

heartfulness



# Holding HOPE in the Heart

Welcome to PEARL Series!



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Heartfulness Institute -  
a non-profit organization registered in USA  
It offers simple practices of Relaxation, Meditation,  
regulating the mind, and building inner strength and  
attitudes for overall well-being.

[heartfulness.org](https://heartfulness.org)

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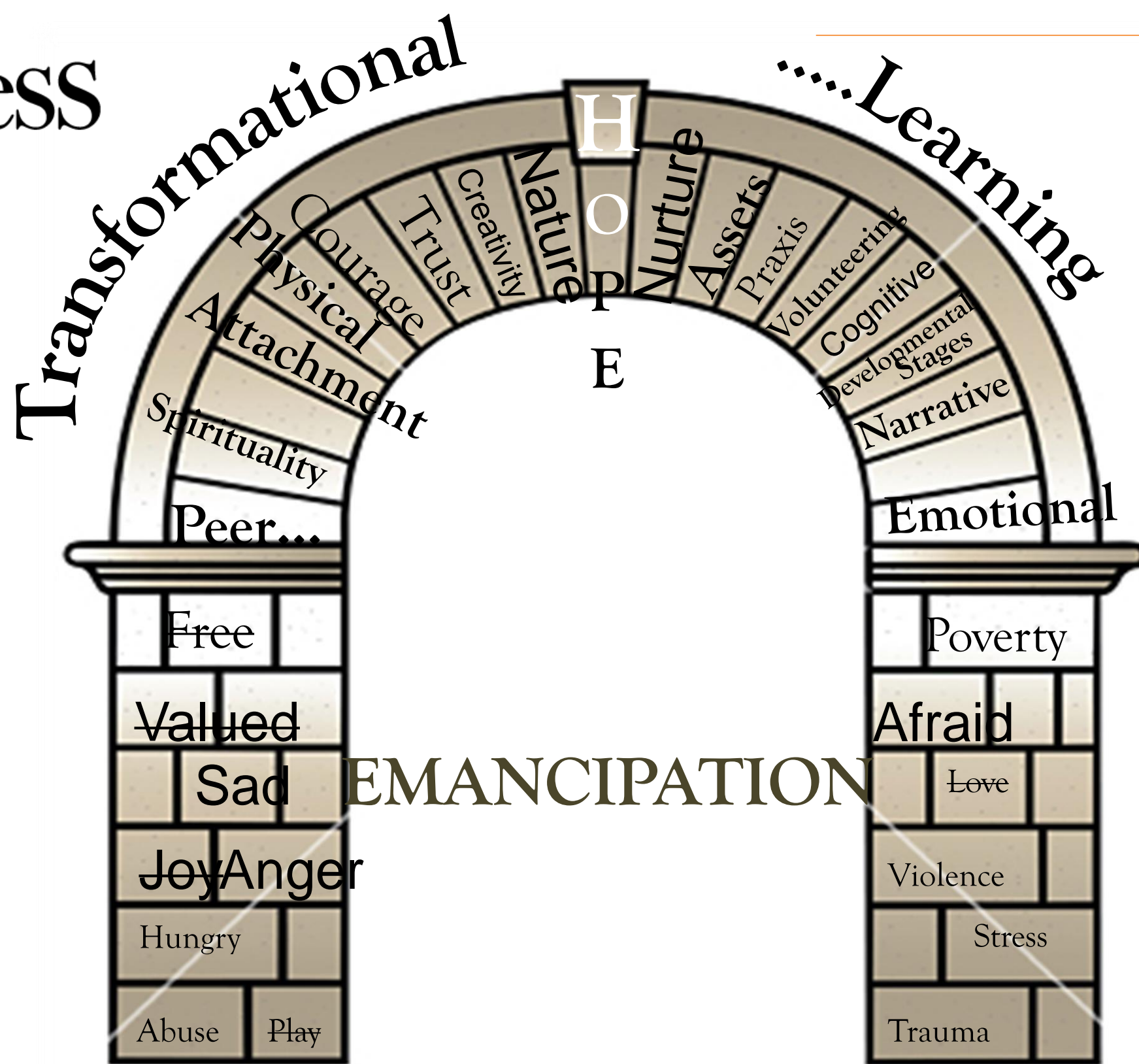


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## *Hope: One Prisoner's Emancipation*



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.....all peoples are “sustained by hope: Buddhists, Hindus, and Jews, as well as the followers of Mohammed, the African Ifa, Native Americans, and the Australian Aborigines draw their “spiritual light” from hope oriented belief systems” (Scioli 2007)

it is “part of the human spirit to endure and give a miracle a chance to happen” (Groopman, 2004)

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## Ihtatihtumown Cree for Hope

### TIPI TEACHINGS

We must look forward to moving toward good things.

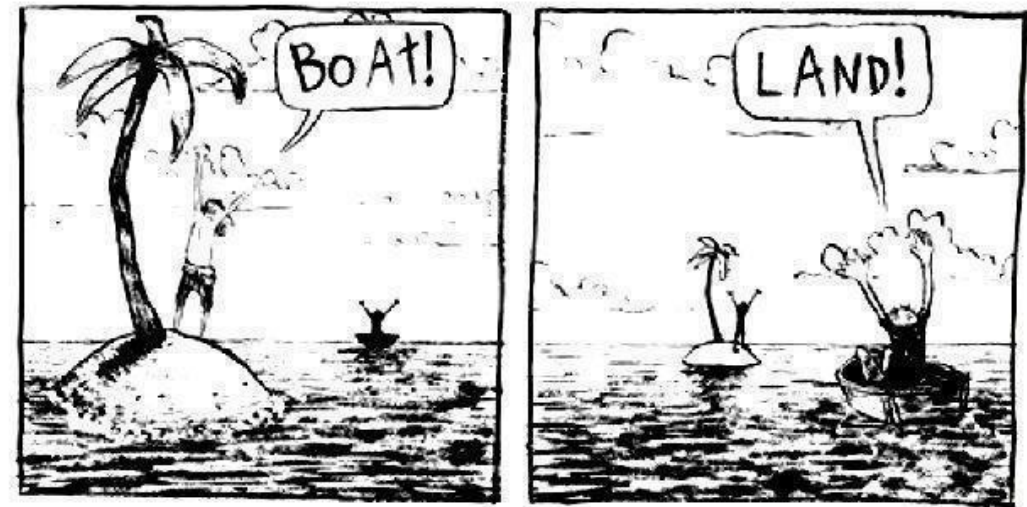
We need to have a sense that the seeds we are planting will bear fruit for our children, families and communities

Cree Elder Mary Lee

[www.fourdirectionsteachings.com/transcripts/cree.html](http://www.fourdirectionsteachings.com/transcripts/cree.html)

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Although goal setting may not be a significant focus for all cultures a future-focused construct of possibility is a part of any society that settles, builds relationships, and creates art or adornments that may take long periods of time to achieve. A broader perspective of hope based in mastery, attachment, survival, and spirituality was described by Scioli, Ricci, Nyugen, and Scioli, in 2011.



Perspective...



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## PANDORA'S BOX

She cannot help herself having been  
forbidden  
to open the box.

As she does all the evils of the world  
fly out.

At the bottom the only thing left is Hope

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Man's Search for Meaning by Victor Frankl (1984)

Those who know how close the connection is between the state of mind of a man his courage and hope, or lack of them, and the state of immunity of his body will understand that the sudden loss of hope and courage can have a deadly effect.



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Without a minimum of hope, we cannot so much as start the struggle.

But without the struggle, hope, as an ontological need, dissipates, loses its bearings, and turns into hopelessness....

Hope as it happens, is so important for our existence, individual and social, that we must take every care not to experience it in a mistaken form...

Hopelessness and despair are both the consequences and the cause of inaction or immobilization

Pedagogy of Hope (Freire, 2004, p. 3).

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Richard Davidson defines hope this way:

I understand hope as an emotion made up of two parts: a cognitive part and an affective part. When we hope for something, we employ, to some degree, our cognition, marshalling information and data relevant to a desired future event....But hope also involves what I call affective forecasting—that is, the comforting, energizing, elevating feeling that you experience when you project in your mind a positive future. This requires the brain to generate a different affective or feeling state, than the one you are currently in.

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Hope: Eudaimonic well-being

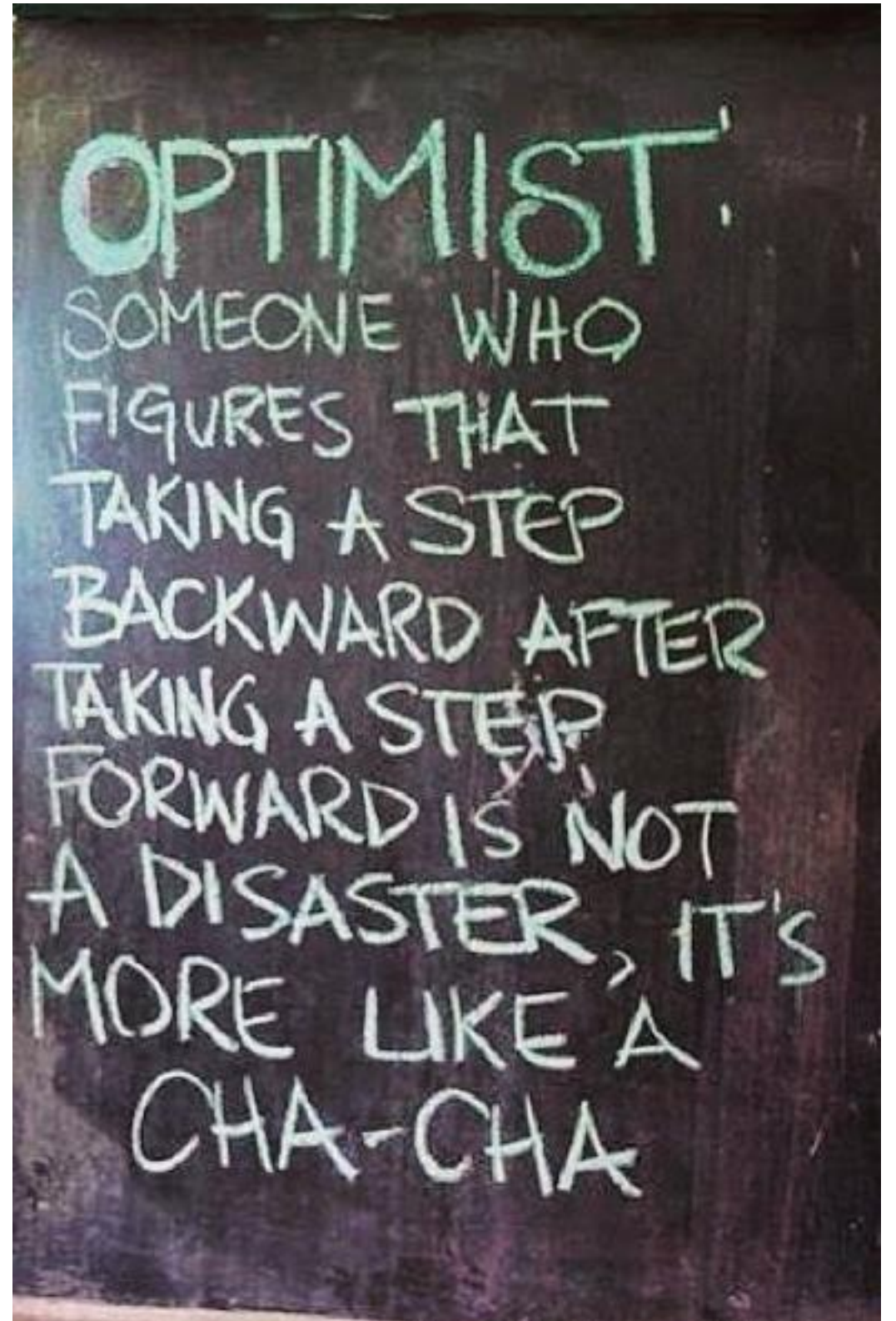
- ✓ Autonomy
- ✓ Environmental mastery
- ✓ Personal growth
- ✓ Positive relations
- ✓ Purpose in life
- ✓ Self-acceptance



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Optimism: Hedonic well-being (the general expectation of a positive outcome)

- ✓ Positive affect
- ✓ Negative affect
- ✓ Life satisfaction



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Hope is both the earliest and the most indispensable virtue inherent in the state of being alive.

If life is to be sustained, hope must remain, even where confidence is wounded, trust impaired.  
(Erikson, 2000, p. 192)

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Hope is experienced at the intersection of conditions or goals we desire to achieve and the perception of our agency and ability to achieve them.



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Will power

Reservoir of determination important to visualize the goal and even to *regoad*

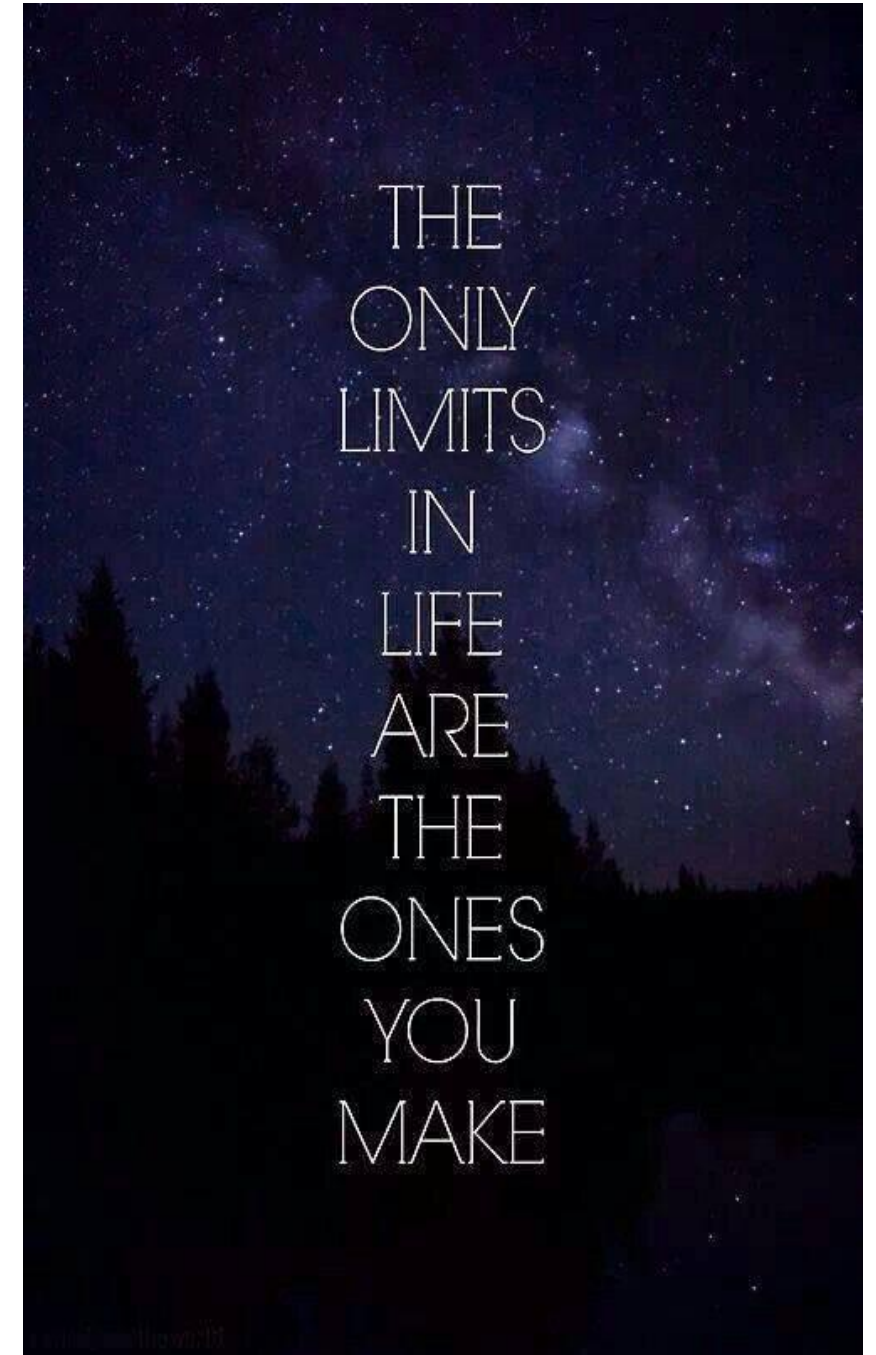
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Way power

here is the intersection with critical thinking skills and transformational learning

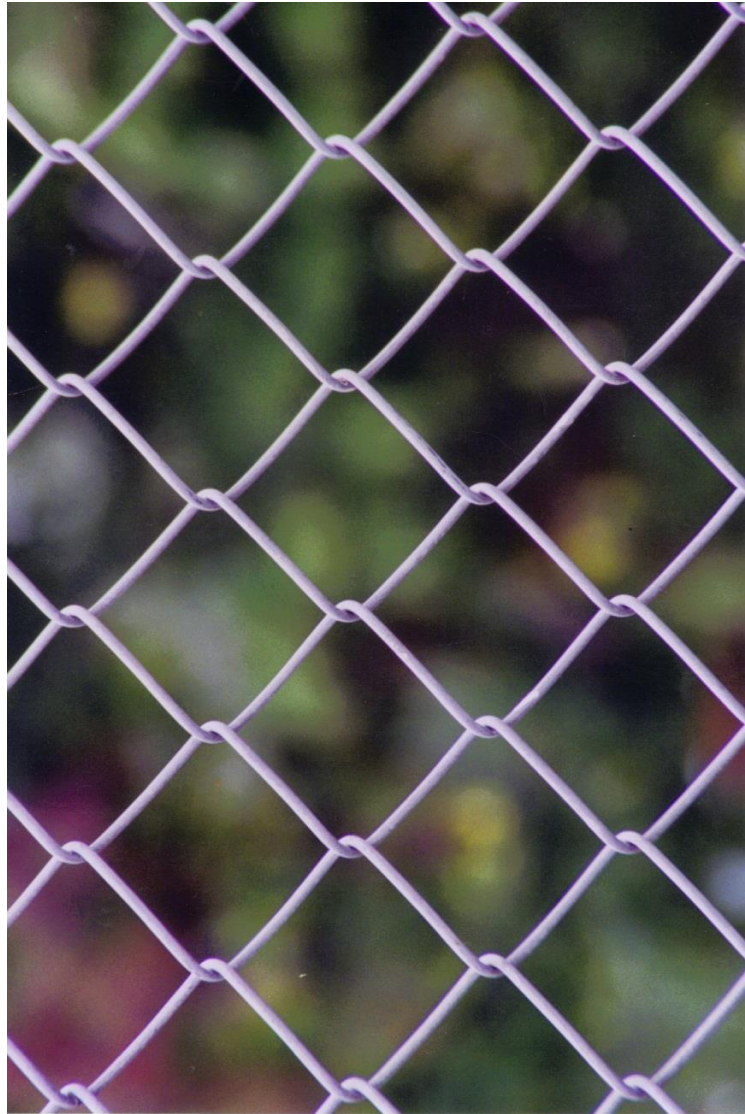
Only with having both can a person be said to have hope as the theory has developed through positive psychology....

High hope people who have both will and way power are good at adjusting their goals...



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HOW DO YOU SEE YOUR WORLD?

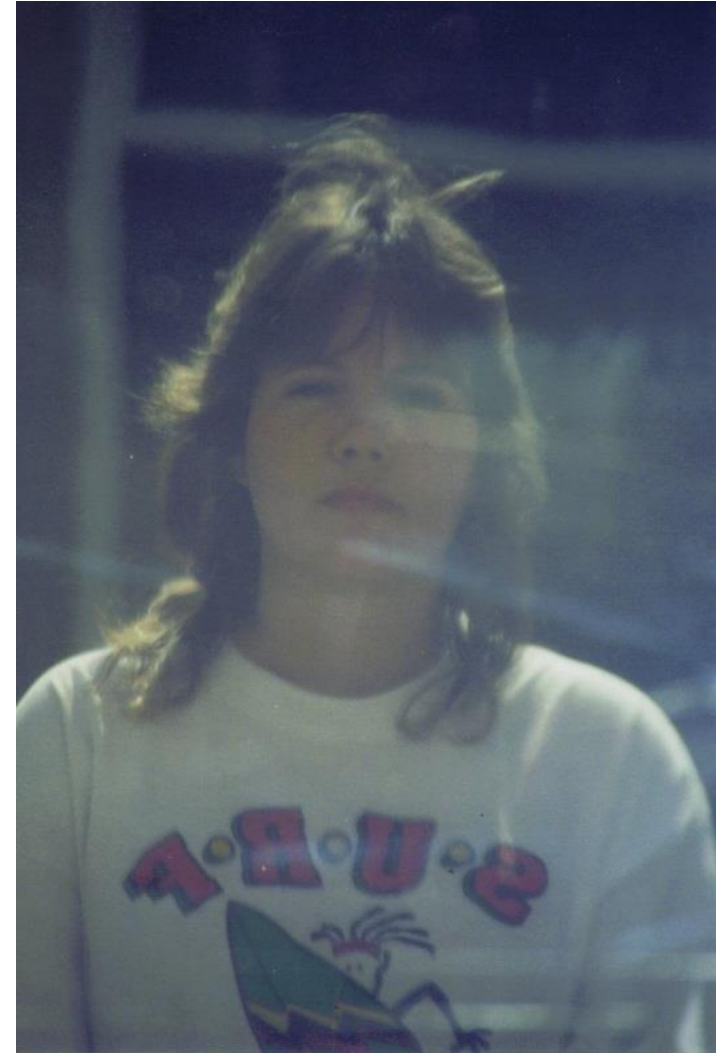


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The following pictures were taken by a woman in 2001 who saw that as she changed her focus she could either see the web or look clearly at her reflection in a mirrored window.

Hope is about consciously choosing what to focus on; the barriers or webs that entangle us, or the real object of interest: our healing and ourselves.

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Permission for publication has been obtained and use of these photo's encouraged by the woman in the pictures.

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The biology of hope is in the placebo effect, based on belief and expectation: two cardinal components of hope.

The placebo effect is the endogenous (in-body) healing capacities of human beings.

Placebo interventions, medications, and surgeries are far from inactive; they have significant biological and therapeutic effect and teach us a lot about how belief and expectation influence and interact with pain and physical debility.

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How do we pick ourselves up from the ashes of trauma and tragedy? How do we get through the everyday disappointments and setbacks of life? Hope gives us a reason to go on. First, we need to believe that life will get better, and then we need to nurture a vision of how to make it better. Hope gives us the strength necessary to keep moving in a positive direction, in other words, to persevere.

- Set goals and draw up a plan to achieve them.
- Envision the future you want. Dream big but have a realistic plan of action to get there.
- Develop skills and talents that help you pursue your goals.
- Be creative when thinking of ways to overcome obstacles.
- Counter negative self-talk.
- Read inspiring stories of others who have achieved or who have overcome setbacks.
- Be grateful for and celebrate the small pleasures and achievements of life.
- Avoid negative—stories, news, people, movies—things that lead to feelings of despair.
- Don't rush hope. Feeling bad after a terrible experience is natural and necessary. Have faith that hope will return if given room and time to expand.

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Hope is embedded in “the acts of sharing and participation within a human collective” (Jacobs, 2005, p. 785). For many of us in the mental health and correctional helping professions, this is what we do; in fact on some level it is all we can do. Realizing that this alone is valuable can be protective for the staff and support people facing potential burnout in working with despairing or despondent people in a society that often does little to support our belief in the possibility for change in this population (Hillbrand & Young, 2008).



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Emotional states can be transferred to others via emotional contagion, leading people to experience the same emotions without their awareness.

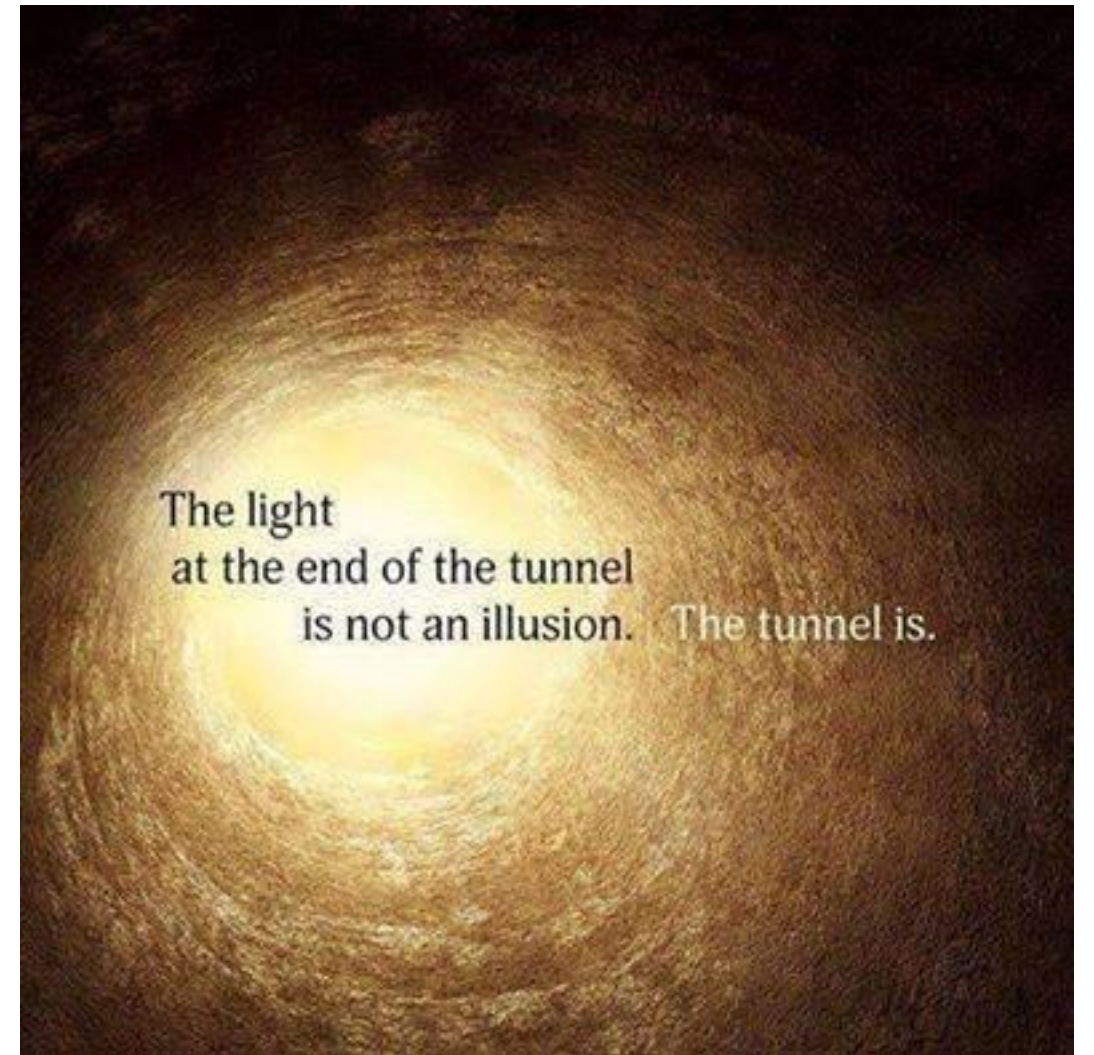
social contagion as interpersonal communication, circular in nature, where people perceive and reflect behaviours in unison with others' feeling states.

Emotional contagion is well established in laboratory experiments, with people transferring positive and negative emotions to others" (Kramer, Guillory, & Hancock, 2014, p. 1). Their study explored the massive-scale of emotional contagion occurring through social networks.

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Hope grows where we seek success and look to the future and is the connection to the new frontier of neuroplasticity exploring how our experiences in life can shape and re-shape our brains.

There is a great deal more to learn of this complex, contagious, cognition and critical human emotion.



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How does meditation relate to hope?

What does the heart have to do with it?

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## Heartfulness Relaxation & Meditation in Progress...

- Sit comfortably, close your eyes
- Relax your body and move your attention to your heart
- Gently have the idea that the **source of light** is illuminating your heart from within and pulling your attention inwards
- Feel immersed in the love and light in your heart

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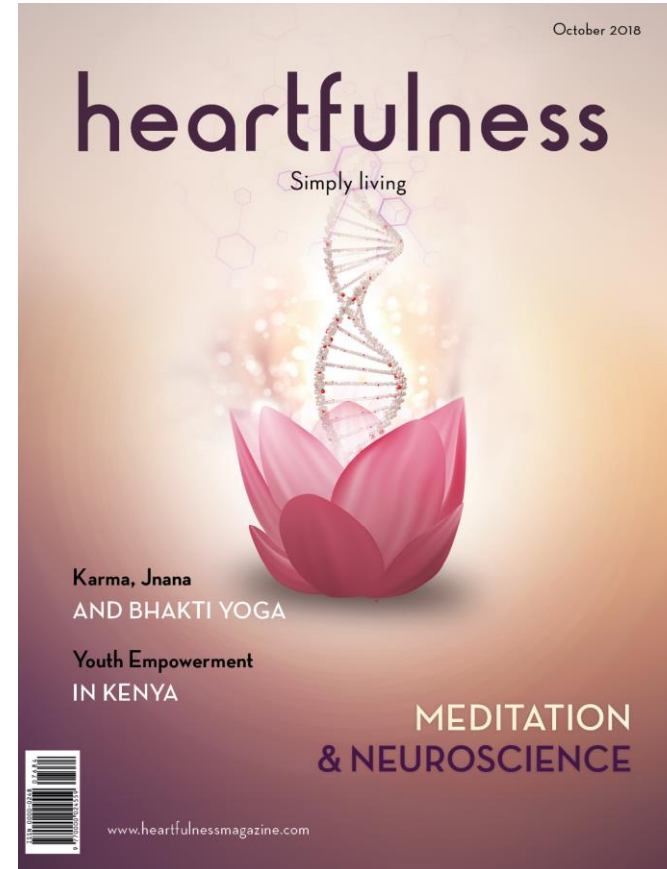
## Q / A S E S S I O N

Please type your  
question in the Fb  
Live comment box.

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EMOTIONAL STABILITY  
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