

ATTORNEY RESILIENCE

Glenn E. Richardson, Ph.D.

Professor

College of Health

University of Utah



THREE WORLDS

1. Personal World- body, mind, and spirit
2. Nurturing World- People, ecosystem, homes, smells, sounds, nature...
3. Attorney World

Today's Agenda

- ▶ The Resilient Journey (Resiliency)
- ▶ Your Thriving Forces (Resilience)
- ▶ Resilience and Resiliency Skills

THE RESILIENT JOURNEY

“Resiliency is the process and experience of being disrupted by change, opportunities, adversity, stressors, challenges, and after some introspection, ultimately accessing innate resilience (gifts and strengths) to grow stronger through the disruption.

Glenn E. Richardson



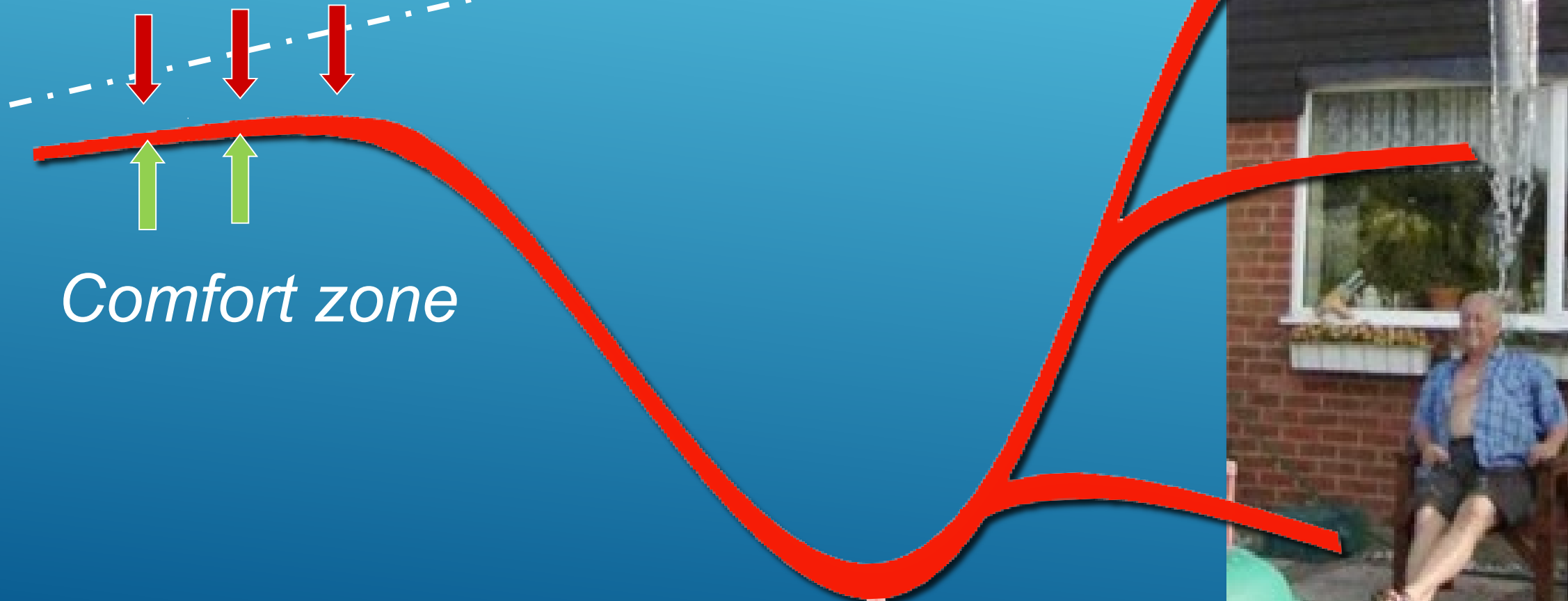
Comfort Zone

- *Physical*
- *Mental*
- *Spiritual*
- *Ecological*

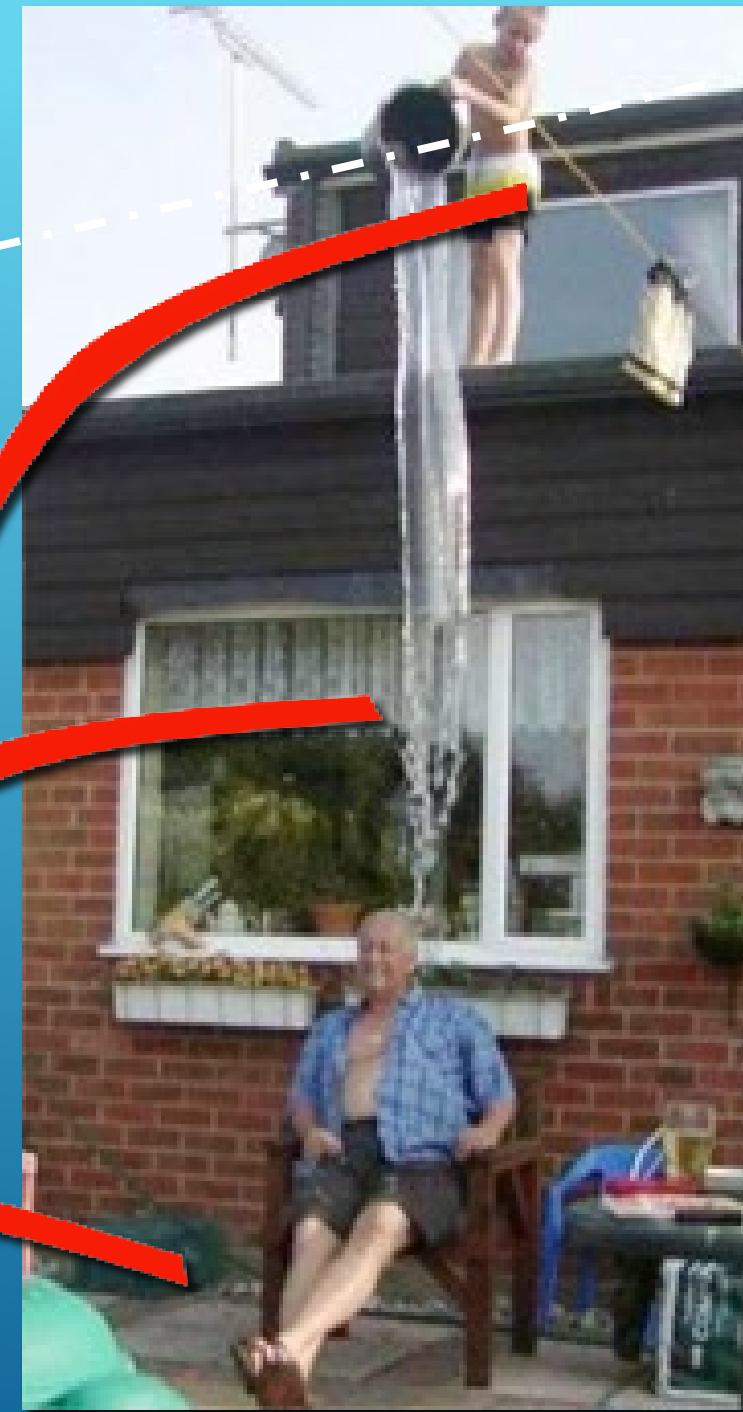
Ecobiopsychospiritual Homeostasis

STUFF HAPPENS!

Life Events / Choices

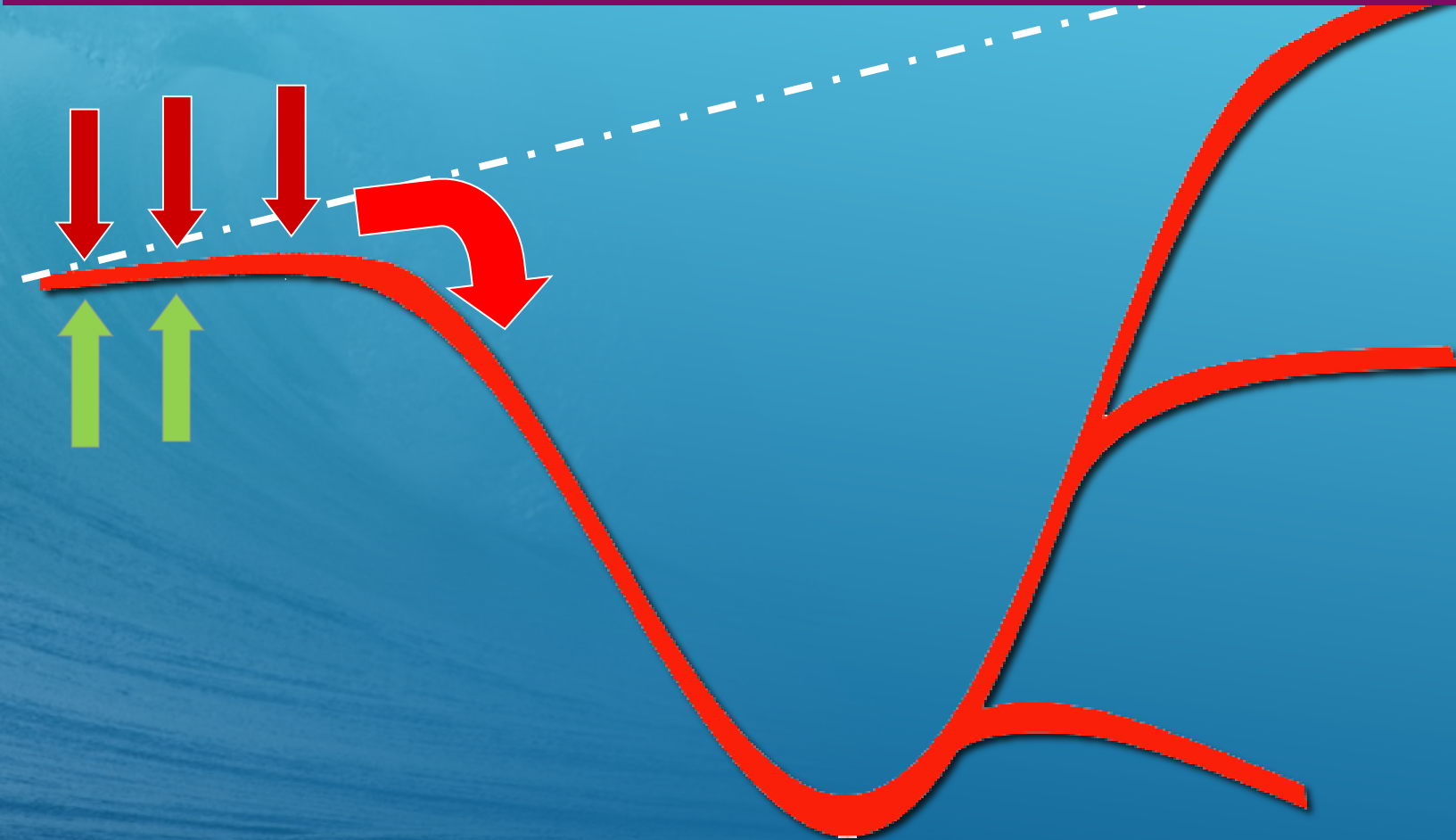


Comfort zone



Leap of Faith or Being Blindsided

Leave Your Comfort Zone



*Life Events /
Resilient Prompts*



Comfort zone

Disruption

*Hurt
Loss
Guilt
Confusion
Fear*



*Life Events/
Resilient Prompts*



Comfort zone

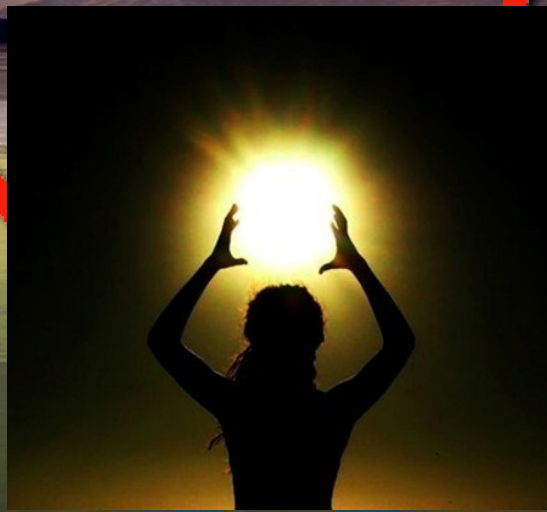


Disruption

Readiness
*Integrative Health
Skills*



Resonance and Quickening



*Life Events/
Choices*



Comfort Zone

Disruption

*Self Mastery
(Identity Formation)*



*Life Events/
Choices*



Comfort Zone



Disruption

Reintegration

*Reintegration Back
to the Comfort Zone*

REINTEGRATION WITH LOSS

*Life Events /
Choices*

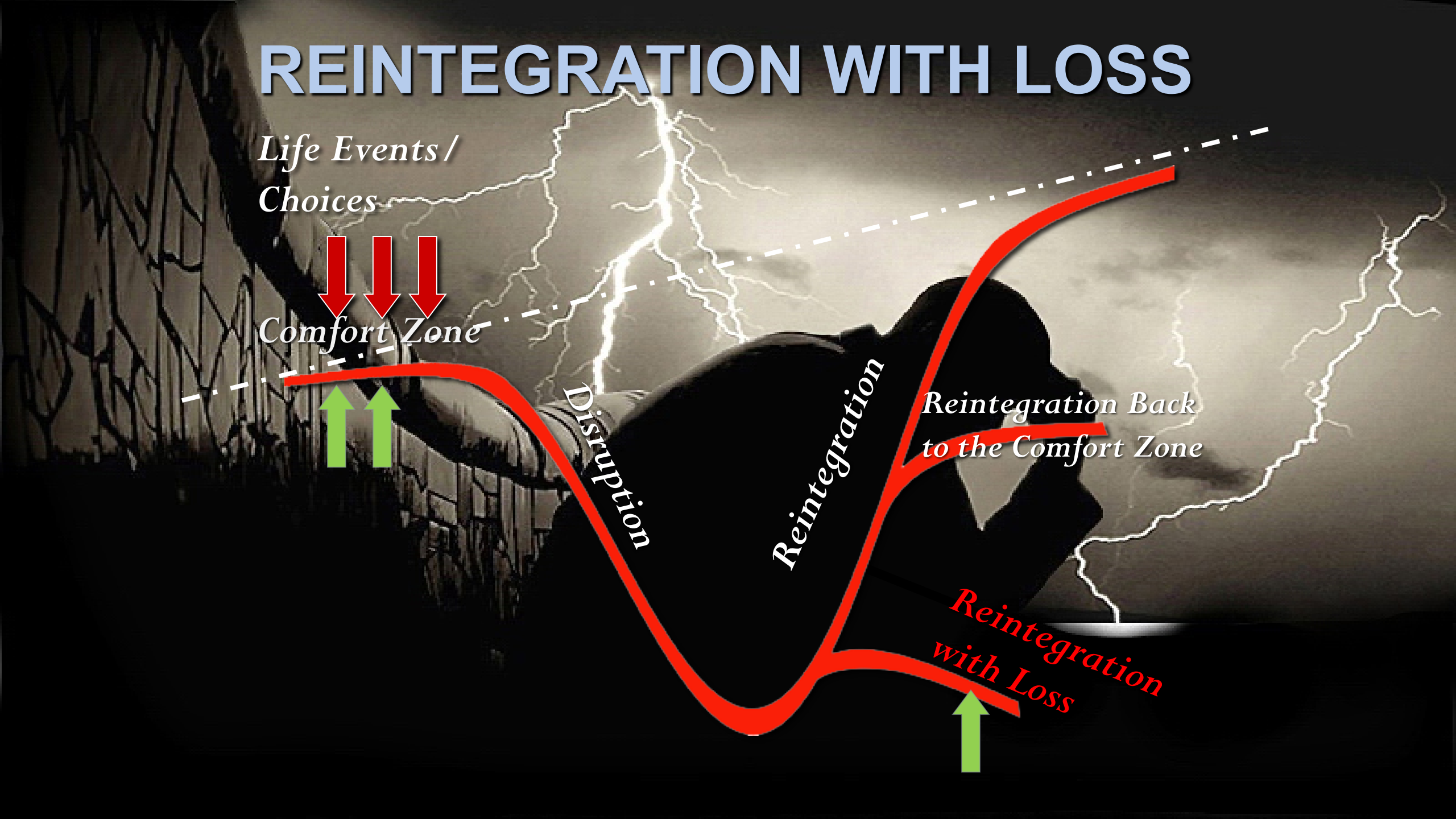
Comfort Zone

Disruption

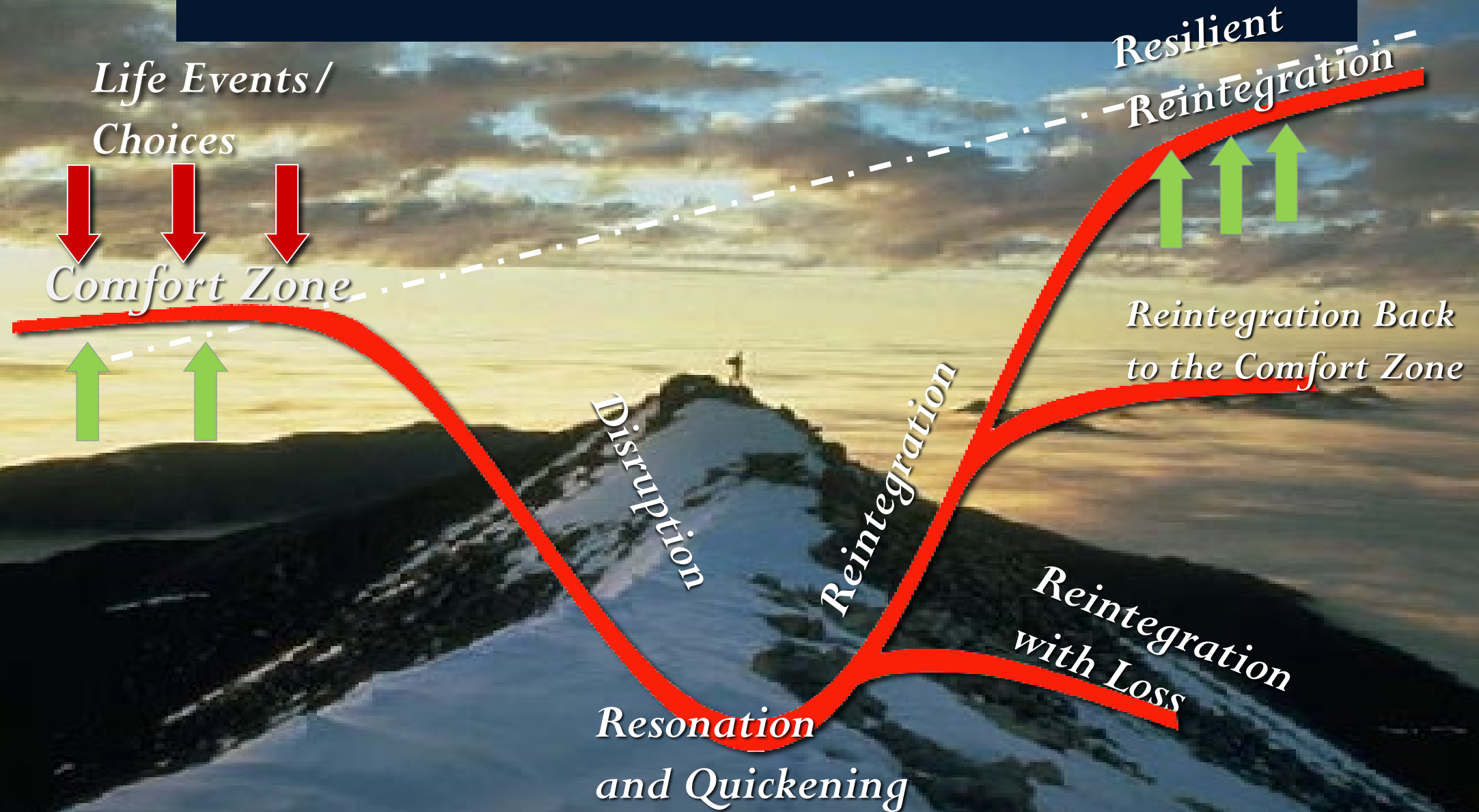
Reintegration

*Reintegration Back
to the Comfort Zone*

*Reintegration
with Loss*

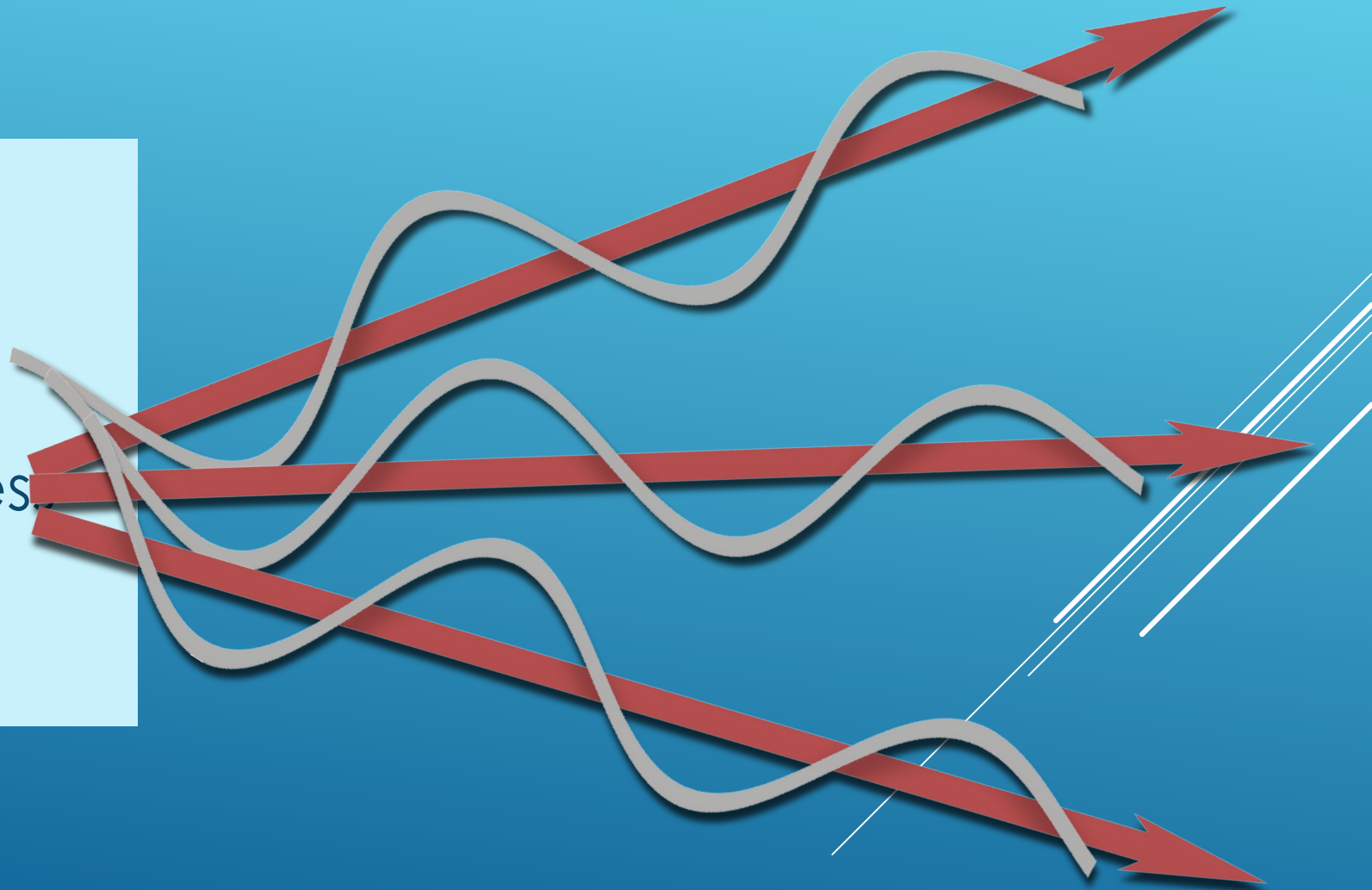


RESILIENT REINTEGRATION

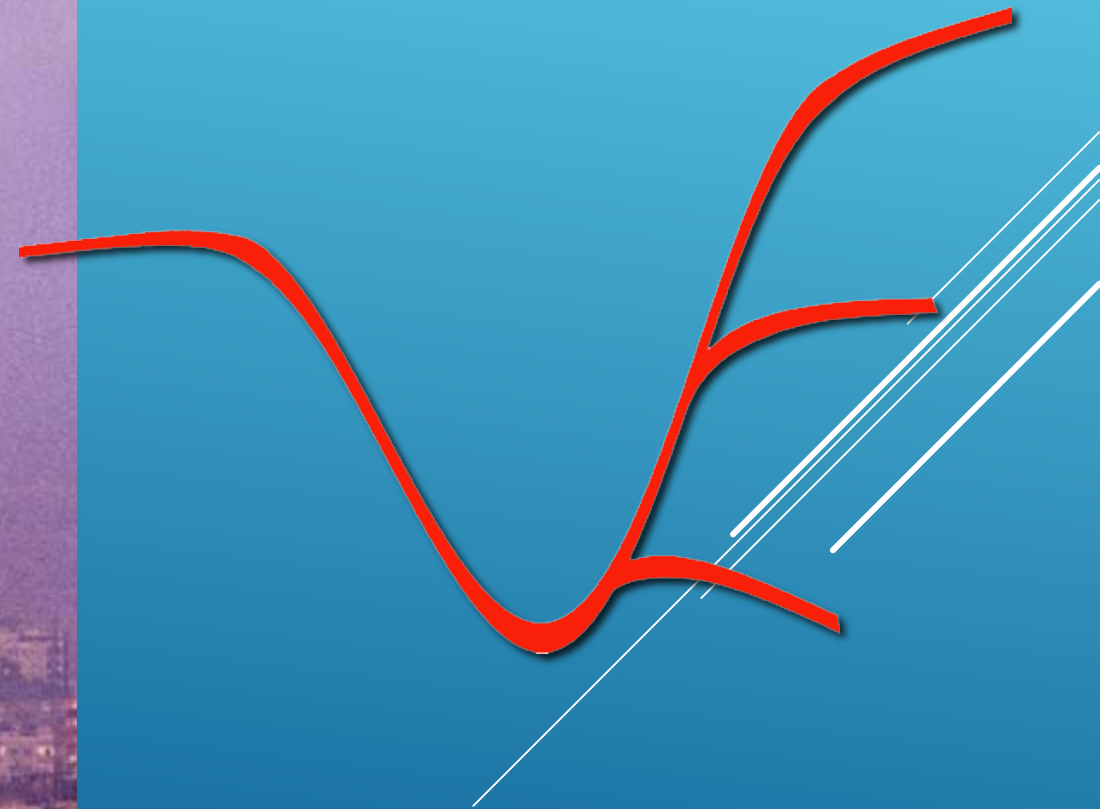


PERSPECTIVE OF THE REACTIVE VOYAGE

- ▶ Wisdom upon wisdom
- ▶ Stagnation
- ▶ Emptiness upon emptiness



SECONDS TO CENTURIES



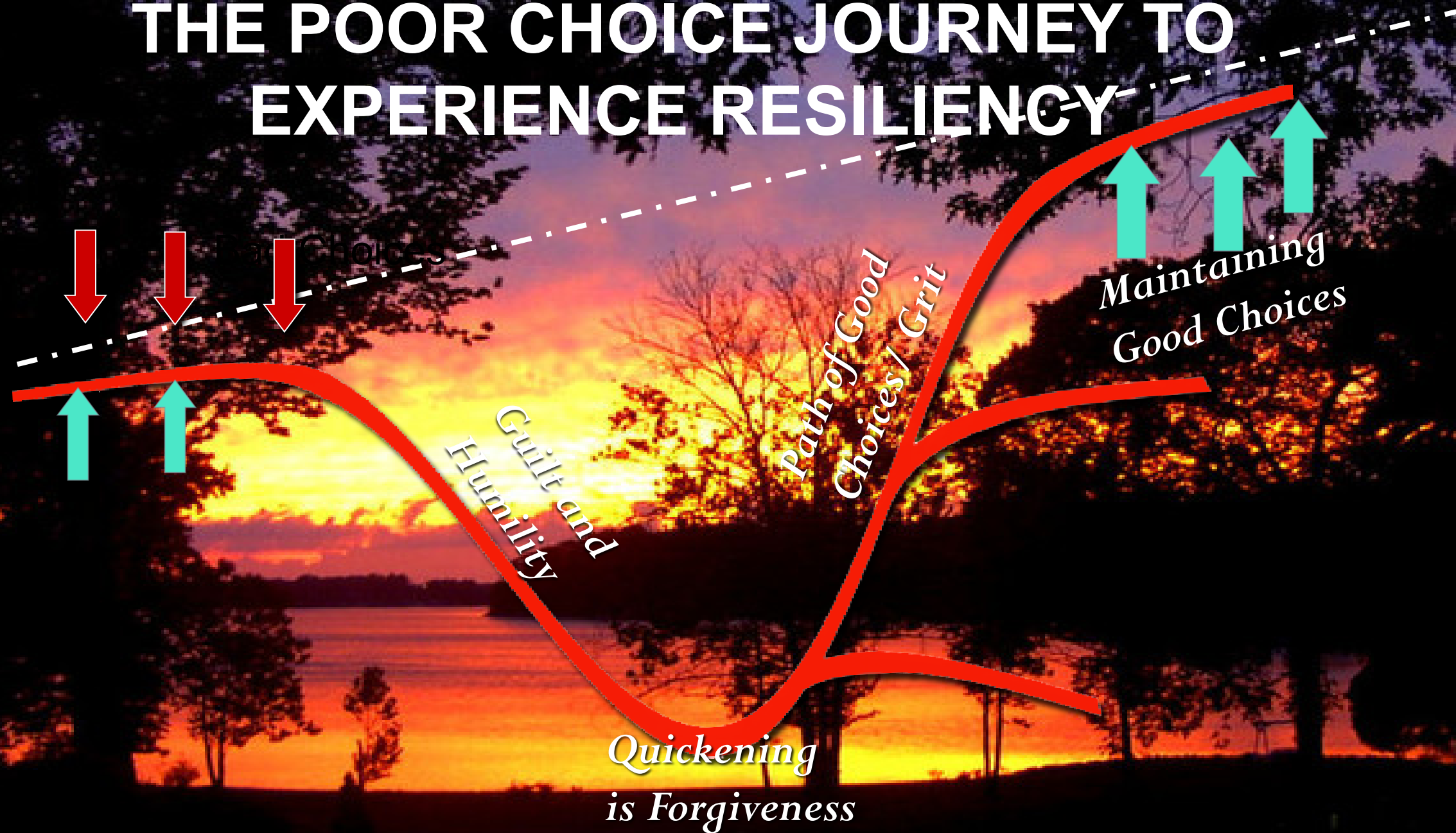
TRANSCEND AFTER TIME HAS PASSED



APPLIES TO INDIVIDUALS, FAMILIES, WORKSITES AND COMMUNITIES



THE POOR CHOICE JOURNEY TO EXPERIENCE RESILIENCY



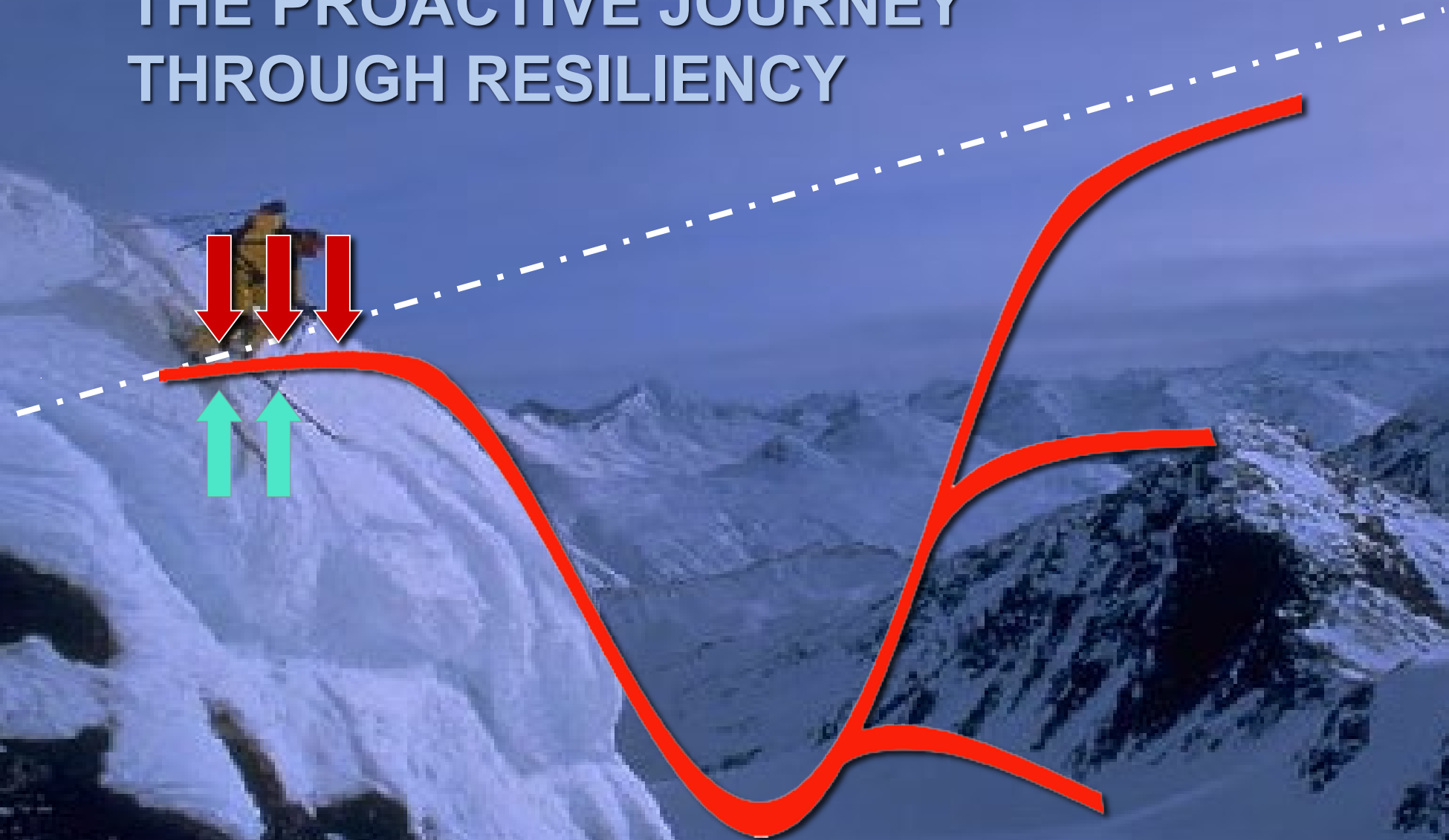
Guilt and Humility

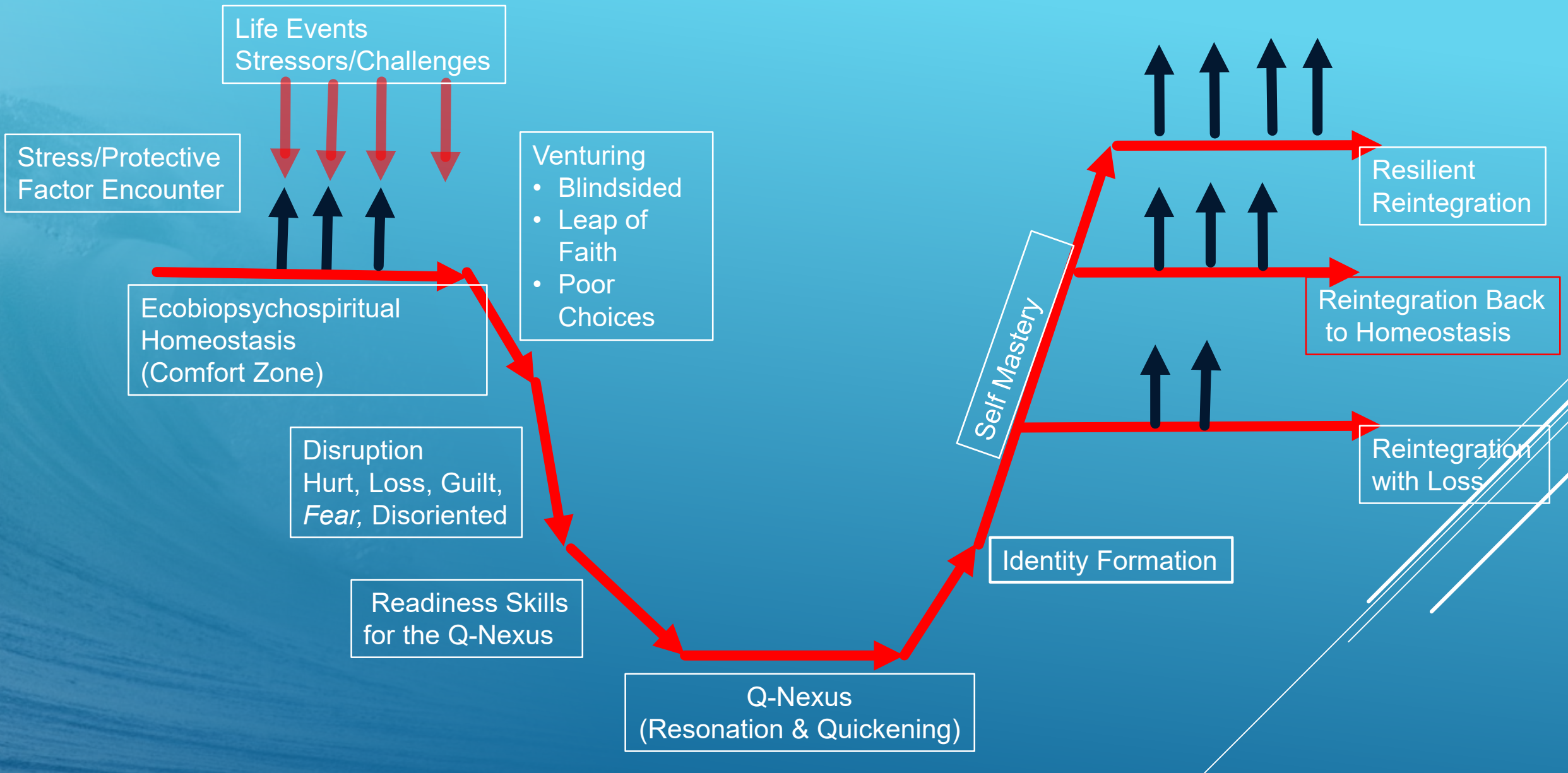
Path of Good Choices/ Grit

Maintaining Good Choices

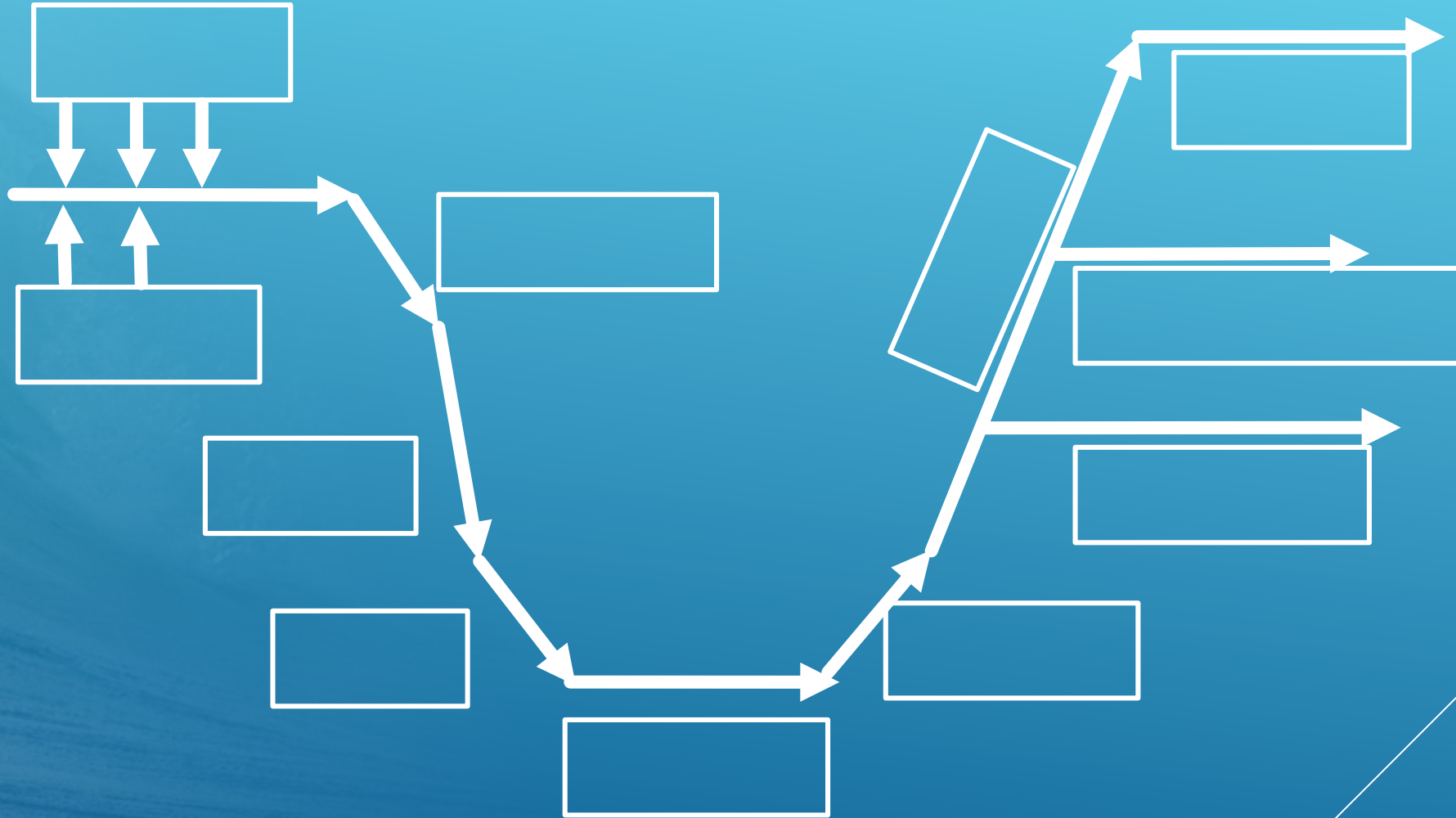
Quickening is Forgiveness

THE PROACTIVE JOURNEY THROUGH RESILIENCY





Resiliency Mapping




Part II

“**Resilience** is a force within everyone that drives him/her to seek self-actualization, altruism, wisdom, and harmony with a source of universal (spiritual) strength.”



RESILIENCE: SOURCES OF MOTIVATION AND ENERGY

- ▶ Childlike Resilience
 - ▶ Character Resilience
 - ▶ Noble Resilience
 - ▶ Ecological Resilience
 - ▶ Universal Resilience
 - ▶ Essential Resilience
 - ▶ Intellectual Resilience
- 



ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN

ROBERT FULGHUM

► Most of what I really need to know about how to live And what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, But there in the sand pile at Sunday school.



Share everything.
Play fair.
Don't hit people.
Put things back where you found them.
Clean up your own mess.
Don't take things that aren't yours.
Say you're sorry when you hurt somebody.
Wash your hands before you eat.
Flush.
Warm cookies and cold milk are good for you.
Live a balanced life
Learn some and think some
And draw and paint and sing and dance
And play and work everyday some.
Take a nap every afternoon.
When you go out into the world,
Watch out for traffic,
Hold hands and stick together.
Be aware of wonder.

All I Really Need To Know I Learned In Kindergarten
Robert Fulghum



THE CHILDLIKE DRIVE AND YEARNINGS



- ▶ To be adventuresome
- ▶ To have fun
- ▶ To play
- ▶ To be creative
- ▶ To laugh/find lots of things funny
- ▶ To be spontaneous
- ▶ To be open
- ▶ To be energetic
- ▶ To be teachable
- ▶ To be loved
- ▶ To be yourself/genuine
- ▶ To be curious
- ▶ To take risks

NOBLE RESILIENCE

Yearning and drive to feel good about oneself through accomplishment and by genuine acts of service and caring

NOBLE RESILIENT QUALITIES

- Self Esteem
- Self Worth
- Important
- Valued
- Worth
- Respected
- Freedom
- Autonomy and independence
- Competent
- Internal Locus of Control
- Intrinsic power/strength
- Purpose
- Meaning
- Leave a Legacy



It is in serving others that we find our own nobility and worth.

**NOBLE DRIVES ARE
FULFILLED BY
LISTENING TO THE
NOBLE YEARNINGS
TO SERVE**

- Altruism
- Service
- Compassion
- Listening
- Believing in



How Do You Create A Kingdom or Queendom?

- ▶ Is there someone in your life that gave you love and service?
- ▶ What did they do? What qualities did they give you?
- ▶ How do you feel about the person today? If they asked you for help, how quickly would you respond?
- ▶ You are part of their kingdom.

HOW CAN YOU START BUILDING YOUR KINGDOM OR QUEENDOM TODAY?

- ▶ You do it by helping others find love, peace, hope, etc.
- ▶ Can you help make someone else feel important today?
- ▶ Can you help someone to feel unconditional love today?
- ▶ Can you show someone you care by listen today?
- ▶ Can you validate someone's feelings today?
- ▶ Can you do some act of kindness today?



“We can't help everyone, but
everyone
can help
someone.”

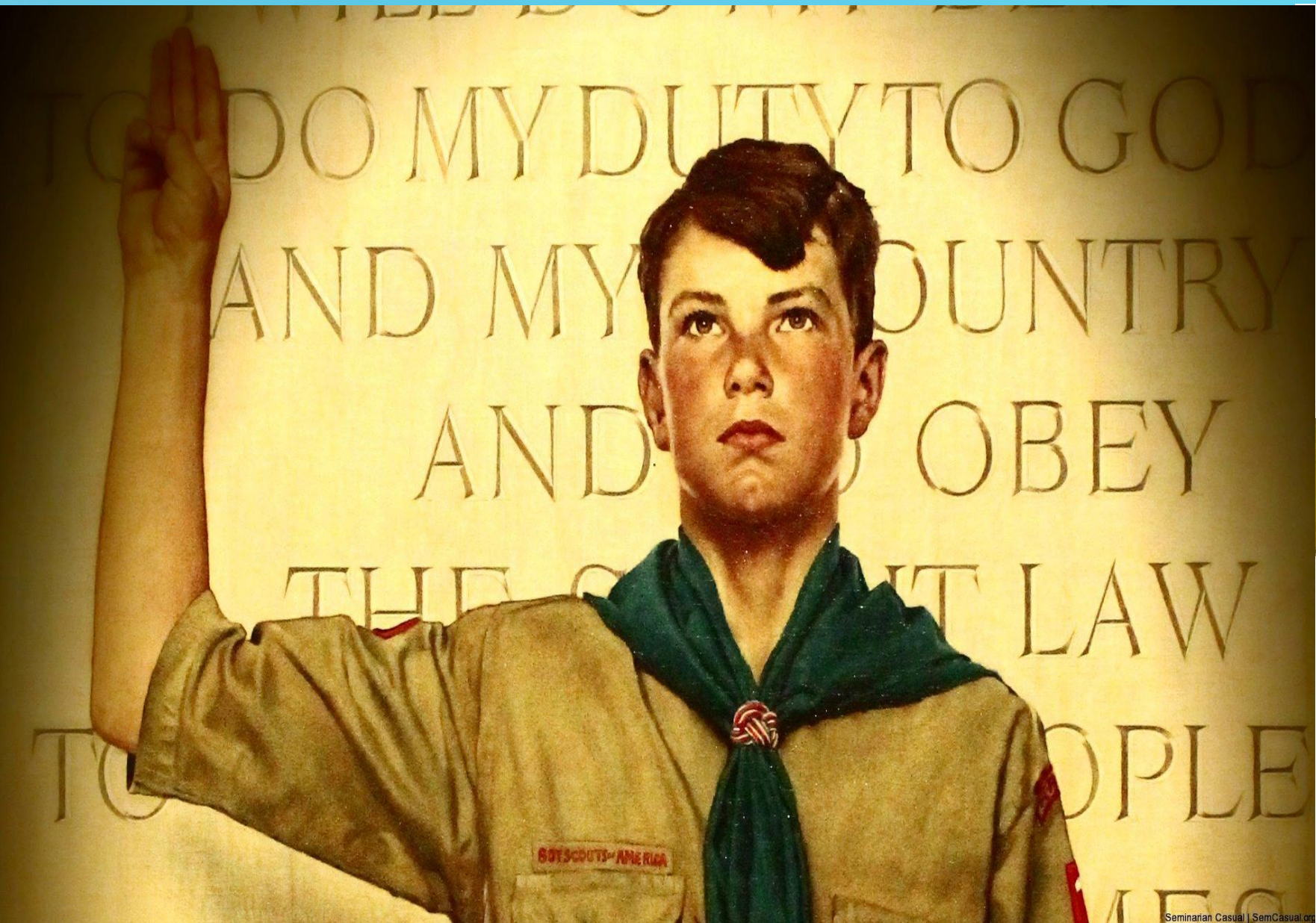
~Ronald Reagan



CHARACTER RESILIENCE:

LIVING WITHIN THE PEACE, FREEDOM, AND POWER THAT COMES FROM INTEGRITY, HONESTY, HONOR, AND FIDELITY.





Seminarian Casual | SemCasual.org

A SCOUT IS

TRUSTWORTHY

LOYAL

HELPFUL

FRIENDLY

COURTEOUS

KIND

OBEDIENT

CHEERFUL

THRIFTY

BRAVE

CLEAN

REVERENT

ECOLOGICAL RESILIENCE





WE ALL LONG TO BE PART OF SOMETHING
BIGGER THAN THEMSELVES.

VIBRATIONS THAT TOUCH THE ENTIRE SOUL

**Molecular Theories by
Candace Pert, Ph.D. (Molecules
of Emotion)**

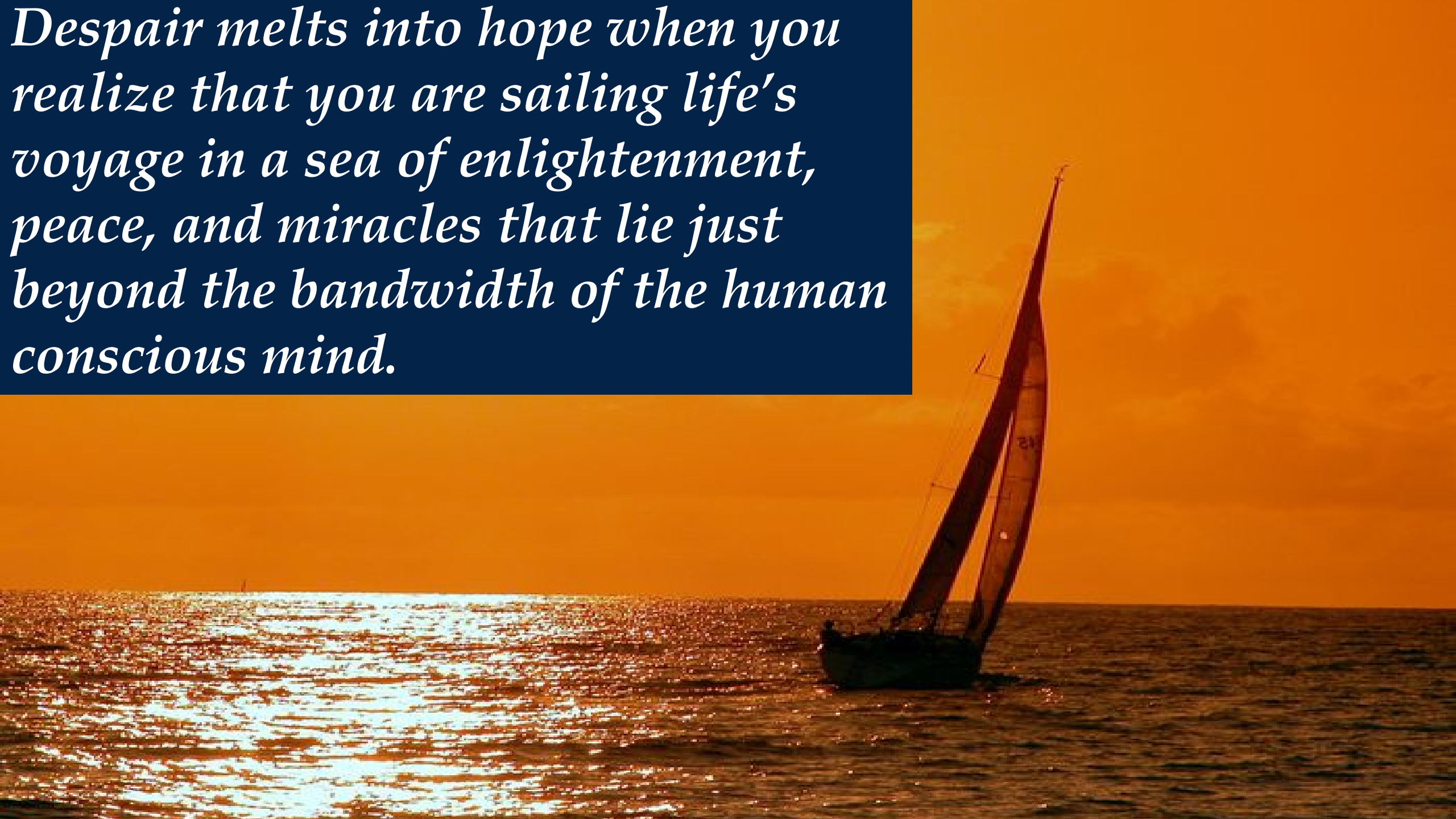
**Vibrations: The universal
language.**





GOOD VIBRATIONS (7.8 HERTZ)

Despair melts into hope when you realize that you are sailing life's voyage in a sea of enlightenment, peace, and miracles that lie just beyond the bandwidth of the human conscious mind.



A large, dark silhouette of a tree stands against a dramatic sunset sky. The sky is filled with horizontal bands of orange and yellow clouds, with the sun visible as a bright point on the horizon behind the tree. The overall mood is serene and peaceful.

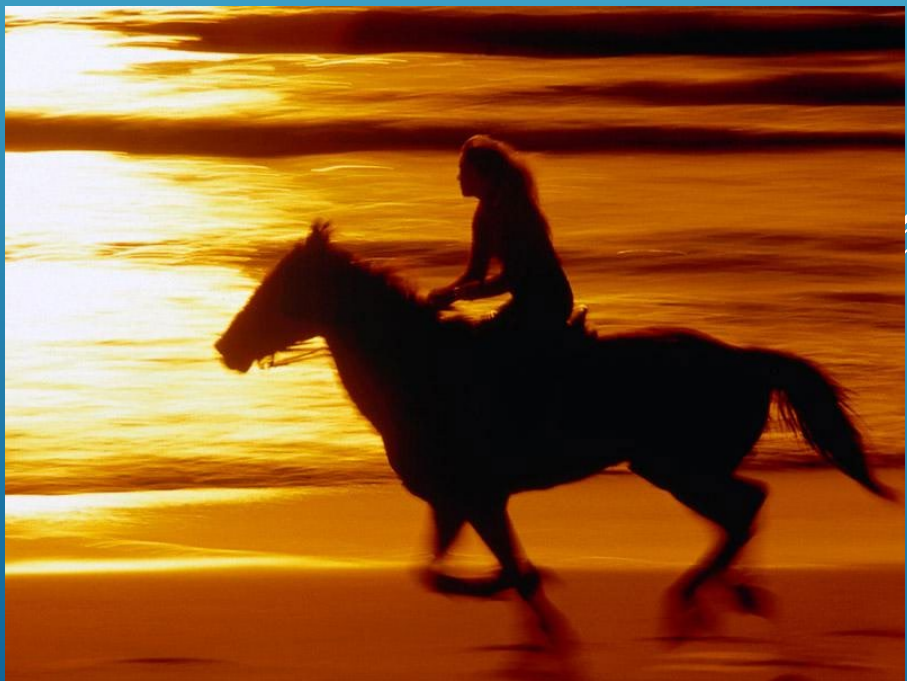
QUIET MOMENTS
STARS, SUNSETS, & NATURE



HISTORICAL SITES AND RESONATION

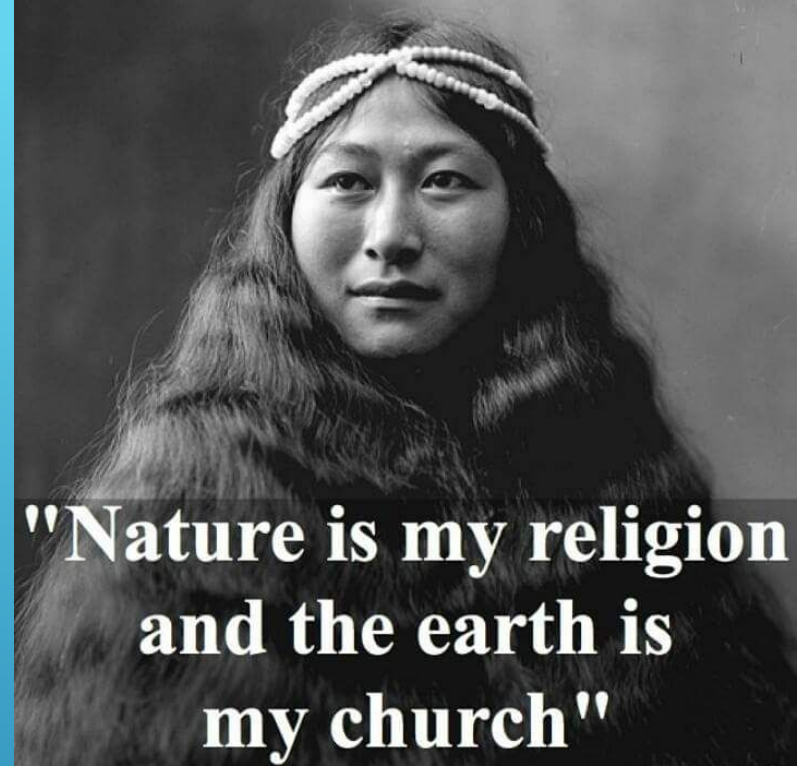








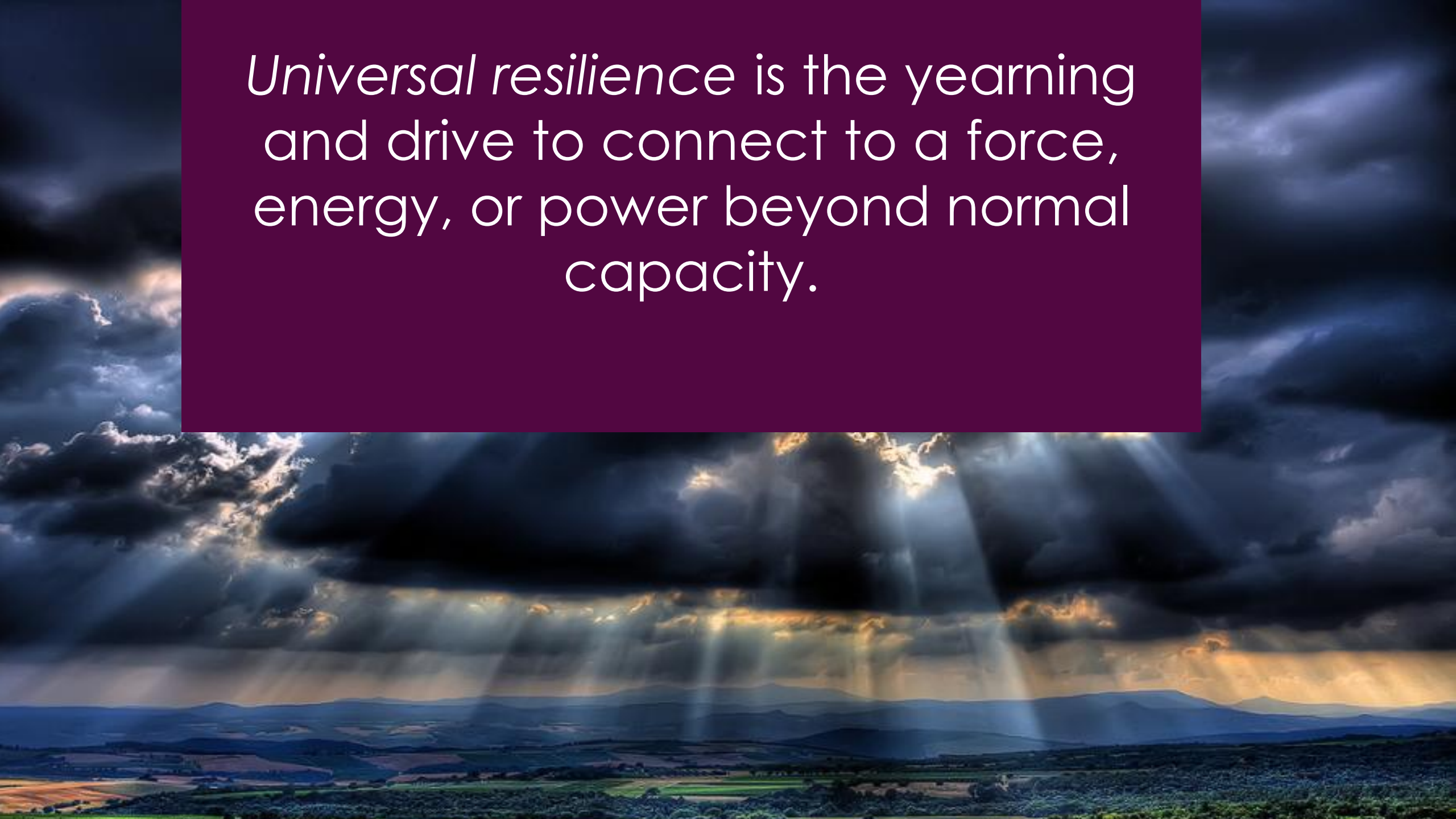
NATIVE AMERICAN THEOLOGY



Native American Indians

- Shared religious beliefs
 - Religion linked to nature – Form of Animism
 - Spiritual forces were everywhere – in sun, moon, rain, wind, plants and animals
 - Religious leaders were called Shamans

Universal resilience is the yearning and drive to connect to a force, energy, or power beyond normal capacity.



UNIVERSAL ENERGY UNITS SYNONYMS

- ▶ Chi or Qi
- ▶ Quark-Quanta
- ▶ Human essence
- ▶ Soul
- ▶ Heart
- ▶ Strings
- ▶ Unified force
- ▶ Life force
- ▶ Vitality
- ▶ Human spirit
- ▶ Love

- ▶ God's Spirit
- ▶ Subtle energy
- ▶ Path with heart
- ▶ Core
- ▶ Prana (Ayurveda)
- ▶ Vital energy
- ▶ Glory
- ▶ Kun long (Dali Lama)
- ▶ Truth
- ▶ Light

CULTURAL PERSPECTIVE OF THE LIFE FORCE OR LIFE ENERGY

- ▶ In Japan, it is called *ki*
- ▶ In India, *prana* or *Shakti*.
- ▶ For Ancient Egyptians referred to it as *ka*
- ▶ For Ancient Greeks as *pneuma*.
- ▶ For Native Americans it is the *Great Spirit*
- ▶ For Christians: the *Holy Spirit*
- ▶ In Africa, it is *ashe*
- ▶ In Hawaii it is *ha* or *mana*.
- ▶ Similar concepts across the Eastern cultures.

FROM UNIVERSAL RESILIENCE PEOPLE WANT

- Healing
- enlightenment or inspiration
- love
- truths confirmed
- Happiness
- Peace
- Joy
- Hope
- Comfort
- Understanding
- Wisdom

- ▶ NDE's occurred at a time when someone's life was slipping away, and, in most cases, the heart had stopped beating.
- ▶ Those who share their experience describe feelings of love, peace, and happiness in a feeling like none other in their lives.
- ▶ The experience of dying, for most, is an amazing transcendent experience.
- ▶ Some people who have had these experiences became irritated when they were brought back to life because the connection to a source of love and light was so wonderful.
- ▶ Thousands have reported experiences in such books as *Life after Life* by Raymond Moody and *Evidence of the Afterlife* by Jeffrey Long.

NEAR DEATH EXPERIENCES (NDE'S)

THEISM

- ▶ In the hearts and minds of many people, personal insights, inspiration, and revelation come directly from God.
- ▶ Prayers for God vary based upon beliefs, but God may include Jehovah, Elohim (Judaism), Tara (Buddhism), Allah (Islam), Brahman (Hinduism), and Baha (Baha'i), among many others.
- ▶ Religious literature of all denominations and philosophies cites stories of visitations by spiritual beings that give answers to prayers.
- ▶ The range of answers comes through visitations from heavenly beings to feeling prompts of rightness in choices or synchronicity

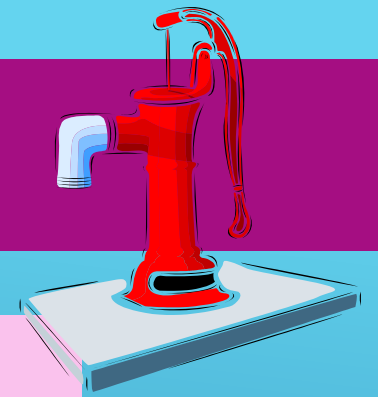
- ▶ People report apparitions and visions from angels and other spiritual or physical beings revealed to individuals, providing guidance and insight.
- ▶ Books suggest that some people have a gift or can acquire a psychospiritual state that visitations can happen. Often these angelic visits are life changing.
- ▶ Parallel universes from theoretical physics suggests that frequency that humans cannot normally discern-- beings that may be living right next to us in another dimension.
- ▶ As people become closer to death, they may be able to communicate with the parallel and coinciding universe.

PARALLEL UNIVERSES

JUNG AND THE COLLECTIVE UNCONSCIOUS



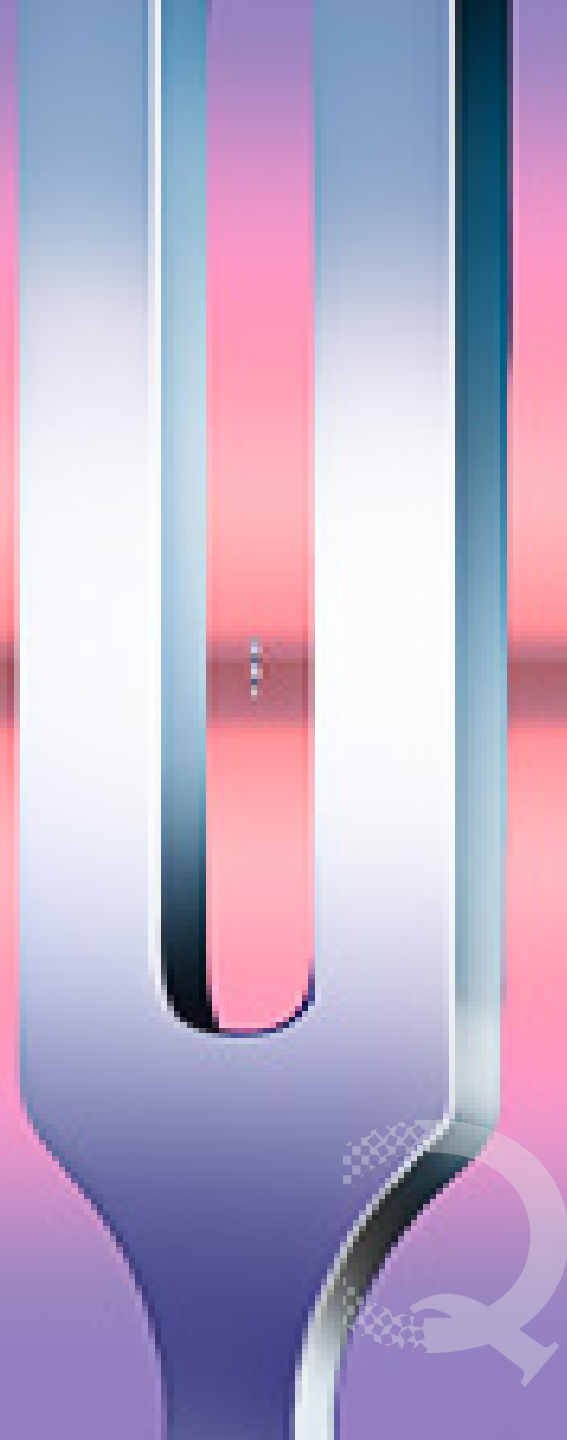
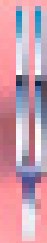
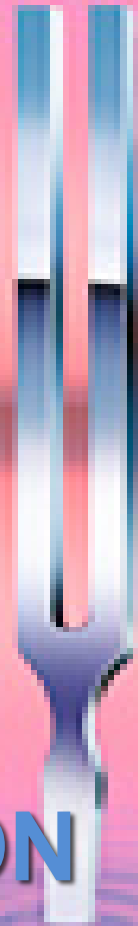
PRIMING THE PUMP



- ▶ Art enrichment
- ▶ Journal writing
- ▶ Writing poetry/literature
- ▶ Story telling
- ▶ Reminiscences
- ▶ Reading inspirational literature
- ▶ Prayer
- ▶ Music therapy-Mood control
- ▶ Smells
- ▶ Self hypnosis
- ▶ Plan to remember dreams

- ▶ Fast
- ▶ Meditate/Ponder
- ▶ Non-thinking exercise
- ▶ Time & Vision Quest
- ▶ Study the great works
- ▶ Tai chi/Metaphoric movement
- ▶ Counsel/Talk with Mentors
- ▶ Enriching environments (elements-nature- colors-home)

RESONATION





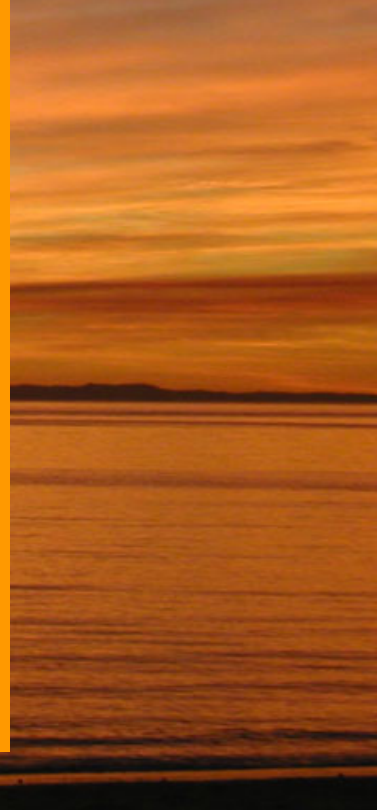
- ▶ *The resonating enlivening moment is when infusions of qualities and virtues fill the soul, enabling one to progress through life's disruptions.*
- ▶ *Quickening is felt as joy and comes as a peak experience of well-being, success, direction, bliss, or energy.*

TRUST YOUR INNATE RESILIENCE

LISTEN WITH PATIENCE & PERSISTENCE

- ▶ Ideas (Ah Ha's)
- ▶ Hunches
- ▶ Gestalts/Clairvoyance
- ▶ Awareness of energy/warmth
- ▶ Burst of confidence
- ▶ Warm blanket sensation
- ▶ Twinge of the heart
- ▶ Omens
- ▶ Recurring thoughts
- ▶ Impressions and voices
- ▶ Spiritual prompt
- ▶ Sensing the presence of others

- ▶ Synchronicity/coincidence
- ▶ Feelings of peace/comfort
- ▶ Overwhelming feeling of rightness
- ▶ 6th sense/Intuition/Gut feeling
- ▶ Peace versus confusion
- ▶ Entrainment/resonation
- ▶ Déjà vu
- ▶ Burning in chest
- ▶ Dreams with impressions
- ▶ Peace overrides confusion
- ▶ Feeling the things hoped for





IDENTITY FORMATION

- ▶ Hero observance
- ▶ Observation of Self as the hero
- ▶ Become the character

**ESSENTIAL RESILIENCE IS THE DRIVE TO SURVIVE,
TO LIVE, TO FUNCTION OPTIMALLY AND TO FEEL
GOOD PHYSICALLY**



ESSENTIAL RESILIENCE

YEARNING AND DRIVE TO LIVE

- ▶ To live
- ▶ To have energy (air-food-shelter-safety)
- ▶ To have strength/endurance
- ▶ To eat nutritiously
- ▶ To be active—to move
- ▶ To sleep--be rested and awake
- ▶ To fulfill resilience drives
- ▶ To be safe--fight and flee
- ▶ To stimulate the senses
- ▶ To heal-to be free from pain- fix hurts



ESSENTIAL FULFILMENT





SUFI STORY BY IDRIS SHAH

