

HOLDING SPACE
LIVING FROM SOUL
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WHAT'S YOUR DISSERTATION?

- USUALLY SOMETHING SCIENTIFIC-SOUNDING OR PSYCHOLOGICAL-SOUNDING
- “AMERICAN DEMOCRATIC FAITH”
- DOAN PRIZE FOR PHILOSOPHY OF RELIGION
- BILLINGS PRIZE FOR EXCELLENCE IN SCHOLARSHIP

WHAT'S THAT?

- DURING THE 19TH CENTURY A GROUP OF AMERICAN PHILOSOPHERS AND WRITERS CRAFTED A “FAITH,” A SYSTEM OF HEALTHY LIVING.
 - RALPH WALDO EMERSON (1803-1882)
 - HENRY DAVID THOREAU (1817-1862)
 - WALT WHITMAN (1819-1892)
 - HERMAN MELVILLE (1819-1891)
- THEY CALLED IT “SOUL.”

IN MODERN TIMES

- THE STUDY OF THE TRAITS OF THRIVING PEOPLE
 - MARTIN SELIGMAN
 - ED DIENER
 - CAROL DWECK
 - BARBARA FREDRICKSON
- THEY CALL IT “POSITIVE PSYCHOLOGY”

BASED MY LIFE ON IT.

- ADRENOCORTICAL HYPERFUNCTION
 - ABILITY TO PROCESS AND RELEASE NEGATIVE EMOTIONS.
 - ABILITY TO MAINTAIN A STATE OF TRANQUILITY.
- I CALL IT POSITIVE PSYCHOLOGY WHEN TALKING TO PSYCHOLOGISTS. I CALL IT LIVING WITH SOUL IN MY OWN MIND. I CALL IT HOLDING SPACE WHEN TALKING TO OTHERS.

Happiness wards off heart disease, study suggests

Being happy and staying positive may help ward off heart disease, a study suggests.

US researchers monitored the health of 1,700 people over 15 years, finding the most optimistic and optimistic were at the highest risk of the disease.

They could not categorically prove happiness was protective, but said people should try to enjoy themselves. But experts suggested the findings may be of limited use as an individual's approach to life was often ingrained.

At the end of the study, which was published in the European Heart Journal, participants were assessed for emotions ranging from hostility and enmity to joy, enthusiasm and contentment.

By the end of the analysis, some 145 had developed heart disease less than one in 10.

But for each rise in the happiness scale there was a 22% lower risk of developing heart disease.

The team between happier people may have better sleeping patterns, less likely to suffer stress and more able to draw on their coping resources - all of which can aid physical fitness of the body.

Lead researcher Dr Anne Casper described their research as needed for the UK, but said she would still recommend that people try to develop a more positive outlook.

She said all too often people just waited for their "two weeks of vacation to have fun" when instead they should seek enjoyment each day.

"If you enjoy reading novels, but never get around to it, commit to getting 15 minutes or so of reading in."

"If walking or listening to music improves you mood, get those activities in your schedule."

"Especially spending a few minutes each day they relax and enjoying yourself is entirely good for your mental health and joy."

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SPIRITUALITY

- NOT THE SAME AS RELIGION
- THIS ISN'T A THEOLOGY, IT'S MORE OF A PHILOSOPHY OF MIND AND INTUITION
- EVERYONE SHOULD BE ABLE TO RELATE

CORE NOTIONS

- 1. KEEP A LARGER PERSPECTIVE
- 2. KEEP TO A SIMPLE LIFESTYLE
- 3. SELF-RELIANCE.
- 4. ATTEND TO THOSE THINGS THAT CREATE A SENSE OF MYSTERY, WONDER AND AWE.

HOLDING SPACE

HOW I NOTICED IT

■ CLINICAL PASTORAL EDUCATION 1977

- ONE OF THE FIRST APPROVED CENTERS FOR CHEMOTHERAPY RESEARCH. WARD I4.
- “IF YOU CAN KEEP YOUR HEAD WHEN EVERYONE ABOUT YOU IS LOSING THEIRS AND BLAME IT ON YOU...YOU’LL BE A MAN, MY SON.” -RUDYARD KIPLING (“IF”)
- ALSO, EVERYONE WILL THINK YOU KNOW WHAT YOU ARE DOING.

HOLDING SPACE

- BEING PRESENT WHEN SOMETHING BIG IS HAPPENING.
- DEATH
- CONFLICT
- STRESS
- STAYING CALM AT THE SAME TIME. AVOIDING “REACTIVITY.”

IF YOU CAN HOLD THE SPACE

- **WONDERFUL THINGS HAPPEN**
 - **PEOPLE RELAX AND CALM**
 - **RECONCILIATION IS POSSIBLE**
 - **A SENSE OF TOUCHING SOMETHING DEEPER**
- **IT'S WHAT EVERY HELPING PROFESSIONAL TRIES TO DO. THERAPISTS CALL THIS A "NON-REACTIVE PRESENCE."**

RABBI ISAAC LURIA



- 1534-1572
- QABBALA
- ORIGINALLY ONLY GOD EXISTED. FOR CREATION TO HAPPEN, GOD “CONCENTRATED” HIMSELF, PULLING INWARD TO CREATE SPACE.
- GOD HOLDS ALL OF CREATION WITHIN HIMSELF.

CORE NOTIONS

- IF YOU PUT THE THOUGHTS OF THE AMERICAN PHILOSOPHERS IN A CRUCIBLE AND BOIL THEM DOWN, YOU END UP WITH FOUR CONCEPTS.
- PERSPECTIVE
- SIMPLICITY
- SELF-RELIANCE
- NATURE

A CLOSER LOOK



1. PERSPECTIVE

DISTRACTIONS DISTRACT

- ANY OVER-FOCUS PREVENTS US FROM SEEING WHAT IS REALLY HAPPENING.
- TO SEE THE BIG PICTURE REQUIRES AN ATTITUDE OF TRANQUILITY.
- ONCE WE ATTAIN TRANQUILITY, WE UNDERSTAND THINGS WE DID NOT UNDERSTAND BEFORE.

STUFF HAPPENS

- WE GET SO FOCUSED ON DEALING WITH OUR RESPONSIBILITIES AND CARES THAT WE FAIL TO SEE WHAT IS ACTUALLY GOING ON IN OUR LIVES
- WE'RE SO CONCERNED WITH COUNTING THE BOUNCES OF THE BASKET BALL WE DON'T SEE THE GUY IN THE GORILLA SUIT.
- WE'RE SO CONCERNED WITH OUR WORRIES WE DON'T SEE THE PRESENCE OF "SOMETHING MORE" IN OUR LIVES.
- MY SURGICAL LOSS-OF-PERSPECTIVE

SO THE RECOMMENDATION

- BE SURE THERE IS “SPACE” IN YOUR LIFE FOR CONTEMPLATION--TO SEE THE “BIG PICTURE.”
- THE STUDY/REFLECTION CHAMBER/IPOP
- A DISCIPLINE OF CONTEMPLATION IS MAINTAINED (THE AMERICAN PHILOSOPHERS USED DAILY WALKS AS A FORM OF CONTEMPLATION)
- THE SOUL-FRIEND SYSTEM



2. SIMPLICITY

DANGERS OF CLUTTER

- IT'S ONE MORE "BOUNCING BALL" THAT KEEPS OUR FOCUS OFF WHAT'S REALLY IMPORTANT.
- IT'S AN ENERGY THIEF.
- THE AMERICAN PHILOSOPHERS DECLARED WAR ON BOTH PHYSICAL AND EMOTIONAL CLUTTER.
- THEY SAW IT AS A SIGN OF A DISORDERED MIND.

PHYSICAL CLUTTER

- TOOK INSPIRATION FROM BOTH CLASSICAL ANTIQUITY AND THE SHAKER AND QUAKER TRADITIONS.



How I Do It # 1

- NOTHING ON ANY HORIZONTAL SURFACE, UNLESS THERE IS A REASON FOR IT TO BE THERE.
- TABLE TOPS ARE EXPECTED TO BE EMPTY.
- PAPERS ARE FILED, OR SCANNED AND DISCARDED.
- MUSIC, PHOTOS AND BOOKS ARE INCREASINGLY DIGITAL.
- THINGS ARE KEPT ONLY IF THERE IS A REASON NOT TO THROW THEM AWAY.

How I Do It #2

- **“TREASURES” ARE PHOTOGRAPHED AND THEN GIVEN TO PEOPLE WHO WOULD APPRECIATE OWNING THEM.**
- **“PROBLEM AREAS” ARE REGULARLY PURGED AS A FAMILY DISCIPLINE.**
- **“HOUSE RULES” KEEP FAMILY MEMBERS FROM GETTING CARELESS.**
- **HOUSEWORK IS DONE BY “ZONE CLEANING,” CHECK OUT FLYLADY.COM FOR MORE DETAILS**

SIMPLE HOME

- LESS STRESSFUL, MORE APPEALING, EASIER TO CLEAN
- MINIMAL FURNITURE, CLEAR SURFACES, ACCENT DECORATIONS, PLACE FOR EVERYTHING, QUALITY OVER QUANTITY
- ONE ROOM/TIME, START WITH FURNITURE, CLEAR FLOORS & SURFACES, SIMPLE WINDOWS AND PERIODIC EDITING



TODAY

- MAKE A SHORT LIST OF THE MOST IMPORTANT THINGS.
- PURGE A DRAWER
- SIMPLIFY YOUR TO-DO LIST
- CLEAN YOUR SINK, DESK, EMAIL IN-BOX
- SINGLE-TASK

EMOTIONAL CLUTTER

- MOST PEOPLE LIVE THEIR LIVES WITH DEPRESSION ABOUT THE PAST AND ANXIETY ABOUT THE FUTURE.
- DRAW A LINE THROUGH TIME AND DECIDE WHAT IS ON THE OTHER SIDE OF THAT LINE DOES NOT MATTER.
- MENTAL HYGIENE. KEEP RELATIONSHIPS ORDERLY.
- SOME ARE COMPLETE.
- SOME ARE TOXIC AND NEED TO BE LOCKED AWAY. IT IS HEALTHY TO AVOID PEOPLE WHO HARM YOU.



2. SELF-RELIANCE

"Nothing at last is sacred but
the integrity of your own
mind."

-Ralph Waldo Emerson, from Self-Reliance



SELF-RELIANCE

- THE NEED FOR EACH INDIVIDUAL TO AVOID CONFORMITY AND FALSE CONSISTENCY AND FOLLOW HIS OR HER OWN INSTINCTS AND IDEAS.
- “IF OTHERS LIKE IT, WELL. IF OTHERS DO NOT LIKE IT, WELL.”
- IT IS INTENDED AS A STARTING POINT, NOT A GOAL. THE POINT ISN'T TO BE AN ODD PERSON. THE POINT IS TO BE TRUE TO YOUR INNER SELF.

SOURCE OF TRUTH

- THE ULTIMATE SOURCE OF TRUTH IS WITHIN OURSELVES.
- WHEN WE FIND SOMETHING WE AGREE WITH OR FEEL A RESONANCE WITH, IT'S BECAUSE WE RECOGNIZE THAT IT IS IN HARMONY WITH OUR INTERNAL TRUTH.
- PLATO TAUGHT MUCH THE SAME THING.

NOT NARCISSISM

- IF WHAT WE FIND INSIDE OURSELVES IS TRUE, IT WILL ALSO RESONATE WITH OTHERS.
- OTHERS WILL UNDERSTAND AND ACCEPT, EVEN IF THEY DON'T ENTIRELY AGREE. THIS IS THE SIGN THAT WE HAVE HIT ON OUR INNER TRUTH.
- STAND BY WHAT YOU BELIEVE THAT OTHERS RECOGNIZE AS "YOUR TRUTH."

PERSONAL STYLE

- SELF IS MORE ATTRACTIVE THEN NON-SELF.
- SO HAVE STYLE. YOUR STYLE. A LITTLE INDIVIDUALITY NEVER HURT ANYONE.
- “BOOTS, CAPES AND SWORDS, OH MY...”



DEFENSE MECHANISMS

- =DF THE UNCONSCIOUS EFFORT TO PROTECT OURSELVES FROM ANXIETY BY DIVERSION, DISTORTION OR INTIMIDATION.
- REPRESSION
- RATIONALIZATION
- PROJECTION
- REACTION FORMATION
- DISPLACEMENT
- IDENTIFICATION
- REGRESSION
- FANTASY
- INTELLECTUALIZATION
- DENIAL
- SUBLIMATION

NOT ALL DEFENSES ARE BAD

- BUT THEY ALL CLOUD REALITY.
- YOU DON'T NEED TO JUSTIFY YOURSELF. NO ONE CAN PLEASE EVERYONE. NO ONE CAN BE LIKED BY EVERYONE.
- YOU DON'T NEED TO GET OTHERS TO AGREE WITH YOU.
- YOU CAN NEVER GET ENOUGH OF WHAT YOU DON'T REALLY NEED. LEARN TO RELY ON YOURSELF.

TYRANNY OF THE URGENT

- THE “URGENT” IS WHAT OTHER PEOPLE WANT YOU TO DO.
- THE “IMPORTANT” IS WHAT YOU NEED TO DO TO BE HAPPY.
- IT’S POSSIBLE TO BECOME SO WOUND UP IN THE URGENT THAT YOU NEVER GET TO ANYTHING IMPORTANT.
- IT TAKES MORE ENERGY TO SAY “NO.”



4. NATURE

WE'VE LOST SOMETHING

- THOMAS MOORE, THE RE-ENCHANTMENT OF EVERYDAY LIFE
- DANGERS OF A FLATTENED UNIVERSE
- WE LONG FOR "PATTERNS THAT CONNECT"
- TO BE HEALTHY WE NEED THINGS THAT DRAW US BEYOND OURSELVES TO "SOMETHING MORE."
- PICTURES OF MOUNTAINS OR SKY
- HARRY POTTER, NARNIA, OZ, INKLINGS

WITHOUT MYSTERY...

- WE CAN'T BE POSITIVE.
- IF ALL THERE IS, IS NOTHING SPECIAL, HOW CAN ANY OF US HAVE HOPE?



WM. WORDSWORTH

The world is too much with us; late and soon,
Getting and spending, we lay waste our powers;
Little we see in Nature that is ours;
We have given our hearts away, a sordid boon!
This Sea that bares her bosom to the moon,
The winds that will be howling at all hours,
And are up-gathered now like sleeping flowers,
For this, for everything, we are out of tune;
It moves us not.--Great God! I'd rather be
A Pagan suckled in a creed outworn;
So might I, standing on this pleasant lea,
Have glimpses that would make me less forlorn;
Have sight of Proteus rising from the sea;
Or hear old Triton blow his wreathed horn.

WE NEED MYSTERY

- **DEPTH PSYCHOLOGY TEACHES THAT THE CAUSE OF MUCH MODERN MENTAL ILLNESS IS:**
 - **THE LOSS OF A DEEPER SENSE OF CONNECTION TO SOMETHING LARGER THAN OURSELVES.**
 - **THE LOSS OF A SENSE OF POETIC JUSTICE.**
- **AMULETS AND TALISMANS; THINGS THAT ENCHANT**



IN CONCLUSION

HOLDING SPACE/SOUL

- 1. KEEP PERSPECTIVE - SO YOU SEE THE GUY IN THE GORILLA SUIT
- 2. SIMPLICITY - SO YOU DON'T GET DISTRACTED AND ROBBED OF YOUR LIFE'S ENERGY.
- 3. SELF-RELIANCE - SO YOU DON'T WASTE YOUR TIME TRYING TO PLEASE PEOPLE WHO CAN'T BE PLEASED.
- 4. NATURE - STAY ATTACHED TO THINGS THAT BRING WONDER, MYSTERY AND AWE INTO YOUR LIFE.

THANK YOU!