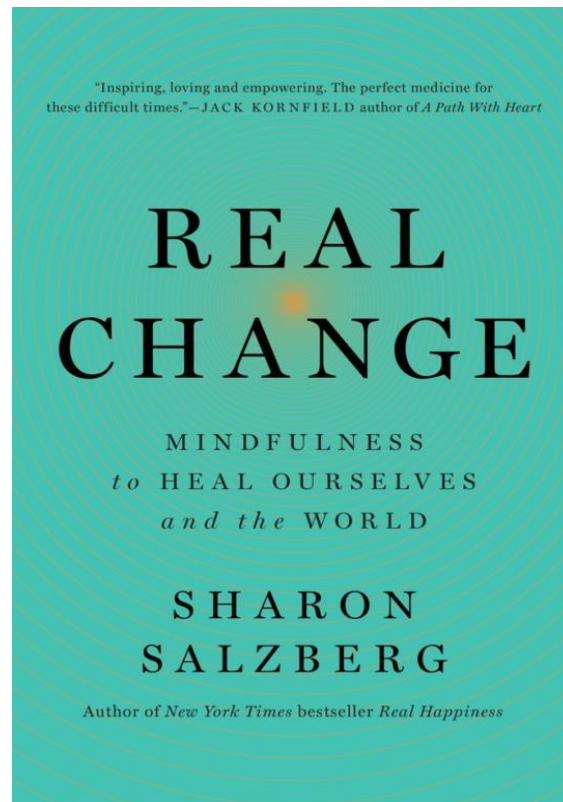


# Contemplative Resilience Tools for Social Change Makers

Participant Course Journal: Week 5

*Remembering the Joy*



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](mailto:CBRProject@garrisoninstitute.org).

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# Week 5: Remembering the Joy

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When we confront a lot of suffering -- our own, within a family, or professionally-- it often takes some intentionality to remember to also take in the joy. Savoring even simple pleasures of a day – a sunset, a child's smile, a great cup of coffee --might appear selfish or self-centered. But if we look at what makes for resilience and renewal, remembering to take in the joy is an important part of it.

## Presentation Slides

### Week 5 – Remembering the Joy



- Building Community & Intention Setting
- Teaching: Remembering the Joy
- Social Learning: Sharon Salzberg in conversation with Justin Michael Williams
- Live Teaching and Meditation from Sharon Salzberg
- Question and Response
- Mindful Movement
- Sharing Joy
- Closing

“To open our minds and hearts and stay in touch with the light, we practice gladdening our minds: cultivating generosity, acknowledging joy, seeing what we have to grateful for. In doing so, we build an inner resource that enables us to persist through anything.”

~ Sharon Salzberg, *Real Change*



## Joy

“Discovering joy does not...save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will laugh more easily, too. Perhaps we are just more alive. Yet, as we discover more joy, we can face suffering in a way that ennoble rather than embitters. We have hardship without becoming hard. We have heartbreak without being broken.”

~ Archbishop Desmond Tutu

The **practice of joy** activates chemicals in the brain that are typically associated with happiness:

- Dopamine
- Serotonin
- Endorphins
- Oxytocin





### Benefits of Joy

When we are joyful, our whole body benefits, especially our heart and mind.

- Promotes a healthier lifestyle and longevity
- Strengthens the immune system
- Buffers the impact from stress, pain and loss
- Aids in relationship building
- Increases resilience

### How can we invite in more joy?

- **Ourselves** – Begin with self and the goodness of our actions, appreciation and joy for ourselves.
- **Life** – Take in the good. Look for the good. Start small and then go wider...what pleases you in life?
- **Others** – Rejoice in the happiness of others: sympathetic joy.



## Gratitude

Increases feelings of joy and pleasure

### Two key components to practicing gratitude:

- Affirm the good things we've received
- Acknowledge the role that others play in providing our lives with goodness.



**Incline your mind and your heart towards joy.**

## This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced, light gray horizontal lines running across the width of the page. The lines are uniform in thickness and color, providing a clean template for writing or drawing. There are no margins, text, or other markings present on the page.



# Social Learning

*Sharon Salzberg & Justin Michael Williams*



*“Give yourself permission to experience joy.”*

To learn more about Justin Michael Williams, [click here](#).

## Notes

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## Notes

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# Meditation

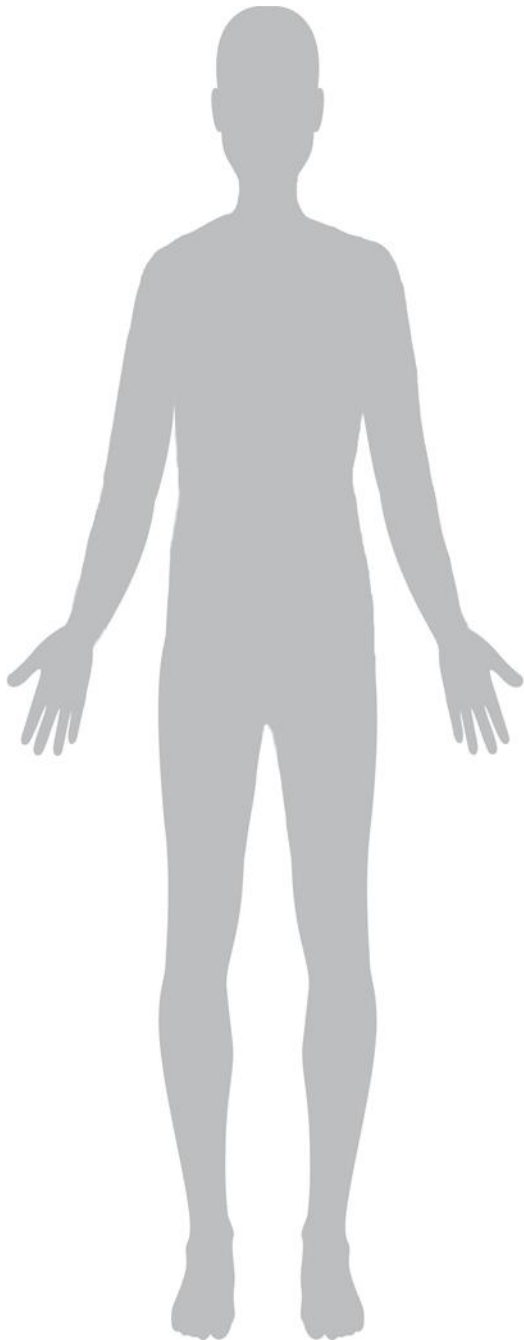
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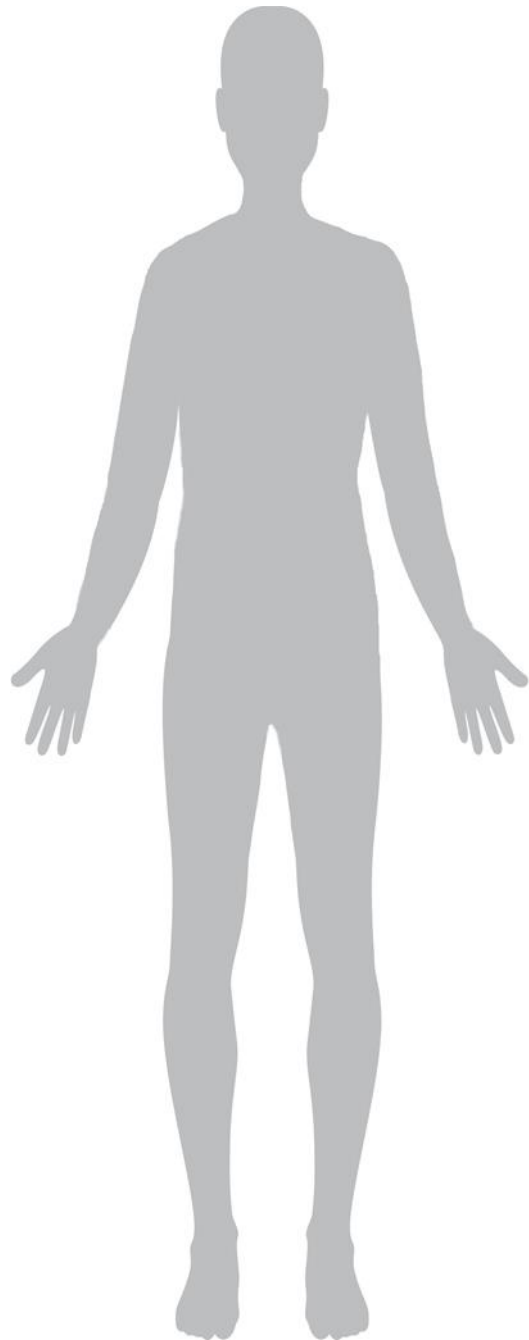
# Mindful Movement

## *Silhouettes*

Before



After



# Mindful Movement

## Notes

[illegible]

# Personal Reflection

## *Three Good Things*

**Tuning into the positive events in your life. Just ten minutes each day.**

Each day for at least one week, write down three things that went well for you today, and provide an explanation for why they went well. It is important to create a physical record of your items by writing them down; this can be more helpful than simply doing this exercise in your head. The items can be small, everyday events or more important milestones (e.g., “my partner made the coffee today,” “My grandparents were happy when I brought them groceries,” or “I earned a big promotion”). To make this exercise part of your daily routine, some find that writing before bed is helpful.

As you write, follow these instructions:

1. Give the event a title (e.g. “I received a compliment on something I’ve been working hard on.”)
2. Write down exactly what happened in as much detail as possible, including where you were, what you did or said, and if others were involved, what they did or said.
3. Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
4. Explain what you think caused this event – why it happened.
5. Use whatever writing style you please, and don’t worry about grammar or spelling. Use as much detail as you’d like.
6. If you find yourself focusing on negative feelings, try to refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.

Source: [Three Good Things | Practice | Greater Good in Action \(berkeley.edu\)](#)

### **Day 1**

My three good things:

1.

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2.

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3.

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**Day 2**

My three good things:

1.

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2.

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3.

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**Day 3**

My three good things:

1.

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2.

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3.

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**Day 4**

My three good things:

1.

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2.

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3.

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**Day 5**

My three good things:

1.

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2.

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3.

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**Day 6**

My three good things:

1.

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2.

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3.

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**Day 7**

My three good things:

1.

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2.

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3.

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# Practice Resources

## *Mindful Movement: Therapeutics for Upper Back & Neck*

Click to view a video of Gayla Marie Stiles leading a mindful movement practice: [Therapeutics for Upper Back & Neck](#)



This Mindful Movement includes a series of embodied sequences which fuse together three components necessary to homeostatic activity: therapeutic touch, movement, and rest. It includes some self-massage techniques, gentle rhythmic movements, mindful yoga poses and restful postures, all of which can be safely performed by individuals with varying levels of movement experience and capability.

# Practice Resources

## *Meditation: Cultivating Joy*

In order to have the resiliency to face difficulties – for example, a friend or client who can't be helped or a day full of sudden changes outside of our control – we need to find and nurture the positive parts of ourselves and make a point of paying attention to experiences that give us pleasure.

Too often, we focus pretty much only on what's wrong with us, or on negative, unpleasant experiences. We need to make a conscious effort to include the positive. This doesn't have to be a phony effort or one that denies real problems. We just want to pay attention to aspects of our day we usually overlook or ignore. If we stop to notice moments of pleasure – a flower poking up through the sidewalk, a puppy experiencing snow for the first time, a kind exchange between strangers – we have a resource for more joy. The capacity to notice the positive might be somewhat untrained, but that is okay. We practice meditation for just this kind of training.

For this meditation, sit or lie down on the floor in a relaxed, comfortable posture. Your eyes can be open or closed.

Now bring to mind a pleasurable experience you had recently, one that carries a positive emotion, such as happiness, joy, comfort, contentment, or gratitude. Maybe it was a wonderful meal or a reviving cup of coffee or time spent with your kids. Perhaps there's something in your life you feel especially grateful for – a friend who is always there for you, a pet excited to see you, a gorgeous sunset, a moment of quiet. If you can't think of a positive experience, be aware of giving yourself the gift of time to do this practice now.

Take a moment to cherish whatever image comes to mind with the recollection of the pleasurable experience. See what it feels like to sit with this recollection. Where in your body do you feel sensations arising? What are they? How do they change? Focus your attention on the part of your body where those sensations are the strongest. Say with the awareness of your bodily sensations and your relationship to them, opening up to them and accepting them.

Now notice what emotions come up as you bring the experience to mind. You may feel moments of excitement, moments of hope, moments of fear, moments of wanting more. Just watch these emotions rise and pass away. All of these states are changing and shifting.

Perhaps you feel some uneasiness about letting yourself feel too good, because you fear bad luck might follow. Perhaps you feel some guilt about not deserving to feel this happiness. In such moments, practice inviting in the feelings of joy or delight, and allowing yourself to make space for them. Acknowledge and fully experience such emotions.

Notice what thoughts may be present as you bring to mind the positive. Do you have a sense of being less confined or less stuck in habits? Or perhaps you find yourself falling back into thoughts about what went wrong in your day, what disappointed you – these thoughts can be more comfortable because they are so familiar. If thoughts can be more comfortable because they are so familiar. If so, take note of this. Do you tell yourself, *I don't deserve this pleasure until I give up my bad habits, or I must find a way to make this last forever?* Try to become aware of such add-on thoughts and see if you can let them go and simply be with the feeling of this moment.

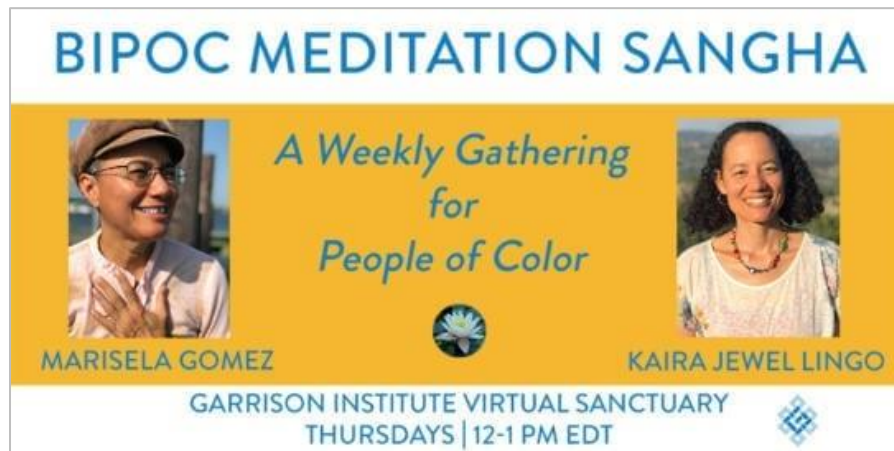
End the meditation by simply sitting and being with the breath. Be with the breath gently, as though you were cradling it. Then when you're ready, you can open your eyes.

Bring this skill of gentle, curiosity, and attention to your encounters throughout the day. Notice pleasurable or positive moments, even those that may seem small.

# 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 a Noontime Meditation Group, 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.

