

# Authentic Happiness & Human Flourishing

St. Mark's Cathedral

September 30, 2015

Awakening JOY



# Overview of Course

- Week 1 Authentic Happiness, Positive Emotions and Flow
- Week 2 Human Flourishing (a new theory)
- Week 3 A Different Model, Gratitude, Dealing with the “Downside” (vulnerability and shame)—True Self/False Self
- Week 4 Putting It All Together

# To flourish, one must have:

1. Positive emotion (joy, etc.)
2. Engagement (flow)—living in the present
3. Meaning, purpose—derive value, worthiness in life
4. Self-esteem
5. Optimism—positive emotions that are future oriented
6. Resilience
7. Positive Relationships

# Diversion

The Myth (Story) of Scarcity...

*There is not enough!*

*More is better!*

*That is just the way it is!*



- Fear-driven Life is Stifled
- Fear is human, but we are often ashamed of our fears
- The “incarnation” consecrates humanity and addresses our fear of being alone
- Pride (fear) tempts us to believe that vulnerability is weakness

**\*\*Confession (vulnerability) in community releases a healing power\*\***

# Another Model: Wholehearted Living



# Guideposts for Wholehearted Living (B. Brown)

1. Cultivate Authenticity: Letting Go of What People Think
2. Cultivate Self-Compassion: Letting Go of Perfectionism
3. Cultivate a Resilient Spirit: Letting Go of Numbing and Powerlessness
4. Cultivate Gratitude and Joy: Letting Go of Scarcity and Fear of the Dark
5. Cultivate Intuition and Trusting Faith: Letting Go of the Need for Certainty

# Guideposts for Wholehearted Living (B. Brown)

6. Cultivate Creativity: Letting Go of Comparison
7. Cultivate Play and Rest: Letting Go of Exhaustion as a Status Symbol and Productivity as Self-Worth
8. Cultivate Calm and Stillness: Letting Go of Anxiety as a Lifestyle
9. Cultivate Meaningful Work: Letting Go of Self-Doubt and “Supposed To”
10. Cultivate Laughter, Song and Dance: Letting Go of Being Cool and “Always in Control”

# Another Model: Wholehearted Living







# Tandem Sharing

Do you agree or disagree that vulnerability is the catalyst for courage, compassion, and connection?

Share an experience of your practicing vulnerability with others?

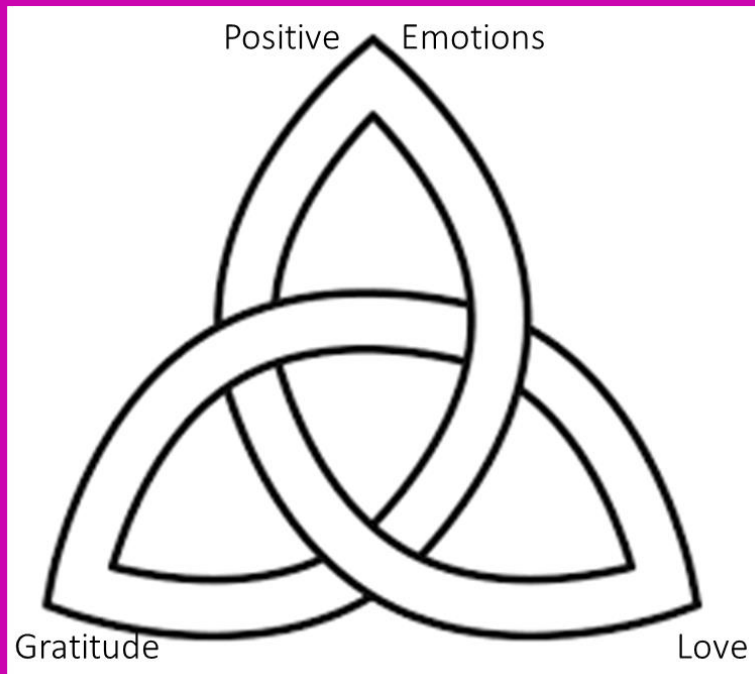
# Another Model: Wholehearted Living



# Practicing Gratitude

Brother David Steindl-Rast, Benedictine who has written extensively on “gratefulness”

“It is not joy that makes us grateful; it is gratitude that makes us joyful.”





# Tandem Sharing

Choose one of the questions below and share with your neighbor.

1. Who has gone before you in your work for whom you are grateful?
2. When has someone given me the right help just when I really needed it?
3. What dream lives on in me?
4. How can I make a difference with anything I have that others need?
5. Who has inspired me to live wholeheartedly?
6. What is enough? And how do you know it?

# Practicing Gratitude

“It is Christian conviction that life...can be made meaningful and holy. Thankfulness consecrates it, makes it meaningful and holy. Jesus and his friends were brought up in world of thought in which to bless a thing and give thanks for it were one and the same. The idea is familiar in Christian tradition in grace before meals. The meal is blessed, that is to say, made holy, when God is thanked for it. Life is also blessed and made holy when it is received with thankfulness.”

-J. Neville Ward, from *The Use of Praying*, Oxford University Press, New York, 1977, p. 21

# Sneak Peek into next week: The Art of Letting Go

Richard Rohr:

*“Isn’t it strange that Christians worship a God figure, Jesus, who appears to be clearly losing by every criterion imaginable? And then we spend so much time trying to “win,” succeed, and perform. We even call Jesus’ very “losing” the redemption of the world.*

*“I think Christians have yet to take that message seriously. Religion has largely become “holding on” instead of letting go. God, it seems to me, does the holding on (to us!), and we must learn the letting go.”*



# Questions & Conversation