

Presence in chaos

With Peggy Dulany
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SYNERGOS
Building trust works

A dramatic landscape photograph. In the foreground, a dark, silhouetted tree stands against a dark, textured rock face. The rock face is illuminated by warm, golden light, creating a strong contrast with the dark shadows. The background shows a dark, rocky cliff face with some snow patches, suggesting a high-altitude or winter setting. The overall mood is somber and contemplative.

Meeting fear

Forms of Fear and Resistance

- Fear of change
- Fear of being wrong
- Fear of being controlled
- Fear of illness, germs, contamination
- Fear of death
- Fear of being fully alive
- Fear of isolation
- Fear of scarcity
- Fear of being engulfed
- Fear of heights, water, open spaces, the night/dark
- Fear of animals, spiders, snakes, bugs etc
- Fear of God, authorities,
- Wasting time
- Procrastination on tasks which “should” be easy
- The urgent desire to be elsewhere
- Forgetting to do something
- Losing things, dropping things, generally being inefficient
- Temper tantrums
- Blame, complain, criticizing others – perceived fault
- Controlling others – that’s by trying to use people now to resolve old needs
- Going numb, checking out
- Denying one’s emotions and feelings
- Self-judgment – “I shouldn’t feel this way”
- Self-sabotage – doing something even though “I know better”
- Self-prostitution – giving yourself away to avoid asking for what you need
- Finding comfort in addictions: excessive food, drugs, sex, alcohol, TV, social media, work, religion, politics....
- Constant worry and anxiety that reinforce the beliefs of resistance
- Over thinking, and analyzing one’s behaviors
- Trying to fix (yourself and others)

Fear vs Courage

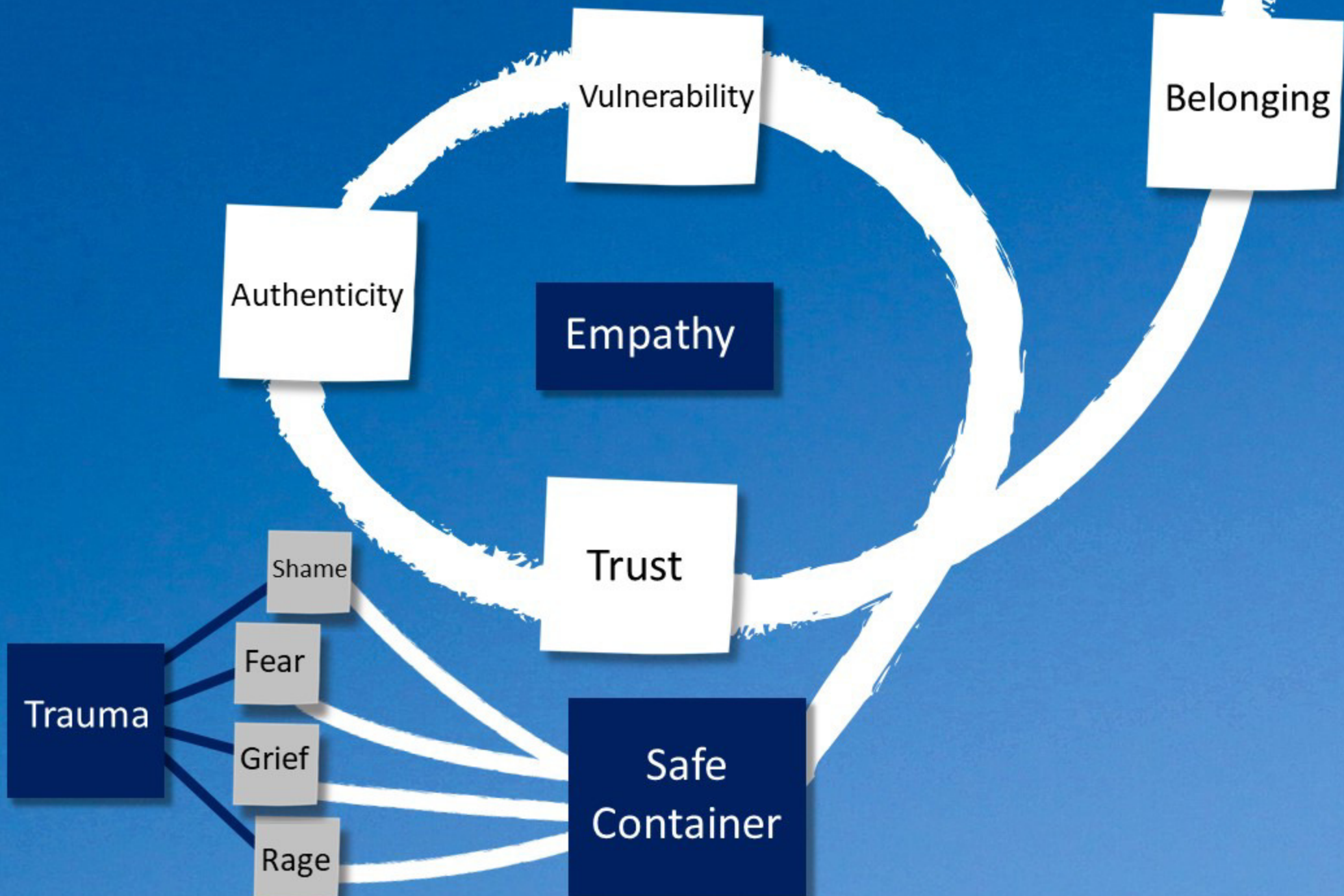
Courage is the choice and willingness to confront agony, pain, danger, uncertainty, or intimidation.

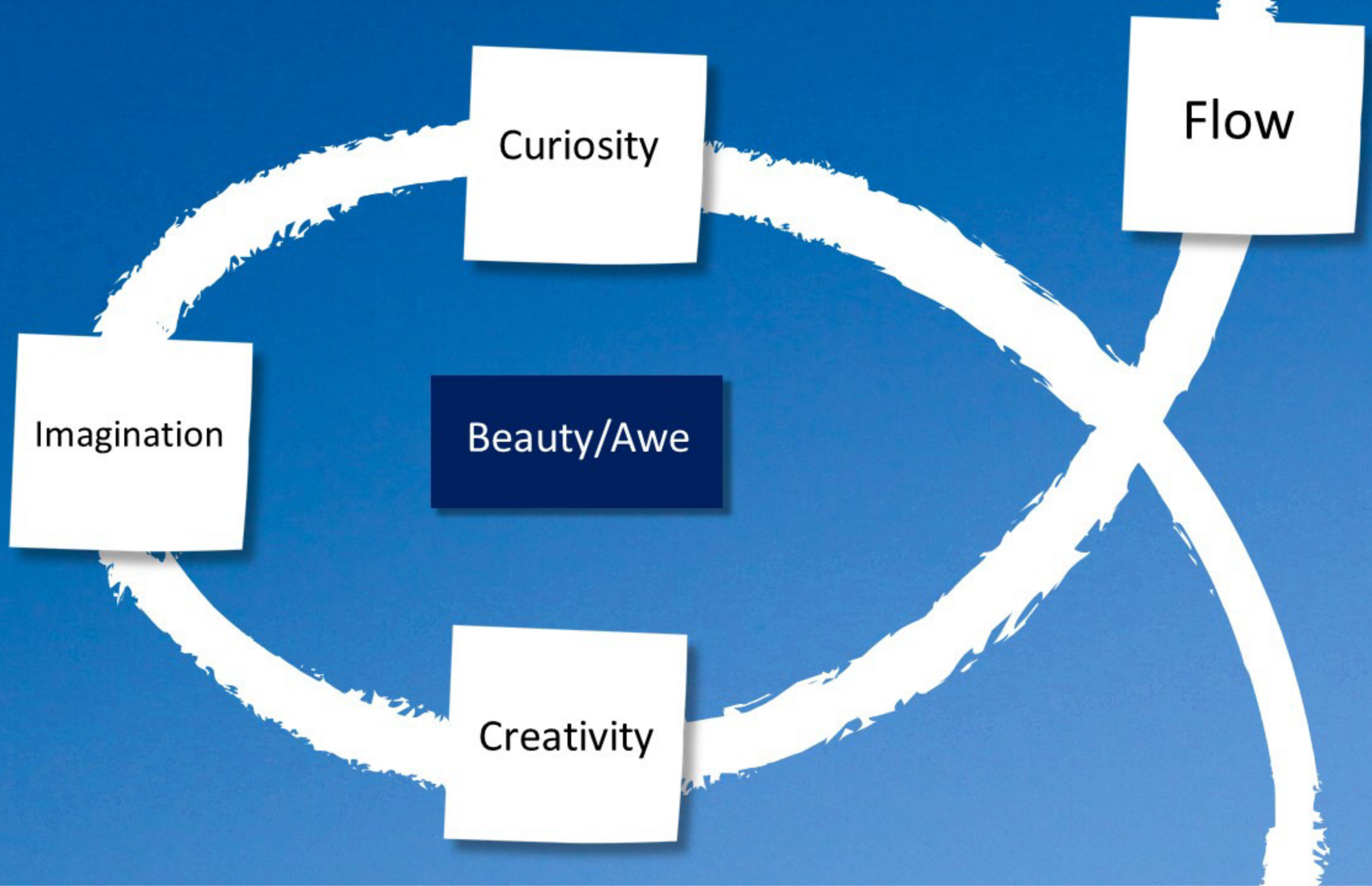
Physical courage is bravery in the face of physical pain, hardship, death or threat of death, while moral courage is the ability to act rightly in the face of popular opposition, shame, scandal, discouragement, or personal loss.

Courage is not the absence of fear, but rather the judgment that something else is more important than fear.



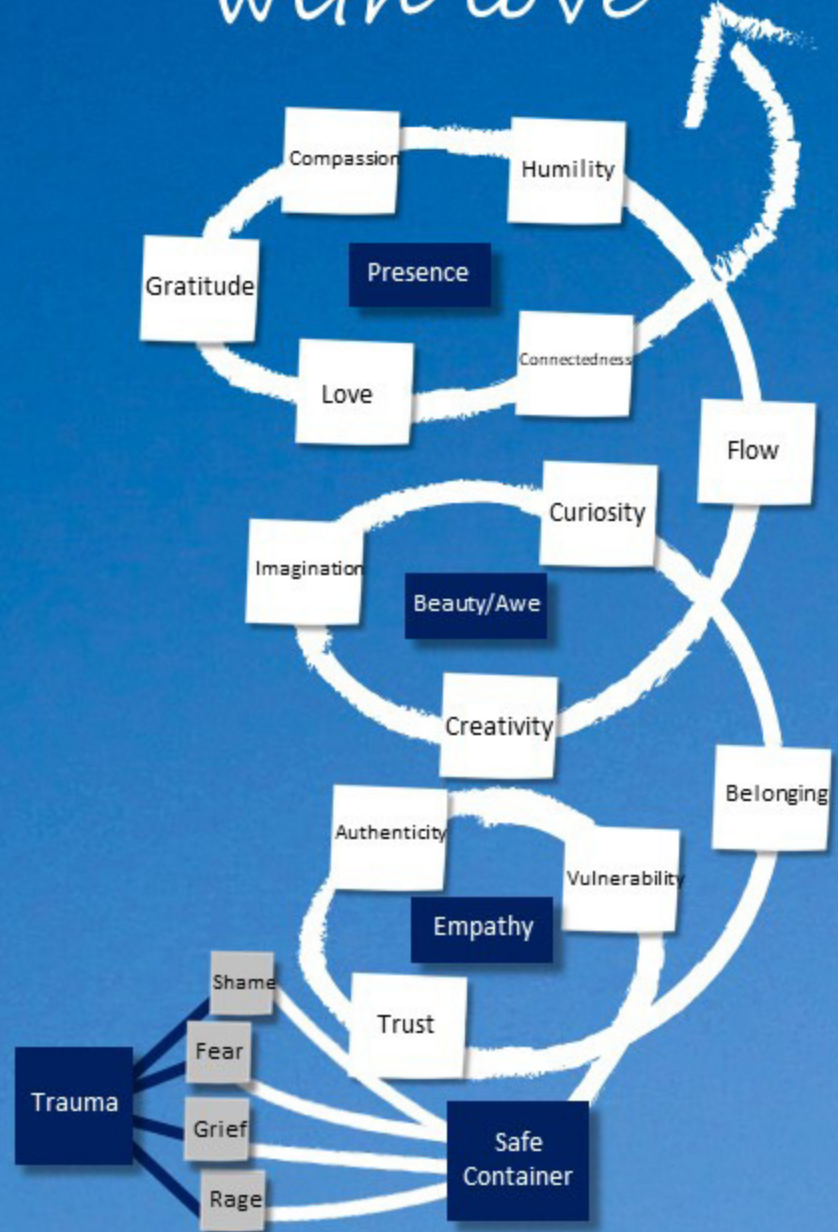
Finding safety



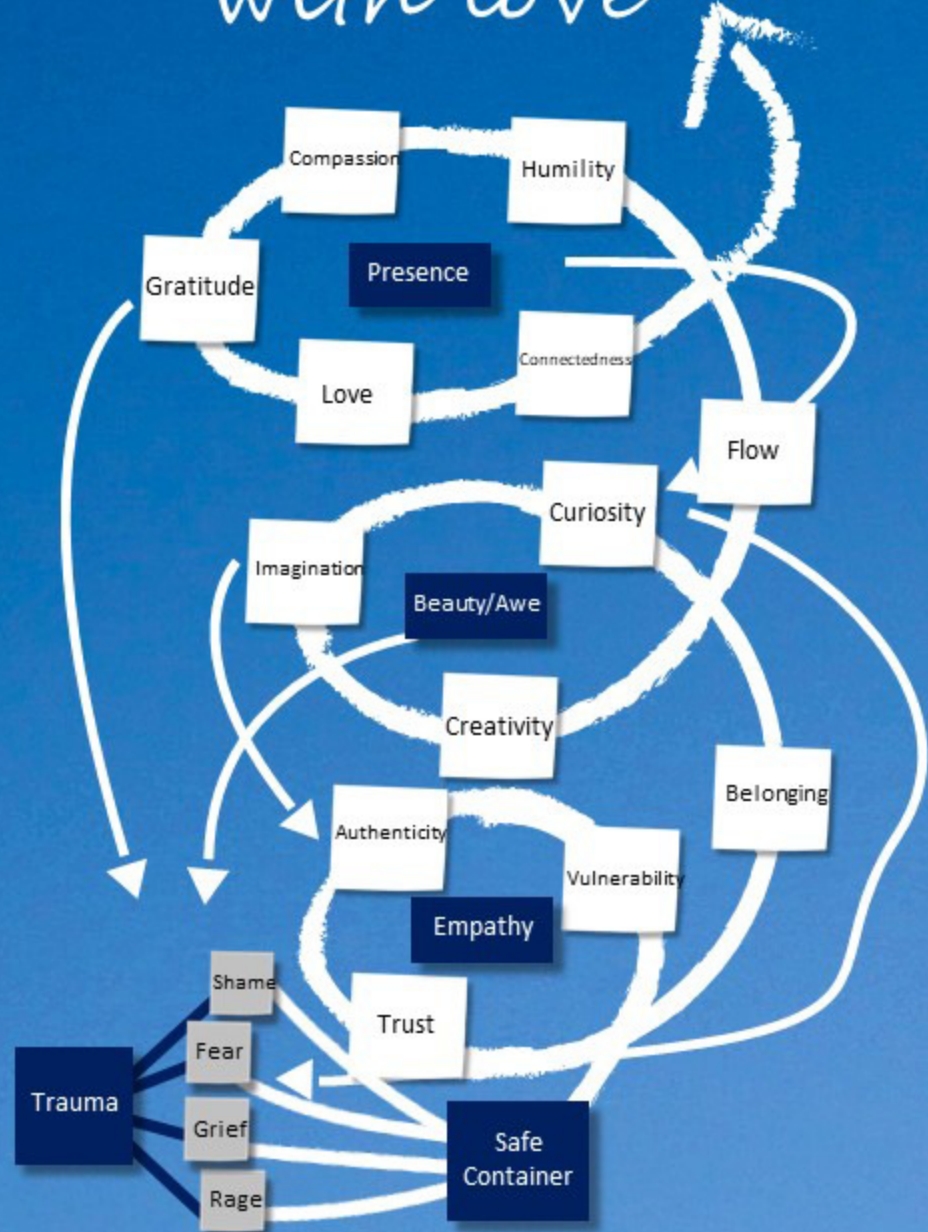




Serving with love



Serving with love



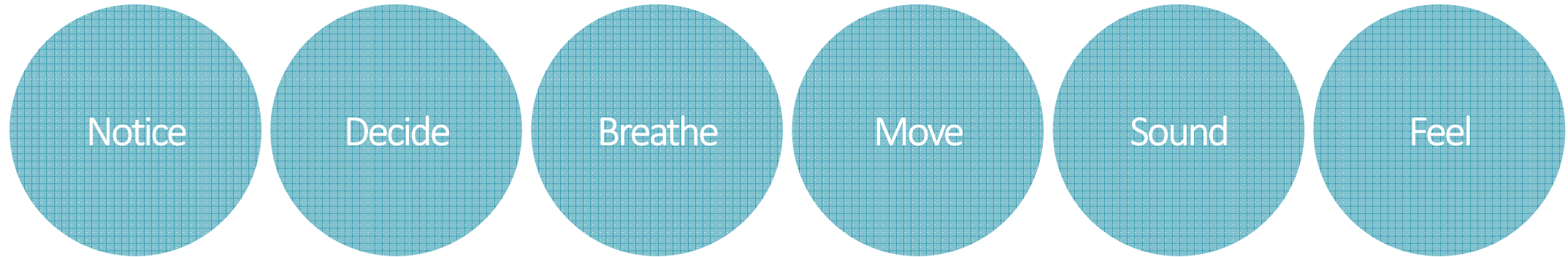
Physical sensations of resistance and fear

- vision gets very narrow and focused
- hard to meet another person's eyes
- the breath becomes shallow or it's hard to breathe, feeling suffocated
- flushing of the skin
- feeling frozen, icy cold, contracted
- adrenaline pumps and the heart rate is elevated, even pounding
- the palms may get sweaty or go into tetany
- twitchy, tingly, burning, itchy or electric feelings in the body
- there may be a knot in the stomach or a lump in the throat
- queasy, nausea
- strong aches or sudden pains, that may move around or be chronic
- muscle tightness, clenched jaw and fists
- shaky, trembling, shivery, fluttery feelings
- migraines, chronic headaches
- voice is agitated and usually of a higher frequency
- the inability to speak or express or talking very fast and loudly
- wooden expression on the face
- over sensitivity to others
- the mind shifts from topic to topic and from past to future very quickly
- frenetic, repetitive or distracted movements
- poor concentration, spacey
- selective attention - paying attention to one area and neglecting others
- poor memory
- feeling of emptiness
- no present-moment awareness
- vision gets very narrow and focused

Physical sensations of courage

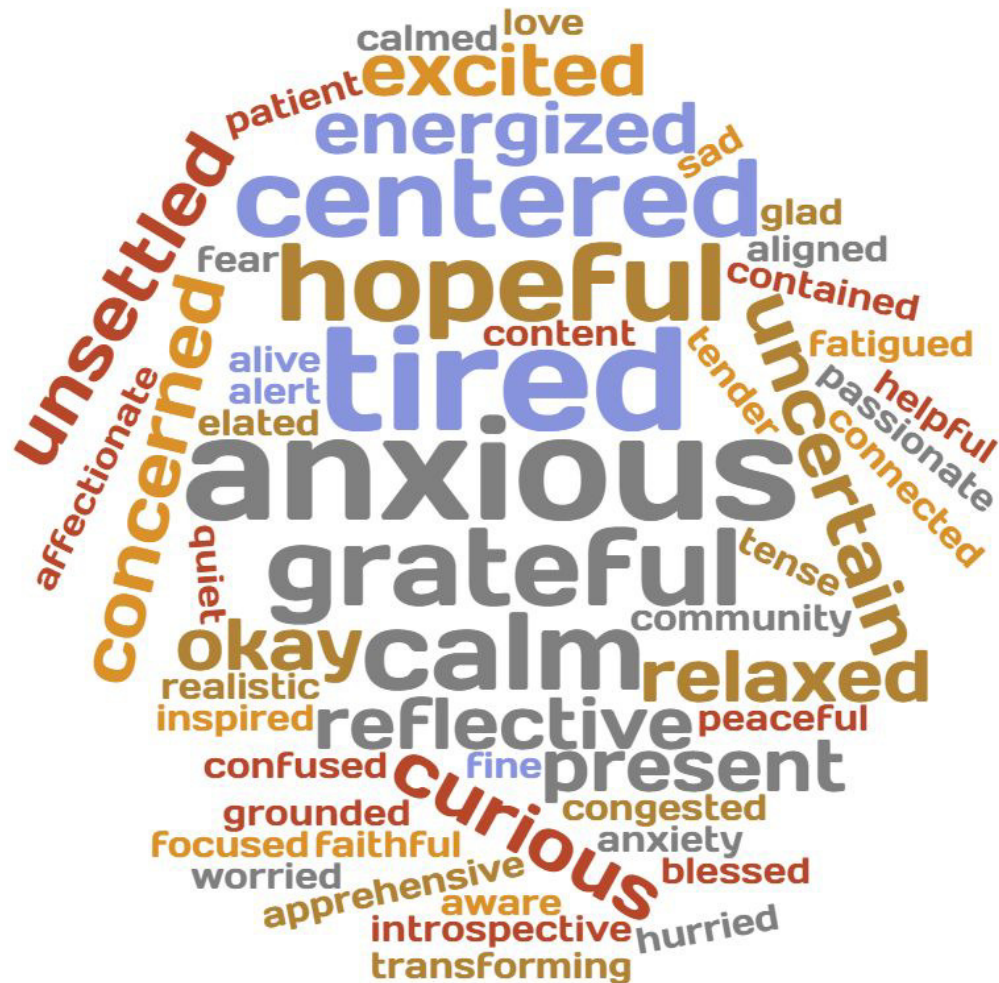
- may be hard to meet another's eyes or can be determined eye contact
- eyes are intense
- breath becomes rapid, sometimes deep, shallow or or difficult
- flushing of the skin, blushing
- hot &/or cold, contracted
- adrenaline pumps and the heart rate is elevated, even pounding
- the palms may get sweaty
- twitchy, tingly, burning, itchy or electric feelings in the body
- there may be a knot in the stomach or a lump in the throat
- queasy, nausea
- aches or sudden pains
- muscle tightness, clenched jaw and fists
- shaky, trembling, shivery, fluttery feelings
- dry mouth and/or difficulty swallowing
- voice is agitated, fast, squeaky
- talking very fast and loudly
- sensitive to many sensations and to surroundings
- the mind shifts into super presence
- physical movements are precise and directed
- focusses concentration
- selective attention - paying attention to one area and neglecting others
- no memory, not fully present
- feeling of emptiness
- all present-moment awareness
- rapid heartbeat or palpitations
- diarrhea or frequent urination

Closing exercise



How we're feeling

At opening of session



At closing of session



Synergos Virtual Convenings

Presence in Chaos was the first of a series of virtual convenings for Global Philanthropists Circle members and others, with three tracks that promote the cultivation of Mind, Soul, and Action.

Launched in part in reaction to the challenges of the covid-19 crisis, we will hold space to meet, to exchange ideas and be inspired, to practice being present, and to cultivate collective action. As the need for physical distancing decreases following the crisis, continued online gatherings and learning from them will enrich our revived in-person programming.

For more information, visit www.synergos.org/experience.

