

## Bibliography and References

[http://www.youtube.com/watch?v=eJ3zJKe\\_xQA](http://www.youtube.com/watch?v=eJ3zJKe_xQA) The Power of Vulnerability -Brené Brown

<http://www.youtube.com/watch?v=psN1DORYYV0> Listening to Shame - Brené Brown

This talk was originally given in 2007 or 2008 just after Obama's talk on race that we think she is referencing.

Chogyam Trungpa, *Smile at Fear*, 2010, edited by Carolyn Rose Gimian

Pema Chodron, "Smile at Fear" DVD, 2011

Dzigar Kongtrul, *It's Up to You*, 2005

Sally Kempton, *Yoga Journal*, "Brave Heart" on line resource

Herbert Guenther, Source of "water logic" and "rock logic"

**Examples of Courage:** Recalling that Vulnerability is the most accurate measure of Courage and is the birthplace of Innovation, Creativity and Change.

- **Dr. Wangari Maathai, PhD**, a Kenyan woman who is responsible for the Greenbelt Movement, whose mission is the re-greening of Africa. Wangari was the first woman in East and Central Africa to receive a doctorate, and had degrees in Biological Sciences and taught veterinary anatomy at Nairobi U. in Kenya. Although responsible for the Greenbelt Movement in Africa, beginning in 1977, Wangari Maathai did not set out to start a movement. She set out to help women in her community who were under great stress as the land had become deforested and eroded, and rivers, once the source of clean water, dried up. These women had to travel greater and greater distances to get water that was not always pure and search for once plentiful firewood, the only fuel for cooking. She suggested they plant trees, and she taught these women how. She realized that the lack of trees and water were due to a lack of resource management and no plan for equitable distribution, a lack of democratic process, and a corrupt government that was giving or selling the formerly public lands to their friends who sold the timber for their personal enrichment. Wangari felt the privilege of her status, her education, and her Professorship at Nairobi University and had much compassion for her countrywomen. Their lack of power to stop the downward spiral of their lives was a strong motivation to Wangari Maathai. You tube has many videos about her.
- Greenbelt International website: <http://www.greenbeltmovement.org>
- **Dr. Mark Hyman, M.D.**, a Functional Medicine physician, has sparked a movement of Social Networks to actually do a better job of improving health than physicians are able to do alone. Functional Medicine looks at the Why of disease. His specific interest is Diabetes and Obesity, which he calls "Diabesity." People in these social networks are losing weight and reversing their Type II Diabetes with the online help of Dr. Hyman's educational materials, recipes, etc. The success of this idea seems to rest on the fact that people are more influenced by their friends than they are by their families or genetics. I think this is a very powerful discovery, especially as Baby Boomers enter the age of Alzheimers and there simply aren't enough caregivers to go around. Independence might be possible longer with small local groups that can share responsibilities.
- Go on line to read about Dr. Hyman and social networks at <http://drhyman.com/blog/2012/04/20/can-social-networks-cure-disease-part-i/>
- Listen to his TED MED talk about Functional Medicine and see what ideas come up for you.

# COURAGE

Pema Chodron gives us some supports for moving into middle of the river.

The three qualities of “water logic” are: **trust, joy or appreciation, and holding your seat.**

## **Trust.**

**This** does not mean that everything will be OK. It is the trust of those claiming the seat of a warrior in bravery, dignity and with a compassionate heart. This trust is that there will be a result whatever you do, success or failure. This trust is that there will be some messages coming back from the world. If we keep eyes, ears and hearts open, the results will teach us. This is a “reservoir of trust” that never dries up, unless you put in your one-sided biases that it turn out a certain way. If you don’t have a fixed idea, that is, if you can manifest beginners’ mind, you can trust that the world will always be teaching you – beyond hope and fear.

There are two shores of the river to which we cling; one is hope – the other fear. Pain is not a punishment. Pleasure is not a reward. They are just ordinary occurrences.

Success **and** failure are the path. You begin to feel that you’re living in a world that never runs out of messages for you... if you don’t take them personally.

Taking things personally is another form of fixating. It shuts down presence in order to defend our fixed perception of a solid self. When we feel embarrassed or a sense of personal failure, or inadequacy, it means our mind has been co-opted by Small mind or ego. Recognizing this, we can take a moment to reconnect with bodily posture and spacious mind, just bursting with goodness and worthiness, attributes which are shared by all humans. We’re remembering that it’s not all about us.

## **Joy, or Appreciation.**

**This comes from knowing that no matter what the message is, it’s not the end.** We don’t apply “rock logic,” i.e. “This is how it is.” Instead, the causes and conditions came together this morning in this depression, but it’s just the seed of what’s coming next, and how we relate to what’s happening right now is the path. “You can’t always change the outer circumstances, but you can always change how you relate to it, and this is the seed of going forward.”

## **Holding our Seat and Not Exaggerating.**

We take our seat on the cushion, and in life, with **dignity, courage, gentleness, and curiosity.** This is “water logic,” a “middle of the river” way of relating to things, a way of thinking, a way of emoting. And it has everything to do with opening to the facts of our life, the actual ground of our life, which is impermanent, changing, dynamic and fresh every moment, but feels like hell from the point of view of ingrained, survival mechanisms to avoid danger and pain, and always be safe. But when we look around us in the middle of the river, and see who is there with us, feeling the same fear, and keeping their heads above water, we can celebrate our human capacity for this very situation. Trungpa Rinpoche used a similar metaphor for holding our seat; riding on the back of a wild horse through the unpredictability of our lives.