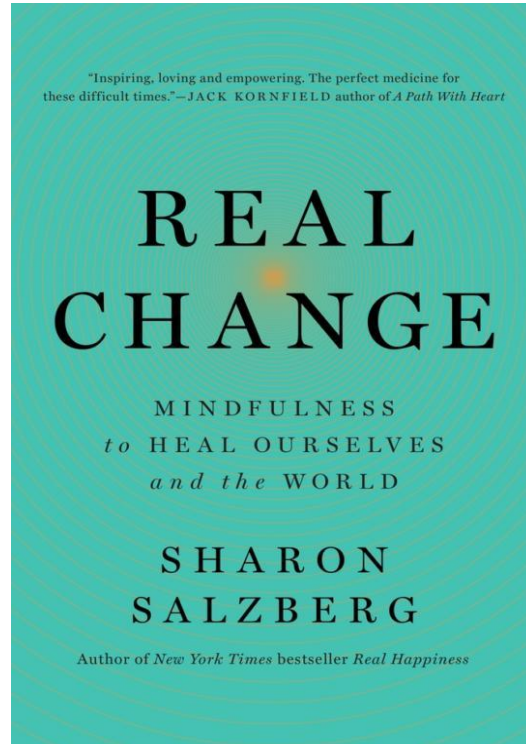


Contemplative Resilience Tools for Social Change Makers

Participant Course Journal: Week 2

Activating One's Agency & Sense of Purpose



Drawing from elements of the Garrison Institute's Contemplative-Based Resilience (CBR) Project and from Sharon Salzberg's book, *Real Change: Mindfulness to Heal Ourselves and the World*, this course invites you to strengthen your resilience and deepen awareness, balance and connection in your work and lives.

“Be Well, Serve Well”



GARRISON INSTITUTE



CBR
PROJECT

Garrison Institute

Founded in 2003, the [Garrison Institute](#) is a 501(c)3, not-for-profit, non-sectarian organization exploring the intersection of contemplation and engaged action in the world. The mission of the Garrison Institute is to apply the wisdom that arises from contemplation and insights derived from science to today's pressing social and environmental issues to create a more compassionate, resilient future. The Contemplative-Based Resilience (CBR) Project is one of the Garrison Institute's signature initiatives, addressing the psychological and embodied dimensions of resilience for professional service providers.

Real Change

In her eleventh book, *Real Change: Mindfulness to Heal Ourselves & the World*, [Sharon Salzberg](#) teaches us that meditation is not a replacement for taking action, but rather a way to practice generosity with ourselves and summon the courage to break through boundaries, reconnect to a movement that's bigger than ourselves, and have the energy to stay active.

Consulting with veteran activists and social change agents in a variety of fields, Sharon collects and shares their wisdom and offers the best practical advice to foster transformation in both ourselves and in society. *Real Change* guides us to embody the fundamental principles of mindfulness practice toward greater clarity and confidence, so that we can create a better world.

Use of the Participant Course Journal

This *Participant Course Journal* is designed as a companion to this course. You are encouraged to have this *Journal* accessible during each workshop and cohort coaching session. Included in the pages of this *Course Journal* are: Weekly Topic Descriptions, Presentation Slides, Social Learning and Personal Reflection Prompts, Practice Resources, and space for notes.

This *Journal* has been set up as a fillable PDF document, so that you may either type notes directly into the *Journal* through Adobe (remember to save your work) or you may print it and handwrite notes throughout.

Contact

Please direct any questions to the Contemplative-Based Resilience Project team at the Garrison Institute at CBRProject@garrisoninstitute.org.

Copyright/Trademark Notice

Portions of these materials contain the Intellectual Property of the Garrison Institute (IP). These materials are provided for participant's personal use only and should not be copied or distributed to other people or organization, in whole or in part, without the written consent of the Garrison Institute. Participant Course Journal Copyright © 2021

Table of Contents for Week 2

Week 2 Presentation Slides	4
Mindful Movement	7
Sharon Salzberg: Activating One's Agency & Sense of Purpose	9
Social Learning: Sharon Salzberg & Shelly Tygielski	10
Reflection & Community Connection	11
Meditation	13
Personal Reflection: Fostering Health & Well-Being	14
Practice Resources: Mindful Movement – <i>Transform Stress to Vitality</i>	16
Practice Resources: Meditation – <i>Exploring Our Storylines</i>	17
Practice Resources: Garrison Institute Meditation Groups	18
Practice Resources: Care for Caregivers Mobile App	19

Week 2: Activating One's Agency & Sense of Purpose

Many times we experience, even as we grow in compassion, the feeling that whatever we might contribute or offer to try to be of service could never be enough.

Activating our sense of agency empowers us to do the good that is in front of us, however small or large it seems, and brings our sense of purpose to life.

Presentation Slides

Week 2 - Activating One's Agency and Sense of Purpose



- Building Community & Intention Setting
- Mindful Movement Practice
- Live Teaching from Sharon Salzberg
- Social Learning: Sharon Salzberg in conversation with Shelly Tygielski
- Question and Response
- Reflection and Community Connection
- Meditation Practice
- Closing

"You cannot let all the world's tragedies into your heart. You will drown. But the ones you do let in should count. Let them manifest action"

~ Lin Manuel Miranda



"We bring alive a vision by tackling that crucial first step toward making it real – sometimes out of inspiration, sometimes out of outrage, sometimes faltering, and sometimes with resolve.

To step forward towards a life of caring and engagement, we challenge our conditioning, the fear, the believing of ourselves or others as unworthy, the incorporating of limiting stories we have told about ourselves and about life."

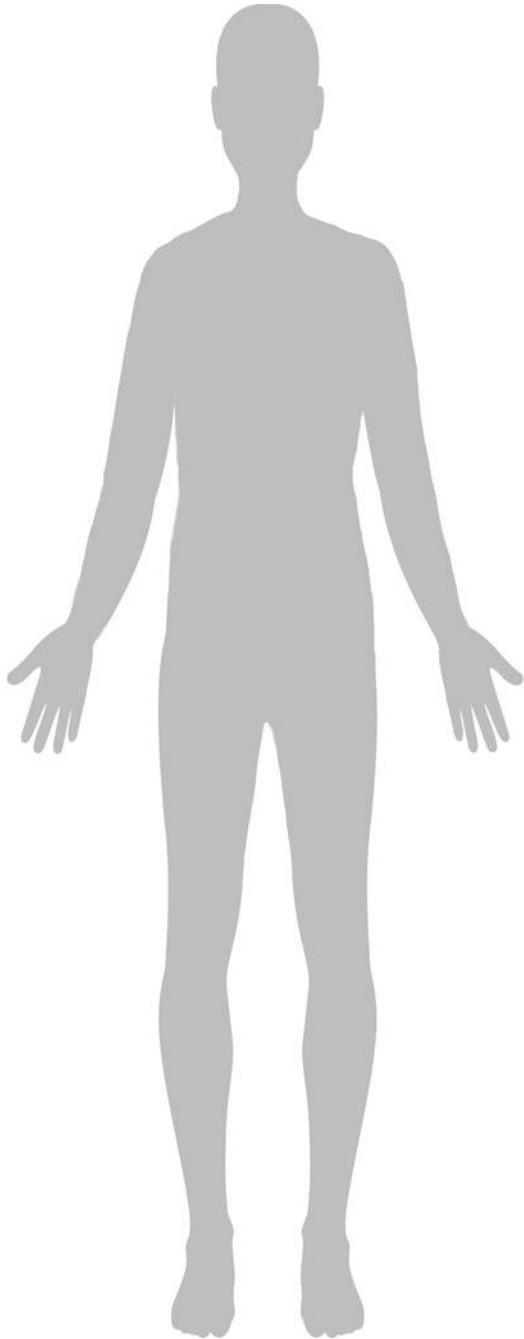
~ Sharon Salzberg, Real Change

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

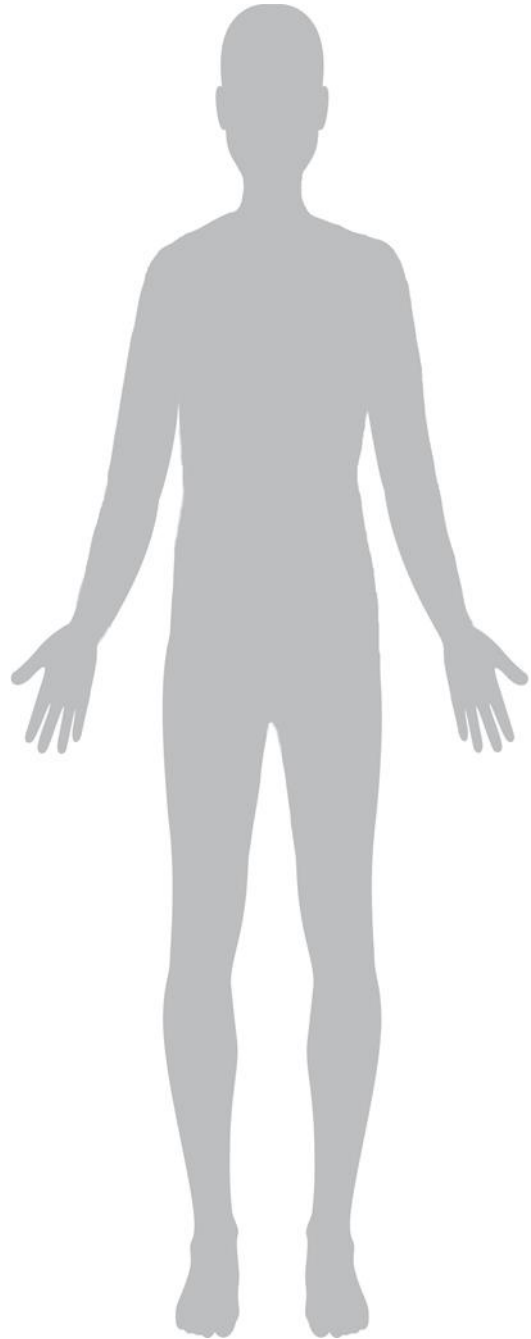
Mindful Movement

Silhouettes

Before



After



Mindful Movement

Notes

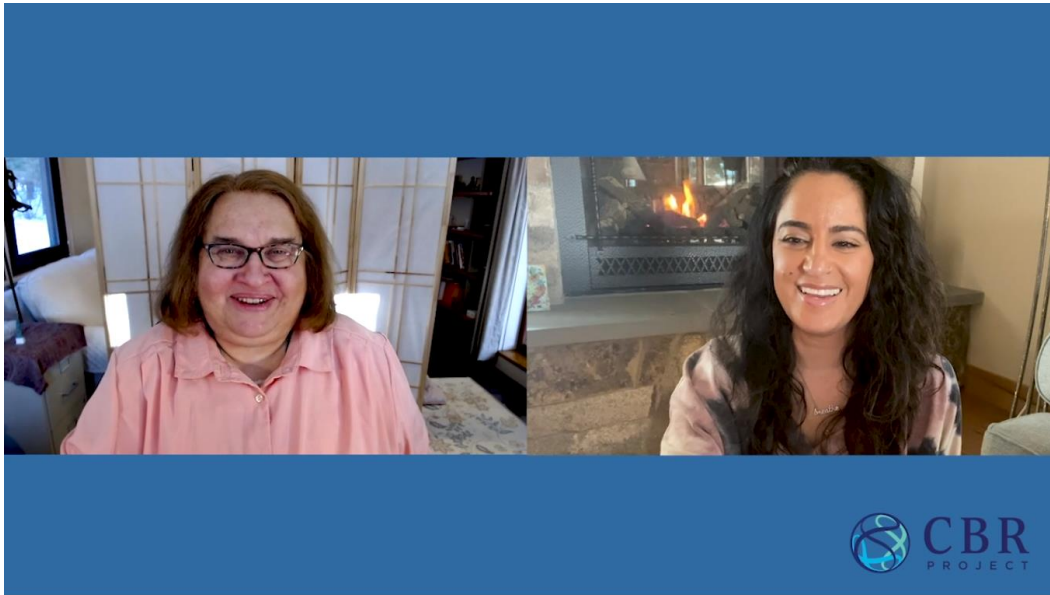
[illegible]

Notes

[illegible]

Social Learning

Sharon Salzberg & Shelly Tygielski



“In a time of crisis the best in us sometimes comes out.”

To learn more about Shelly Tygielski, [click here](#).

Notes

Reflection & Community Connection

Activating Agency & Sense of Purpose

“We bring alive a vision by tackling that crucial first step toward making it real – sometimes out of inspiration, sometimes out of outrage, sometimes faltering, and sometimes with resolve. To step forward toward a life of caring and engagement, we challenge our conditioning, the fear, the believing of ourselves or others as unworthy, the incorporating of limiting stories we have been told about ourselves and about life.”

~ Sharon Salzberg, *Real Change*

Reflect on times in your life when your conditioning, your belief in yourself or another, was challenged.

Who or what lifted you up in those moments?

How did you take on what was holding you back?

What does agency mean to you?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Meditation

Notes

[illegible]

Personal Reflection

Fostering Health & Well-Being

We invite you to practice the skills of **attentive awareness** and **self-monitoring**. These skills can help us to discover and integrate new values and practices into our daily routine to support our individual resilience.

DISCOVER¹

Consider a time **when you had a healthy lifestyle**. What did you appreciate about the experience? What circumstances supported this experience?

Take a moment to think about what **health and well-being** means to you. Think of a time when you felt very **healthy and alive**. Why was it powerful?

What are the **good things about you** that helped make this a special time?

Did you learn anything new about yourself? Was there anything else that helped make this time special?

¹ The questions adapted from "Promoting Health Behavior Change Using Appreciative Inquiry" Shirley M. Moore, PhD, RN; Jacqueline Charvat, MS, Fam Community Health, Supplement 1 to Vol. 30, No. 1S, pp. S64–S74 c 2007 Lippincott Williams & Wilkins, Inc. Online source: http://www.wellcoach.com/memberships/images/Promoting_AI.pdf, retrieved on 19 March 2017

It is important to make time for contemplative practices in our schedule. However, it is equally important to reflect on our own personal balance and the changes or adjustments (big and small) that will help us each to remain healthy and satisfied with our life and service to others, especially when activating one's agency.

What proportions of your life would you like to change to feel more in balance?

MORE

LESS

**What is the physical and mental activity balance
that keeps you in an optimal level of activation?**

Balance between:
work & personal life
concern for self & concern for others
short-term goals & long term goals
emotional reactivity & emotional response
physical arousal & relaxation

Practice Resources

Mindful Movement: Transform Stress into Vitality

Click to view a video of Gayla Marie Stiles leading a mindful movement practice: [Transform Stress into Vitality](#)



Gayla Marie Stiles and Aaron Stiles lead mindful movement and self-massage practices rooted in the Taoist teachings of Mantak Chia and Chinese Medicine.

The practices soothe the nervous system, support immune and respiratory function, promote sleep, and aid with the circulation of the body so that we can connect with ourselves, access our innate resilience, and respond from a place of abundance and grace.

Gayla and Aaron demonstrate three gentle, supportive exercises and forms of compassionate touch. These tools are applicable for all ages and experience levels and can be engaged in as a joint or solo practice. They are flexible and can be broken up, played with, and used throughout the day.

In any moment pause, reflect, and consider what tool might benefit and allow us to activate agency.

Practice Resources

Meditation: Exploring our Storylines

Click to hear audio of Sharon Salzberg leading a meditation:
[Exploring Our Storylines](#)

We do this practice to develop a different relationship to the stories others tell about us and the stories we tell ourselves about who we are and what we are capable of. Please sit comfortable, with either your eyes closed or slightly open, however you feel most at ease.

You can begin by bringing your attention to the breath, wherever you feel it most predominantly - the nostrils, chest or abdomen. You can rest your attention on whatever sensations you find there as you breathe naturally. The breath is like our home base – if during the course of this session you feel lost or like too much is going on, you can just return to the breath.

See what thoughts may be present in your awareness. Allow yourself to notice thoughts arising as events in the mind. Experience thoughts coming and going in each moment without pushing them away or being carried off by them. Perhaps experience thoughts like clouds passing through the open sky of your awareness. Some heavy and thunderous, some light and airy, being aware of them all, exploring with gentle interest and curiosity.

It may be helpful to experience thoughts as boats passing along a river. Some passing so silently that you barely notice, some so unpleasant that your attention turns away, others so compelling that they hijack your attention and carry you far down the river.. Explore the thoughts arising in your mind, noticing when you are pushing them away or being hijacked by them, and coming back again and again noticing, taking a seat by the river, observing thoughts passing by.

As a habit, certain thought patterns arise and we tend to get lost in, overcome by, defined by even as we resent or fear them. We can retain our whole mental attitude by first learning to recognize these patterns and perhaps even calmly naming them: “Oh, here is the pattern of thinking, *Everything is wrong*, the pattern of thinking, *I’m a failure*, the pattern of thinking, *I can never do enough*.”

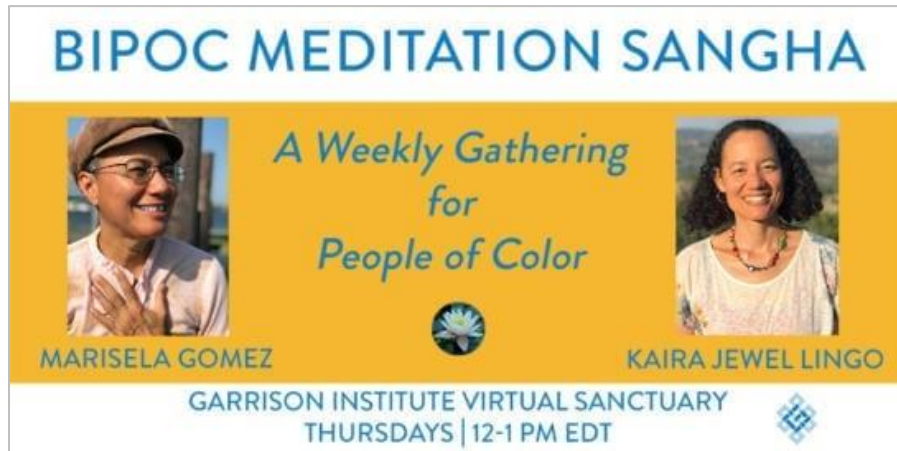
Once we recognize them, we can remind ourselves that they are just visiting. They are not essentially who we are. We couldn’t stop them from visiting, but we can let them go. Even if they return a thousand times a session, they still have the same nature – they are visiting, we don’t have to invite them to move in, we don’t have to blame ourselves for their coming, and we can learn to let them go.

After you finish this formal session of practice, you can explore brining this skill of gentle interest, curiosity, and attention to your thoughts into your encounters throughout the day.

Practice Resources

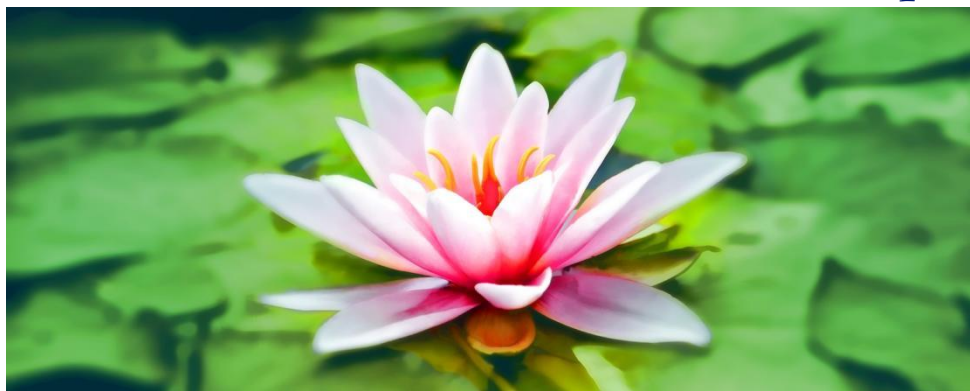
Garrison Institute Meditation Groups

BIPOC Meditation Sangha



The Black, Indigenous and People of Color (BIPOC) Sangha is a weekly gathering of self-identified BIPOC practitioners that provides a safe place to meditate and explore contemplative practices. [Click here to register.](#)

Noontime Virtual Meditation Group



In the spirit of holding space for community and connection, the Garrison Institute offers Noontime Meditation Groups, every Monday, Wednesday and Friday. Meditators of all levels are welcome. [Click here to register.](#)

Practice Resources

Download Mobile App

Care for Caregivers: Skills for Resilience
through Meditation & Mindful Movement

Led by Sharon Salzberg and Gayla Marie Styles



The Care for Caregivers app provides eight guided meditations that you can watch any time, anywhere, and at your own pace, each between 5-6 minutes long.

“Nothing has to take a long time. You don’t have to explode your to-do list. Just short moments...will transform your day.”

–Sharon Salzberg

Be well, Serve well.

