

Resilience/Resistance

The moment we choose to love we begin to move against domination, against oppression. The moment we choose to love we begin to move towards freedom, to act in ways that liberate ourselves and others. **bell hooks**

I can be changed by what happens to me. But I refuse to be reduced by it. **Maya Angelou**

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare. **Audre Lorde**

When we are willing to be open-minded, art and beauty come flooding into us in a thousand small ways. When we let ourselves see the possibilities instead of the improbabilities, we become as flexible and resilient as we really are. It is human nature to create. When we cooperate with our creativity, using it to live within the lives we actually have, we surprise ourselves with our level of invention. **Julia Cameron**

Resistance is the first step to change. **Louise Hay**

If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow. **Unknown**

It is well known that humor, more than anything else in the human makeup, can afford an aloofness and an ability to rise above any situation, even if only for a few seconds. Victor Frankl, writing about surviving Nazi concentration camps Finding and living from a place of meaning is the single most important avenue for being resilient. **Beth Miller**

Nobody gets everything he or she yearns for. I look at the world and see three sorts of people: those who dream boldly even as they realize that a lot of their dreams will not come true; those who dream more modestly and fear that even their modest dreams may not be realized; and those who are afraid to dream at all, lest they be disappointed. I wish for more people who dreamed boldly and trusted their powers of resilience to see them through the inevitable disappointments. **Harold S. Kushner**

Life is not the way it's supposed to be. It's the way it is. The way you deal with it is what makes the difference. **Virginia Satir**

He who has a why to live can bear almost any how. **Frederic Nietzsche**

If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow. **Unknown**

Optimism

More and more I have come to admire resilience.

Not the simple resistance of a pillow, whose foam

returns over and over to the same shape, but the sinuous

tenacity of a tree: finding the light newly blocked on one side,

it turns in another. A blind intelligence, true.

But out of such persistence arose turtles, rivers,

mitochondria, figs—all this resinous, unretractable earth.

—**Jane Hirschfield**, from her collection, *Given Sugar, Given Salt*

We all accept that no one controls the weather. Good sailors learn to read it carefully and respect its power. They will avoid storms if possible, but when caught in one, they know when to take down the sails, batten down the hatches, drop anchor and ride things out, controlling what is controllable and letting go of the rest. Training, practice, and a lot of firsthand experience in all sorts of weather are required to develop such skills so that they work for you when you need them. Developing skill in facing and effectively handling the various "weather conditions" in your life is what we mean by the art of conscious living. **Jon Kabat-Zinn**

Spirituality is recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning, and purpose to our lives.

Without exception, spirituality — the belief in connection, a power greater than self, and interconnections grounded in love and compassion — emerged as a [foundational] component of resilience.

Brene Brown, *The Gifts of Imperfection*

Skills that we can build to strengthen resilience include:

Having a moral compass

Using mental energy wisely

Finding role models of resilience

Learning to handle strong feelings

Changing the narrative

Practicing self-compassion

Meditating

Savoring pleasures

Tolerating pain for a greater purpose

Accepting full responsibility for your life

Caring for others

Appreciating and developing humor

Expressing gratitude

The Spirituality & Practice team at spiritualityandpractice.com

Ideas For Reflection and Discussion

A Do any of this month's readings especially speak to you?

B Do you have resilience role models? Do you think others look to you to model resilience?

C Does this month's focus on resilience suggest any action items?

D Write a prayer, or maybe some message to yourself, you believe would help you become more resilient in general or in certain situations? Consider sharing with the group.

E How does your All Souls experience contribute to your understanding and practice of resistance and resilience?