For the Celts:** the WILOW was a **sacred tree**
recognized for its graceful **spiritual presence.**

  **Willow Tree Traits**: flexibility & strength...bending in the storm without snapping...a powerful metaphor for those desiring to become more resilient. **“WILLOW”** invites us to:Bend and adjust to what life brings rather than fighting it and to surrender gracefully to the process.

 **Willow Symbolism** (Apply to LIFE) “willow” teaches us to:

* **Let go and to surrender** to our innermost selves.
* Gain a **deeper understanding** of our subconscious.
* Practice **adaptability.**
* **Survive and also thrive** in challenging conditions.
* Expression of deep emotions (grief and sadness)
* Know the value and consequences of love and loss.
* Recognize the potential for something new to rise up.

**LESSONS FROM A WILLOW** (be like the willow)

* Be flexible & be strong
* Bend without breaking when storms and life challenges.
* Maintain stability, hope, and healing, rootedness & being safe.
* Embrace & let go gracefully
* Be strong, be bold...GROW new possibilities

**RESILIENCE** needed for **NOW!**

* Fits our current world-wide unprecedented and highly un-welcome “visitor” “Diablo” Covid-19.
* Past 8-9 months, we all have been through the ringer one way or another
* Individually impacted by this relentless virus.
* Each person’s experience of this “wild fire” highly contagious virus is real
* Not one of us is exempt from exposure.
* Cannot deny the serious reality.

**Impact of the Pandemic fatigue**

**Soul circle**: Right here, within our own circle of women...(loss of spouse, testing positive, quarantined from exposure) Covid-10 has raised its ugly head causing sorrow, loss, worry, hesitation, fear and deep concern.

**Series group:** No doubt that Covid-19 has affected all of you in some way as well as it
has intensified and silently spread. It has caused sorrow, loss, worry, hesitation, fear and deep concern.

Psychologists define **resilience** as the process of **adapting** well in the **face** of **adversity,**trauma, tragedy, threats, or **significant sources of stress.** That's what **resilience** enables.

 **YES, it is REAL...**Pandemic is real...it is not going away in an instant.Contrasted to + increased positive infection of the virus: tired,
inhibited breathing, aching muscles, brain fog, exhaustion etc...
New model predicts more than 385,000 US Covid-19 deaths by February 1

**Pandemic fatigue: (REAL as well)** refers to feeling overwhelmed with still having to maintain a state of constant vigilance, even 8-9 months after the pandemic began and weariness connected to following restrictions.

We are...

* **Learning to cope** with **COVID**...(live & die with it)
* Would rather it **BE GONE** from our lives.
* Want to EVICT this “unwanted intruder”
* “Sick” of ( Tired of) restrictions (masks, distance, sanitizer hand washing...etc)
* Isolating effect of 8-9 long months
* Some fuss/ complain butwe do what must to protect ourselves and those we love.

(as well as the stranger)

* Aware of necessity to adapt, move with caution, protect one another

**FEAR or WISDOM-** with theReality of a 3 rd wave.

Should we be fearful or should we **be wise?** Learn from the previous 8-9 mo.
Learn from Europe... answer...do what we must to prevent Covid-19 from taking more lives.

**Wisdom of Psalm 27**: “*God is my light and my salvation, whom (or what) shall I fear?*

*God is the stronghold of my life; of whom (or of what) should I be afraid?*

*For God, will hide me, shelter me in the day of trouble..” (Psalm 27: 1, 5)*

Words of PS 27 bring both **comfort and assurance** that we are **not alone** in this uncertain time.

**CHOOSE HOPE**:

**Normal?** We want is to **get back to NORMAL**...(But will normal ever be the same again?...
perhaps not!) Key factor in caring for our spirit is to **hold fast to HOPE**....
**HOPE** as essential as masking or distancing of being 6-12 feet apart!

Be **RESILIENT...**remain **STRONG and DO** what we need to do! **Yes**, we have learned to **cope and adapt** but we must **Keep HOPE alive** ..especially as we face a possible 3 rd wave.
SURVIVE yes but also THRIVE!
 **Seven Skills of Resilience**

* Cultivate **belief** in **ability to cope**.
* **Stay Connected** with Sources of Support.
* **Talk About** What You're Going Through.
* **Be Helpful** to Others.
* Activate **Positive Emotion**.
* Maintain an **Attitude** of thriving.
* Seek **Meaning**.

 **Reflection Poem**
The WILLOW...is not the only **tree of strength...**Intro local TREE celebrity.
Her name is the “SENTINEL TREE” and she **lives boldly** on the grounds of Siena Retreat by the lake at the edge of the raging waves in Racine, WI. “She” has proven over and over again her ability to **SURVIVE & THRIVE** in the most challenging conditions of wind, snow and lightening

Listen and “meet her” now in this poem called “Sentinel of Strength” by Joyce Rupp. (see attachment)
Prayer Seeds: A gathering of Blessings, Reflections, and Poems for Spiritual Growth (Sorin Books) 2017
Poem: Page 61 (Participant to read slowly/ clearly)

**VIDEO** (2.00)“In Praise of Resilience” (derived from Rupp Poem /refelctions“Sentinel of Strength”)
Video designed with Magisto by Stella OSF

 **CREATIVE PROCESS TIME
(**2 Expressions) Ponder & Write & Create (Allow 30 -35 min)

* Close your eyes... listen to all the questions.
* Be attentive to which (ONE) question **chooses you!**
* YES...choose ONE (no overachievers) only other questions can be used post this online
experience to carry you through till next offering. **Questions** (on handout)
1. What skills of resilience have you honed during these past months?
2. Did you attend to “self-care” in any way over these past months? (body, mind, spirit)
3. Has the “tree” within reached a snapping point or are your “branches” resilient bending
under the challenging times?
4. How have you witnessed resiliency in nature? What “lesson (s)” has nature spoken to you?
5. What circles of care and compassion have provided you support?
6. As you prepare for another potential extension of “shut down” or quarantine what have you learned that will carry you through in a more healthy and balanced manner?
7. What do you most need to prepare yourself emotionally, physically and spiritually for a potential extension of “shut down” or quarantine?

**Visual Expression:**
Use creative materials...(pencils, crayons, markers) ...color or no color...all acceptable.

* image your “Tree-Self.”
* As a willow or as a tree of **strength and flexibility.**
* Don’t worry...not going to be hung in the Chicago Art institute or the “metro” in NY!

**Tibetan bowl**: begins creative reflective later (5 min) warning tie up reflection.  **SONG** to Re-gather: “I am Strong” by Liz Clarke **CD**: The Dream

**Wisdom Sharing:** (one invites next) Share image of your tree and which question you pondered.

**Symbolic Action:**Post sharing...Participants hold personal bowl...look at the zoom screen and figuratively place each person,1 by 1, into their bowl...

**Together,** place hands over the bowl as a silent blessing for each person’s presence and sharing. **Serenity Prayer:** Words so “lived” tested and true...remind us.

* We can change
* To act to improve life.
* Redirects energies away from all that is out of our control
* Focus on things that can be controlled.*God, grant me the****serenity****to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference. (on handout jpeg)*

**SONG:** “Serenity Prayer” by Laverne Craig CD**:** Serenity

 **Close with:** “Resilience” YouTube **TWCD Virtual Women’s Choir:** <https://youtu.be/ULngW8fd8iI>

**Gratitude** for presence and participation

* Remind about 3 additional sessions in Pausing Series
* Offer individual virtual SD work...contact me privately to arrange

**Book Resource**: Resilient: How to Grow a Core of Calm, Strength and Happiness By Rick Hanson Encouraging and down-to-earth, step-by-step approach is grounded in the science of positive neuroplasticity. How to overcome the brain's negativity bias, release painful thoughts and feelings, and replace them with
self-compassion, self-worth, **joy**, and inner peace.