

Learning to Love Ourselves: Incorporating Compassion Care in Our Work

NIWRC Webinar
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Bonnie Duran Dr.PH, Professor,
University of Washington School of Social Work & Indigenous Wellness Research Institute,
<https://bonnieduran.academia.edu>

Bonnie's Social Location

- Mixed race Native- Opelousas/Coushatta,
- 1st gen college student, SFSU, Berkeley
- Product of the civil rights and women's movement
- Grew up professionally in SF/Oakland urban Indian community clinics and Tribal communities
- CBPR methods/ADM Epidemiology / Intervention in "*Indian Country*"
- Buddhist-- Went to Nepal in 1982-- Mindfulness Retreat Teacher, Insight Meditation Society, Spirit Rock Meditation



Exploring these questions

- Connection between compassion fatigue, burn-out & past and current settler colonialism
- Neuroscience and Self-Directed Neuroplasticity
- How do we regain resilience, peace and wisdom?
- Indigenous Presence: Mindfulness and Lovingkindness Meditation.

4 Pillars of the Colonial Matrix of Power

1. Control of Economy-land appropriation, labor exploitation, control of natural resources
2. Control of Authority-government, normative social institutions, army
3. Control of Gender and Sexuality- family, education
4. Control of Subjectivity and Knowledge -epistemology, education and formation of subjectivity

Quijano A. Coloniality and modernity/rationality. Cultural Studies 2007;21(2-3):168-178.

Subjugated Knowledge

1922

THE MODERN HOSPITAL

SUPPLANTING THE MEDICINE MAN*

ARTHUR E. MIDDLETON, CHIEF OF CONSTRUCTION SECTION, INDIAN BUREAU, INTERIOR DEPARTMENT
WASHINGTON, D. C.

It is so long ago that the period and conditions are almost reminiscent or unfamiliar to those individuals who have aided and are still aiding in the moral, spiritual and physical advancement and perpetuation of the Red Indian. The fight against disease was waged under the most disadvantageous conditions.

The Indian had just begun reluctantly and doubtfully to yield to the influences of civilization and, though clinging to some of its customs, still clung with tenacity to the ideas and customs formed in the early history of the race and reared with mingled skepticism and fear.

There were a few exceptional exceptions, in the vast region extending from the Mississippi River to the Pacific Ocean and from the Gulf of Mexico to the Canadian border. The exceptions were the hospitals located at Carlisle, Pa., Cherokee, C., Mount Pleasant, Mich., Hayward, Keshena and Wisconsin.

The school hospitals are designed solely for the treatment of children and the typical plan usually includes

two separate wards for the sexes with screened glazed porches thereto, convalescent operating, waiting, dining, bath and kitchen and kitchen.



Indigenist Local Theory of Etiology

- **Historical Trauma** cumulative vulnerability that colonization; i.e., epidemic disease, forced removal, warfare, and white cultural hegemony, have had on the physical manifestation of health among indigenous peoples.

How You Can Change Your Genes

Dr. Lars Olov Bygren's research helps explain how a father's diet might affect certain traits he passes to his son

Story | [All Best and Worst Lists](#)

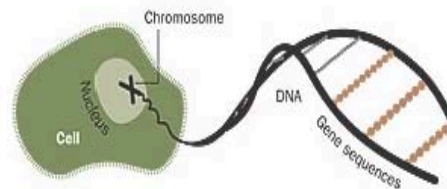
The Structure of Cells

NEXT

1 of 5 | [View All](#)

1
THE STRUCTURE
OF CELLS

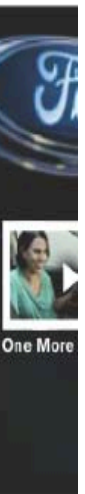
2
THE ROLE OF
DNA AND GENES



The human body has trillions of cells, each one with a nucleus, its command center. In each nucleus, DNA is tightly coiled around proteins called histones that work as support structures for genes

The Role of DNA and Genes

Genes contain the codes for cells to produce the various proteins that organisms need to function. Humans have approximately 25,000 genes. Darwin and his followers taught us that it takes many generations to rewrite this



Understanding the Effects of Prejudice, Discrimination and Inequity in the Body

by Thea M. Lee, M.A., LMFT(CA), SEP and Tommy Lee Woon, M.S., SEP

The information in this document about personal traumas derives primarily from Somatic Experiencing®, a school of somatic (i.e., body-focused) therapy for healing trauma. The application of its theory to understanding and healing the effects of prejudice/discrimination/lack of equality is a work we are pursuing on our own.

The Workings of the Body in Relationship to Stressors/Threats

Have you ever had an experience, in which you were watching a scary movie and noticed yourself holding the breath, bracing muscles, covering your eyes, or jumping in your seat? This common experience gives us a glimpse into the biology of stress; our bodies are wired to respond, largely involuntarily, to a stressful and threatening situation even in movies.

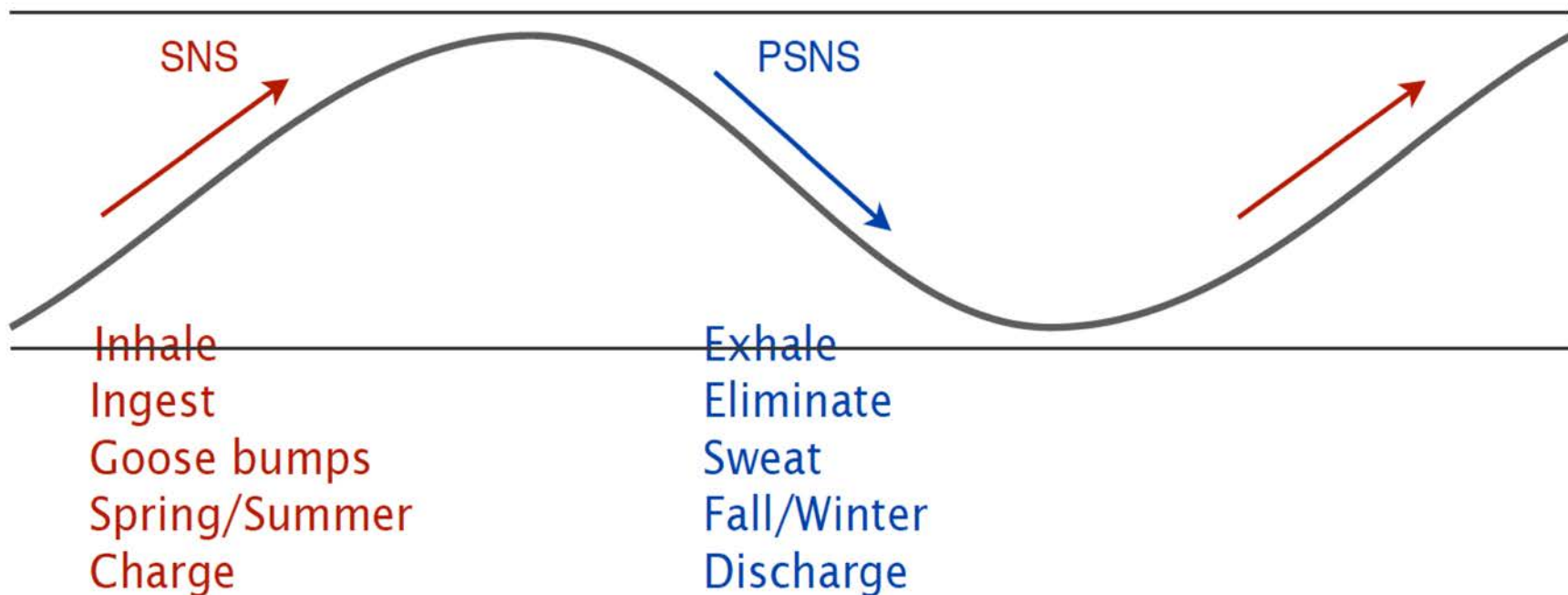
When we explore the role of the body in understanding the effects of prejudice, discrimination and inequity, we are referring to a specific part of the body, the autonomic nervous system. For this reason, throughout this document, the words, “the body/bodies” and “the (autonomic) nervous system” are used inter-changeably.

What Is the Autonomic Nervous System (ANS)?

<http://goo.gl/CEXr6l> & <https://washington.academia.edu/BonnieDuran>

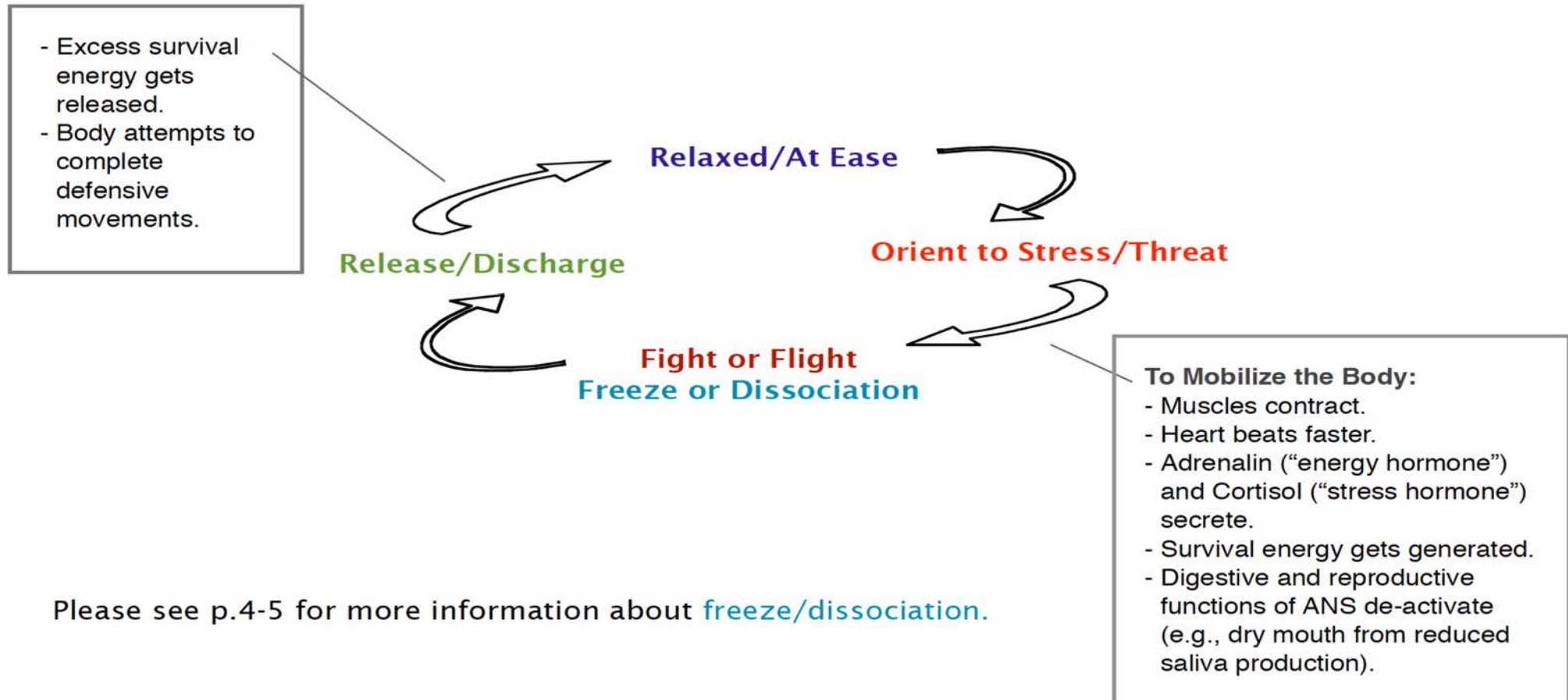
Natural Regulation in the ANS - “What goes up does come down.”

- Has a natural range, within which it flows up and down mostly on its own.
- This flow is also very much like nature with its ups and downs and seasonal changes.



Natural Stress Response Sequence in the ANS

In response to a stressor/threat, the ANS is designed to activate and de-activate in a sequence.



overwhelm and/or realization that fighting back/fleeing will result in worse consequences

charge

shut-down

Natural range
without stress

“Stuck in Freeze/Dissociation”

Freeze or Dissociation



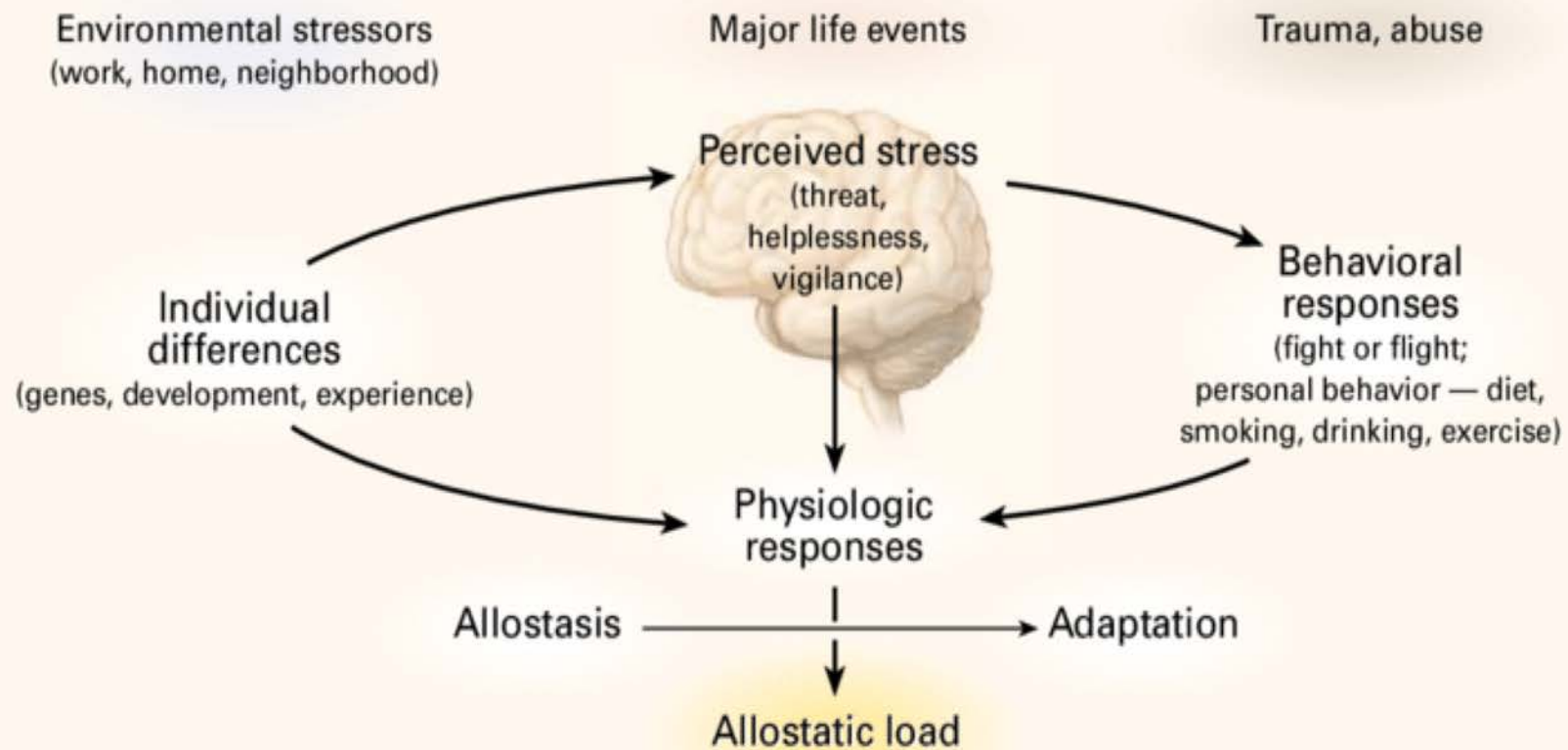
Symptoms of Social, Collective and Historical Traumas

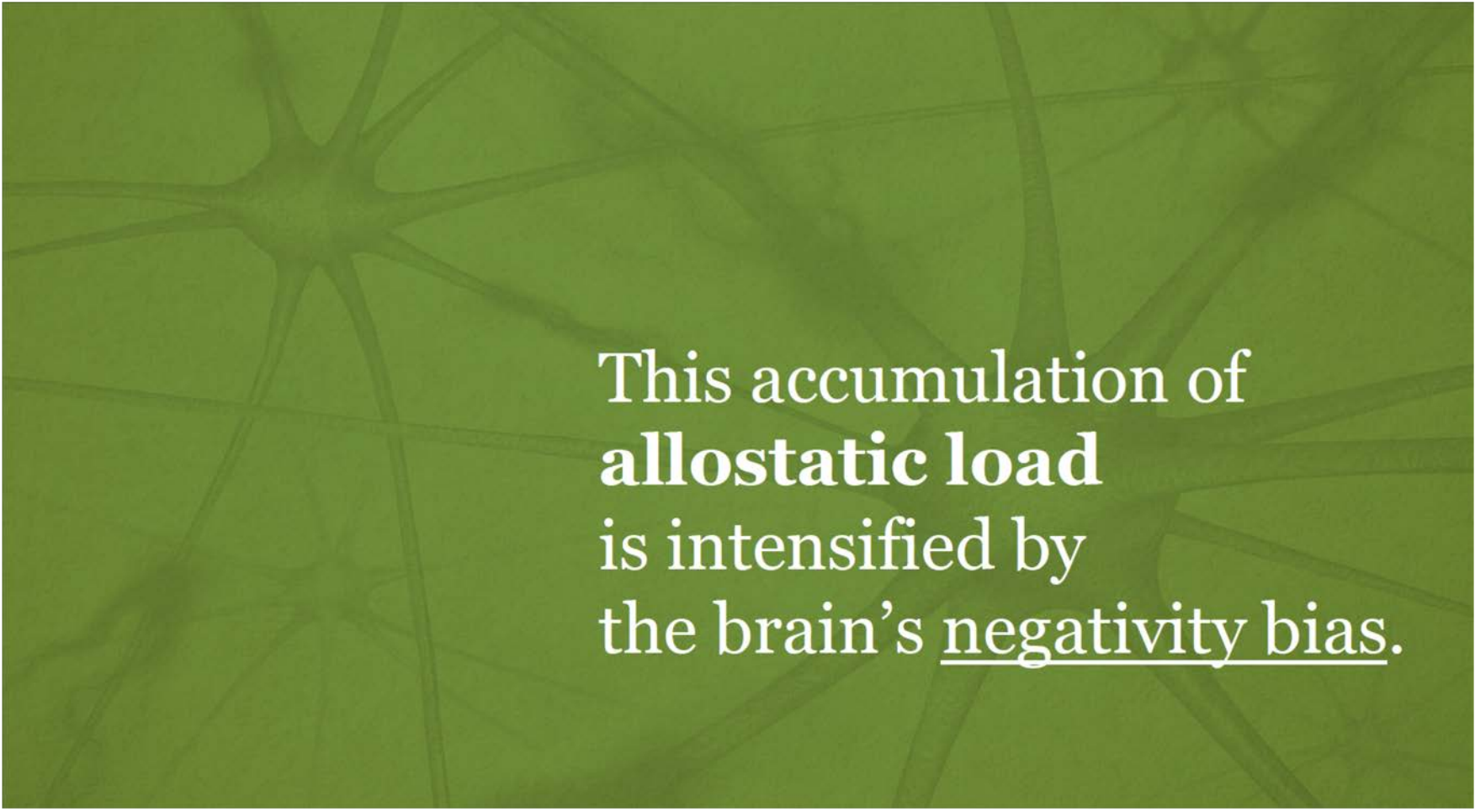
- Sheer exhaustion, burn-out and overwhelm about the pervasiveness of prejudice, discrimination and inequity
- Hopelessness/powerlessness and resignation (stop voting, listening to news...)
- A pattern of not speaking-up followed by a sense of resentment /shame/self-blame
- Inability to recognize signs of resiliency and resistance in one's self and community
- Withdrawal from relationships in one's own community

Toxic Stress Impairs Mental Resources

Thanks to Rick Hanson for these slides <http://www.rickhanson.net>

Allostatic Load



A microscopic image of neurons, showing their cell bodies and branching processes, overlaid on a solid green background. The neurons are rendered in a lighter green color, creating a subtle pattern across the slide.

This accumulation of
allostatic load
is intensified by
the brain's negativity bias.

Two Wolves in the Heart



The Negativity Bias

As the nervous system evolved, avoiding “sticks” was usually more consequential than getting “carrots.”

- 1. So we scan for bad news,
- 2. Over-focus on it,
- 3. Over-react to it,
- 4. Turn it quickly into (implicit) memory,
- 5. Sensitize the brain to the negative, and
- 6. Create vicious cycles with others.

Velcro for Bad, Teflon for Good



<https://www.rickhanson.net/newsletter-signup/>

Challenges and Resources: Reflection

- What are some of the challenges in your life these days? (in the world, body, or mind)
- What mental resources do – or could – help you with these challenges?

How to Create A Beneficial Experience

Look for good facts in:

- 1.** Immediate situation
- 2.** Current or recent events
- 3.** Stable conditions
- 4.** Your character
- 5.** The past
- 6.** The future
- 7.** Bad situations
- 8.** The lives of others
- 9.** Your imagination

- 10.** Care about others
- 11.** Directly evoke a
beneficial experience
- 12.** Produce good facts
- 13.** Share about good
facts with others

We become more **compassionate** by repeatedly installing experiences of compassion.

We become more **grateful** by repeatedly installing experiences of gratitude.

We become more **mindful** by repeatedly installing experiences of mindfulness.

Turning States into Traits: HEAL

Activation

1. **Have** a beneficial experience

Installation

2. **Enrich** the experience
3. **Absorb** the experience
4. **Link** positive and negative material
(Optional)

Let's Try It

Notice

Being all right
right now

Create

Gratitude,
gladness

Create

Compassion,
kindness

For each of the above:

Have the experience. Enrich it. Absorb it.

Turning a Good Fact Into a Good Experience

- Bring awareness to your body.
- Soften and open.
- Be a little active in your mind.
- Imagine how another person might feel.
- Be kind to yourself, and encourage a good experience.

Meeting Our Three Fundamental Needs



Safety

Avoiding
harms

(threat response)



Satisfaction

Approaching
rewards

(goal pursuit)



Connection

Attaching
to others

(social engagement)



Resources for Safety

Self-Compassion

Compassion is the wish that beings not suffer, with warm-hearted concern. Compassion is sincere even if we can't make things better.

Self-compassion simply applies this to oneself.

To encourage self-compassion:

1

Get the sense of being cared about.

2

Bring to mind beings you care about. Find compassion for them.

3

Shift the compassion to yourself.

Self-Compassion

- Bring to mind beings who care about you . . . Focus on feeling cared about. . . Use HEAL to take in this experience.
- Bring to mind beings for whom you have compassion . . . Receive the sense of compassion into yourself . . . Know what compassion feels like.
- Be aware of your own burdens, stresses, and suffering – and bring compassion to yourself . . . Get a sense of caring, warmth, support, compassion sinking deeply into you.

Safety: Self-Compassion

- When working with others who are suffering, focus on your own wish for their wellbeing, and happiness.
- Don't need to focus on their state-of-mind
- Focus on your wishes for their happiness and safety

Drawing a clear distinction between the realization that others are suffering and the wish for them to be free from suffering is important, since mentally dwelling on the actual suffering would be contemplation of *dukkha*. Such contemplation offers a basis for the meditative cultivation of compassion. The cultivation of compassion itself, however, finds its expression in the wish for the other to be free from *dukkha*. In this way, the mind takes the vision of freedom from affliction as its object. Such an object can generate a positive, at times even a joyful state of mind, instead of resulting in sadness.



Resources for Satisfaction

Feeling Grateful

- Bring to mind some of the things you are thankful for – and open to experiences of gratitude, gladness, happiness . . . Use HEAL to take in these experiences.
- Focus on the sense of having received so much already . . . And if you like, be aware of a sense of frustration or loss off to the side of your mind, while feeling grateful is “big” and in the foreground of awareness . . . Link these two, with a sense of the gratitude easing, soothing, bringing wisdom to, and perhaps even replacing the sense of frustration and loss.

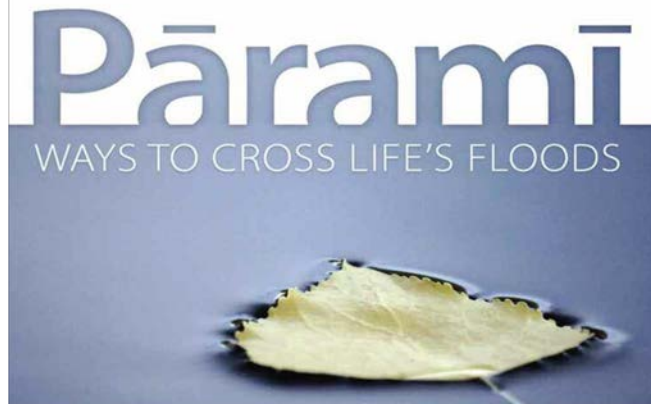
Inner Strengths

- Understandings
- Capabilities
- Positive Emotions
- Attitudes
- Motivations
- Virtues

Inner strengths are grown from experiences of them or related factors – activated states – that are installed as traits.

Developing and Increasing Wholesome States

- strengthening habits that lead to more wellbeing and aliveness and changing habits that no longer serve us
- Intentionally noticing and cultivating ways of being: generosity, kindness, patience, forgiveness, tranquility, joy



Pāramī = "Completeness, Perfection"				
Para = "Beyond" Parama = "Highest, Supreme" Pāramitā = "Perfection"				
Pāramī	Characteristic	Function	Manifestation	Proximal Cause
All	Benefit Others	Helpful to others	Wishes for the well-being of others	Great Compassion
1) Giving/ Generosity <i>Dāna</i>	Relinquishing	Dispels greed for that which can be given away	Non-attachment	An object that can be relinquished
2) Virtue/ Morality <i>Sīla</i>	Composing	Blameless conduct (impeccability)	Moral purity	Moral shame and moral dread
3) Renunciation <i>Nekkhamma</i>	Restraint	Verification (unsatisfactoriness of sense pleasures)	Lessen sensual attachment	Spiritual Urgency: Awareness of the pain of desire
4) Wisdom <i>Paññā</i>	Clarity	Illuminate objective field	Non-confusion	Concentration: Insight into the four noble truths
5) Energy <i>Vīriya</i>	Striving	Fortifies practice	Indefatigability	Spiritual Urgency: faith in the four noble truths
6) Patience <i>Khanti</i>	Acceptance	Cultivates endurance	Tolerance	Sees things as they are
7) Truthfulness <i>Sacca</i>	Non-deceptiveness	Cultivates authenticity	Excellence	Honesty
8) Determination <i>Adhiṭṭhāna</i>	Steadfastness	Sustains clarity	Tenacity	Spiritual Urgency: factors of enlightenment
9) Loving-Kindness <i>Mettā</i>	Friendliness (Promotes the welfare of living beings)	Removes resentment	Kindness	Seeing the good in other people
10) Equanimity <i>Upekkhā</i>	Neutrality	Impartiality	Subsiding of desire	Understanding karma



Resources for Connection

Feeling of Worth

- It is natural and important to feel that you have worth as a person – which does not mean arrogance or ego.

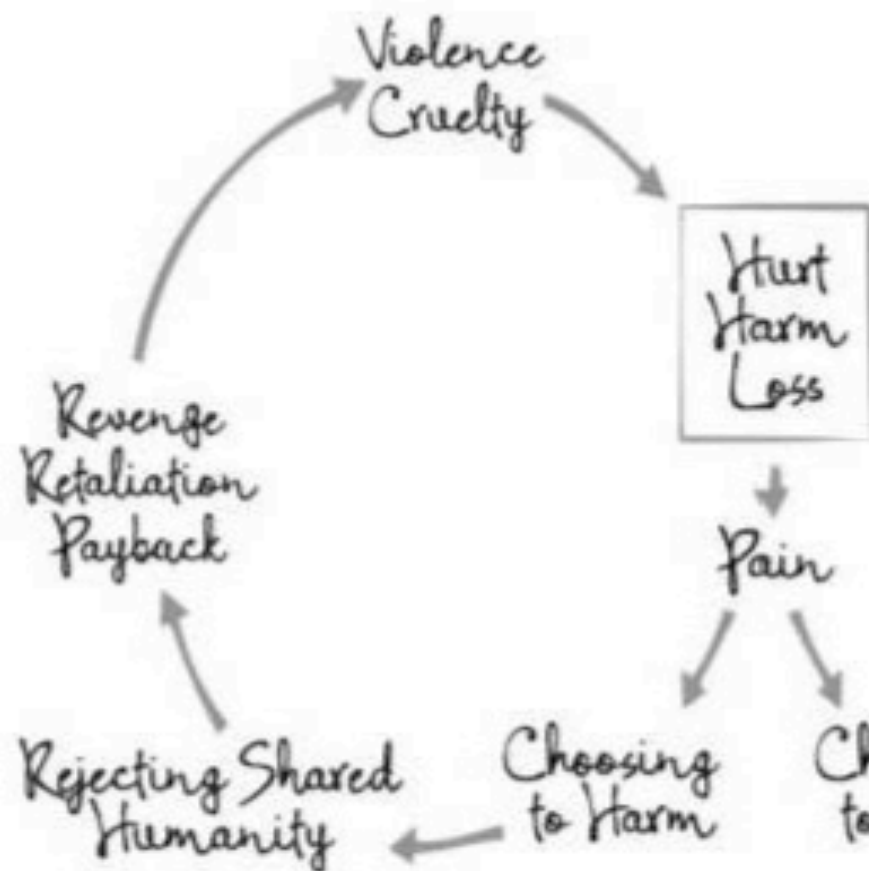
You develop this sense of worth through:

- Others including, appreciating, liking, and loving you
- You respecting yourself

Take in experiences of being:

- Capable, skillful, talented, helpful
- Included, wanted, sought out
- Appreciated, acknowledged, respected
- Liked, befriended, supported
- Loved, cherished, special

REVENGE CYCLE



FORGIVENESS CYCLE

The Fourfold Path



Being for Yourself

- Bring to mind someone you are for. Find a sense of caring, support, being loyal, standing with someone as an ally.
- Apply this stance, this feeling, toward **yourself**.
- Recognizing your difficulties and burdens. Recognizing injustice applied to you. Recognizing the impacts on you.
- Finding determination that you not be mistreated, that you cope with challenges, that you be truly happy, having a good life as best you can.
- Ethical Conduct is very attractive.

what the hell is that?



oh,
just my mind



Other Knowledge Systems: Mind, Heart, body



Ceremonies

- Sweat lodge
- Dancing
- Singing
- Vision quest
- Sun Dance
- Drumming
- Rattling
- Meditation
- Retreat

DRUM-ASSISTED RECOVERY THERAPY FOR NATIVE AMERICANS (DARTNA): RESULTS FROM A PRETEST AND FOCUS GROUPS

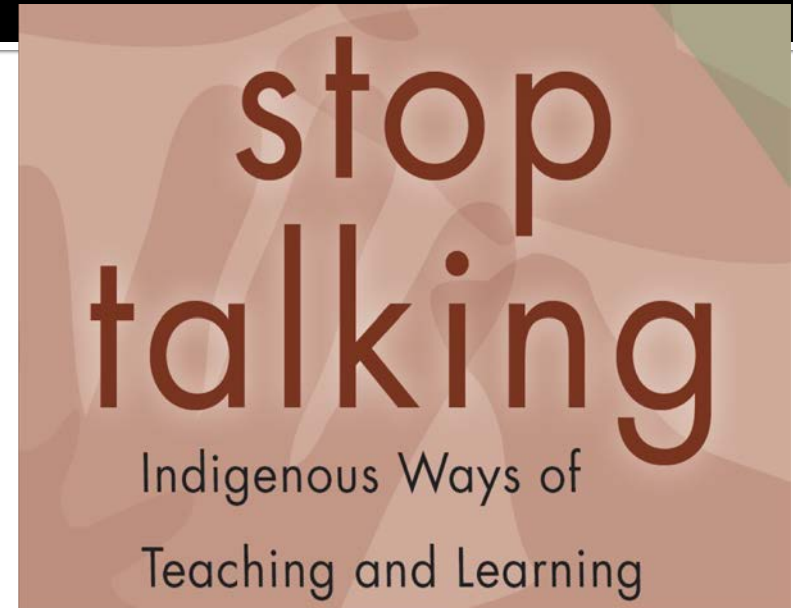
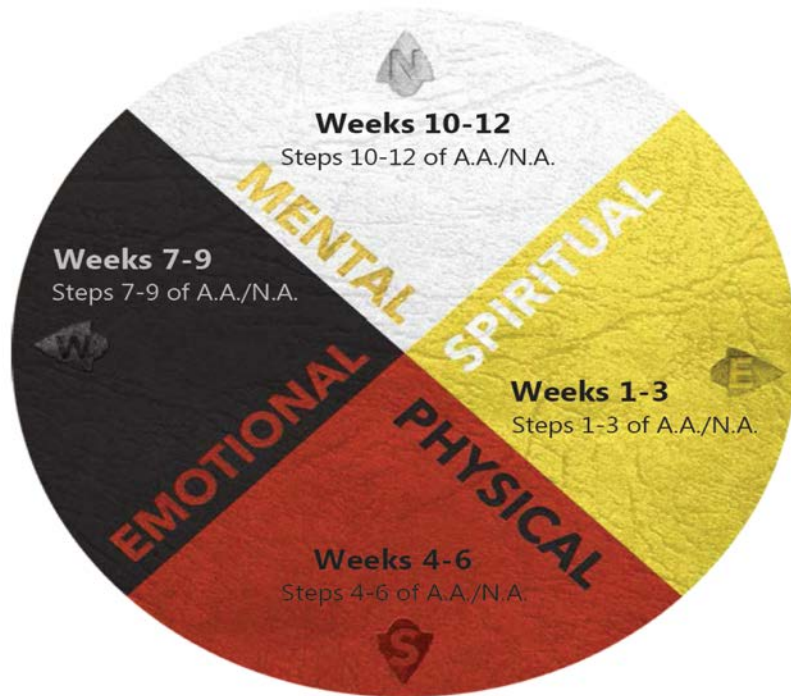
Daniel L. Dickerson, DO, MPH, Kamilla L. Venner, PhD, Bonnie Duran, DrPH,
Jeffrey J. Annon, MA, Benjamin Hale, and George Funmaker

Sweat lodge



Culture-Centered Land-Based Interventions

Figure 1
DARTNA Medicine Wheel



http://www.difficultdialoguesuaa.org/images/uploads/Stop_talking_final.pdf

Indigenous Presence: Decolonize and Cultivate

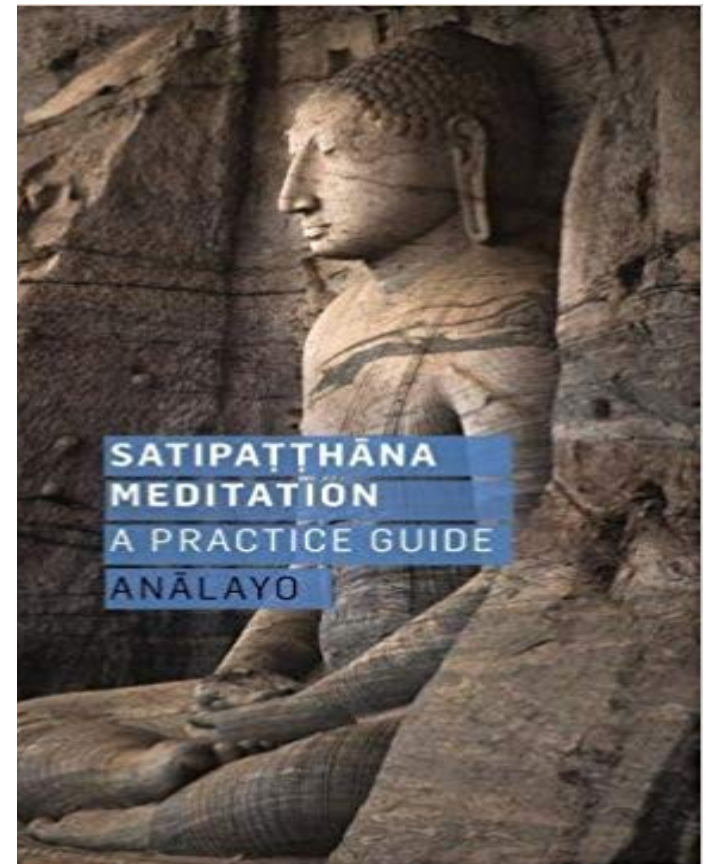
Mindfulness

- Epistemology of the Global South
- Intuitive Knowledge System
- Where we get in many ceremonies

Buddhist Practice: The 4 Foundations of Mindfulness

- Body: Whole body awareness, Breath, 4 elements
- Feeling Tone: Pleasant, unpleasant, neutral
- Mind: Thoughts, emotions, mind-states
- Objects: Hindrances & Enlightenment Factors

<https://www.windhorsepublications.com>



Mindfulness

Obsession

Denial

Indulgence

Repression

Privilege

Intolerance

Mindfulness

Regular Practice Cultivates 3 Core Skills

- **Concentration**: The ability to focus and stabilize one's attention.
- **Sensory Clarity**: The ability to keep track of the components of sensory experience as they arise in various combinations, moment-by-moment.
- **Equanimity**: The ability to 'be with' experience with an attitude of gentle matter-of-factness.

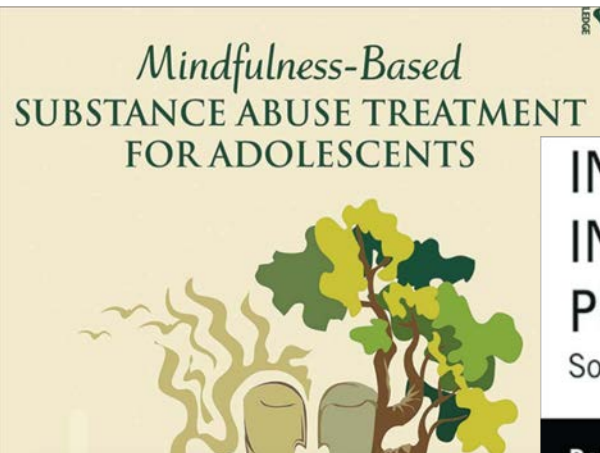


Mindfulness acronym R-A-I-N

- ✓ **R = Recognize:** recognize hurt, pain, open to what is present, calm, happiness, resistance, restlessness, sleepiness, doubt
- ✓ **A = Accept/Allow:** “*what you resist persists*”—open to what is happening, opposite of denying, avoiding or distracting.
- ✓ **I = Investigate:** bare awareness, without judgement, what is happening now? What is that? Am I sure?
- ✓ **N = NOT-personal/NATURE:** did you invent pain, sadness, shame, desire, it is THE pain, THE desire, THE shame.. its not personal....Its a quality of being human– Shared Humanity

Mindfulness in Society

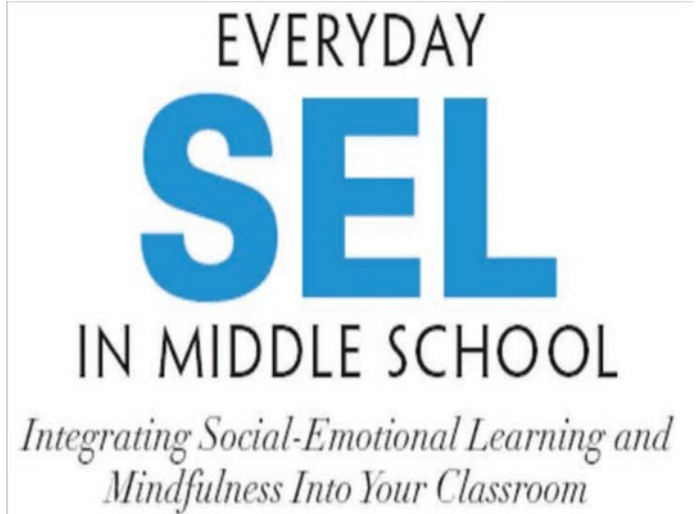
Increasingly, it is being understood that mindful awareness is a cultivatable skill with broad applications through all aspects of society, including education, prison system, politics, business, and even the training of soldiers.

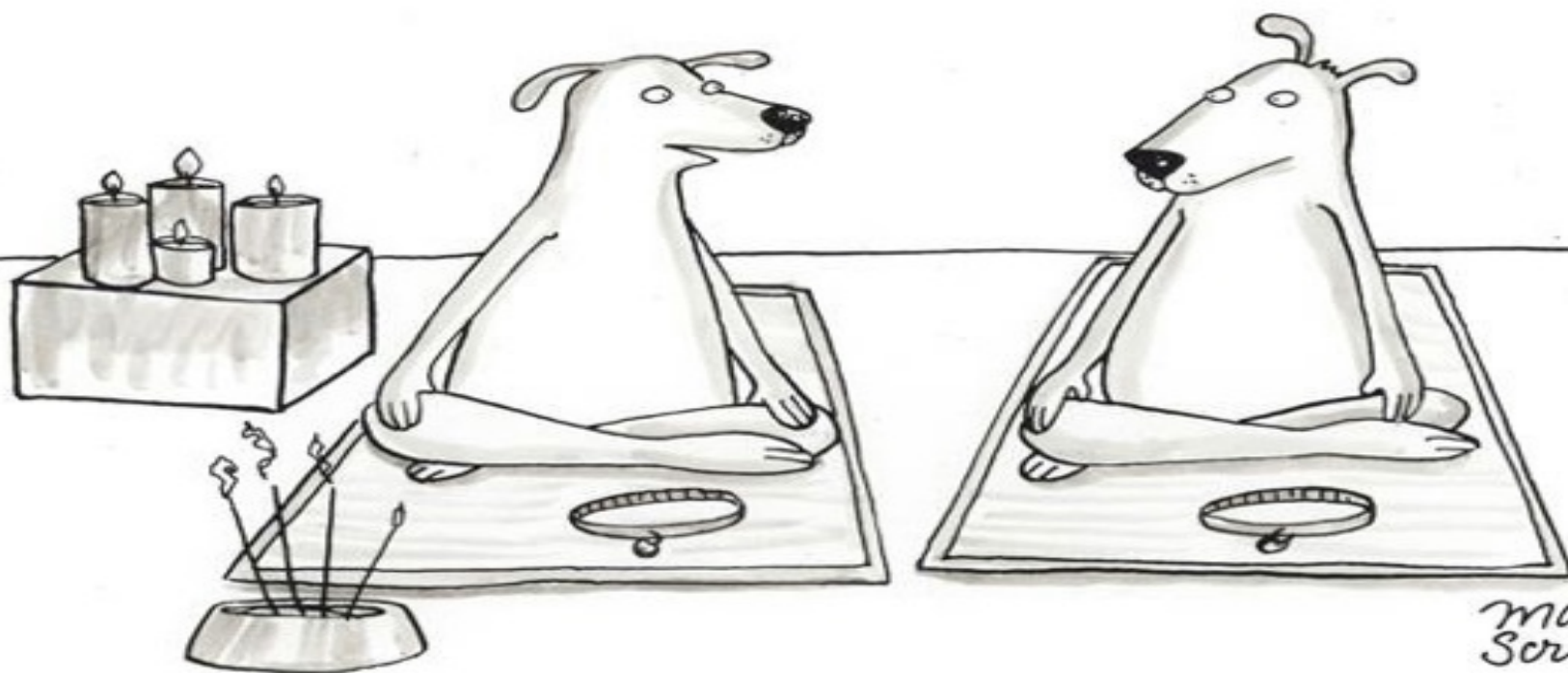


INTEGRATING MINDFULNESS INTO ANTI-OPPRESSION PEDAGOGY

Social Justice in Higher Education

Beth Berila





Maria
Scrivan

"The key to meditation is learning to stay."

Cultivation and Purification

- Development of Sacred Space
 - Training in Indigenous Presence
- Development of Intention
 - Cultivation of positive mind-states
- Development of a daily practice

Four Elements Meditation



Earth Element



Earth Element

- A healthy earth element allows us to feel grounded
- The earth is felt as solidity, hardness, softness, texture, heaviness
- The Earth elements of the body are the organs, tissues, and bones.

Air Element



Air Element

- The air (or Wind) element is associated with the mind and mental functioning.
- The Air elements are, for example, the air in the lungs, stomach and bowel gasses.
- The air element is related to the energy of circulation—of the blood, oxygen, and nervous system.

Water Element



Water Element

- A healthy water element helps to calm your emotions; otherwise you may feel overly sensitive or emotionally turbulent.
- The Water elements are the bodily fluids – sweat, saliva, blood, urine, semen, etc

Fire Element



Fire Element

- An imbalance of the fire element can lead to impulsive “hotheaded” behavior.
- A healthy fire element strengthens your willpower and enables you to feel passionate and inspired in your efforts.
- Hot, cold, warm, etc
- Fire is the element that controls temperature and digestion.

Introduction to Loving Kindness & other Brahma Vihara Meditation

L- Love yourself first. There is no other person that deserves your love more than you.

O- Others love themselves too, fiercely. Therefore respect others and refrain from harming all living beings.

V- Voice your love to yourself and others as often as possible. Contemplate on this everyday and spread your positive thoughts to all living beings.

E- Extinguish any guilty feelings. Forgive yourself and then others. You don't need to carry the baggage of the past. Guilty feelings weigh your mind down. Thus it is best to let them go.

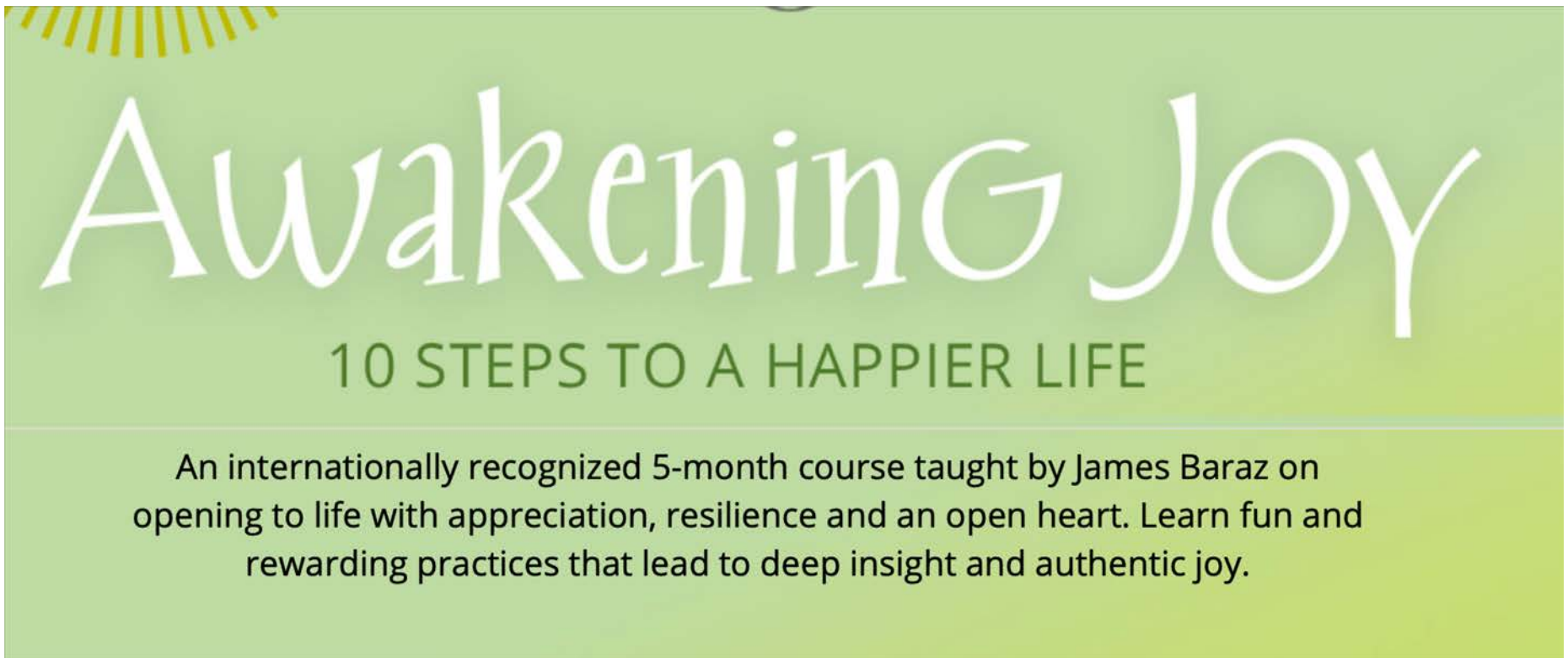
Cultivation and Purification

- Development of Sacred Space
 - Training in Indigenous Presence
- Development of Intention
 - Cultivation of positive mind-states
- Development of a daily practice
- Sobbing Meditation & Stomping Meditation

Benefits of Loving Kindness Meditation

- Helps us to handle negative emotions towards others.
- Maintains a state of mind that is calm, stable and peaceful.
- Positive effect on people around you . Positive feedback .
- A kind of self-hypnosis and self- suggestion ? Prone to be exploited by others?

Awakening Joy Online Course



<https://awakeningjoy.info>

Divine Abodes / Brahma Vihara Phrases

Metta Lovingkindness Phrases

May I be safe and protected, from inner and outer danger.

May I be happy and peaceful.

May I be healthy and strong.

May I live with ease... May I take care of myself easily.

Others

May I be filled with lovingkindness.

May I be happy and free.

May my heart be open.

Compassion Karuna Phrases

I care deeply for my suffering,

May I hold my suffering with kindness and gentleness

May I be free from pain and suffering.

Others

May I be free of pain / and sorrow.

May I hold my pain with mercy and compassion.

May I love myself just as I am.

May I be kind and patient with myself / and others.

May I be free from suffering / and the causes of suffering.

Sympathetic Joy Mudita Phrases

May your happiness increase

May your happiness not leave you

May your happiness never cease.

May you always be able to enjoy good fortune and success.

May you always be prosperous.

Equanimity Upekka Phrases

May I accept things as they are.

May I be undisturbed by the comings and goings of events.

May I hold my joys and sorrows with equanimity.

Things are just as they are.

May I see things clearly, just as they are.

Forgiveness Phrases

I allow myself to be imperfect.

I allow myself to make mistakes.

I allow myself to be a learner, still learning life's lessons.

I forgive myself.

If I cannot forgive myself now, may I forgive myself sometime in the future.

Larger Truths

All things are:

- Imperfect
- Impermanent
- Impersonal

All beings are owners of their actions, heirs of their actions, lived supported by their actions. What ever actions they shall do, of that they will be the heir.

Technique of LKM

- Extend LKM to yourself and a benefactor
- Then give some love to your family and friends
- Then a neutral person
- And then an "difficult person"
- Extend well-wishing loving kindness to all the people that you know .
- Extend this to all the people in this world

FREE Mindfulness resources

- Introduction to Mindfulness Course AUDIO

<http://www.audiodharma.org/series/1/talk/1762/>

- Intermediate Mindfulness Course AUDIO

<http://www.audiodharma.org/series/1/talk/1761/>

- Loving-Kindness Meditation AUDIO

<http://www.audiodharma.org/series/1/talk/1728/>

- Guided Self Compassion Meditation AUDIO — [http://www.self-](http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html)

[compassion.org/guided-self-compassion-meditations-mp3.html](http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html)

- DOWNLOAD EMBEDDED LINK PDF HERE

<https://washington.academia.edu/BonnieDuran/Links-to-web-resources>

Other resources

- **Self Compassion Meditation AUDIO** — Dr. Kristen Neff
<http://www.self-compassion.org>
- **Mindfulness Based Addiction Recovery** Noah Levine
<http://www.refugerecovery.org>
- **More guided meditations and talks** <http://dharmaseed.org/teacher/400/>
- **Dr. Tara Brach** -- talks on Mental Wellness
<https://www.tarabrach.com/talks-audio-video/>



May All Beings Be Happy