



Hope—a Belief or an Emotion? Cultivating it in Challenging Times

What Kind of Experience is Hope?



Cultivating Hope In Your Thinking



“Critical thinking without hope is cynicism. Hope without critical thinking is naivety.” (M Popova).

- Create a Vision What is the focus of your hope?

Webster's Dictionary lists hope as a verb:

“to want something to happen or be true and to think that it could happen or be true”

- Hold a Curious Attitude to Possibility

“It's better to be open to a result than attached to it.” (S.Cousins in S. Hamilton, 2008)



Cultivating the Feeling of Hope

Savage Chickens

by Doug Savage



www.savagechickens.com

- Dream, Imagine, Flip the Negative In your pain, anger, or fear, what is the opposite that is implicit? How can you engage with that?



- Engaging With Hope What is the daily culture or 'emotional diet' we are exposing ourselves to? Is it negative or hope focused?

- Plan Something to Look Forward To:



"I bought myself a boat for Christmas. But, it's in several thousand pieces. It's funner to open that way."

Cultivating Hope with Others

“Hope is like a road in the country; there never was a road, but when many people walk on it, the road comes into existence”. *(L Yutang in A. Wolfelt, 2010)*



- Create a Hope Legacy & Rituals What do you want to bring forward from this experience to future generations? How can you practice that?
- Smile- (with your eyes if you are wearing a mask)—it tells people you are not going to focus on the negative (Hamilton, 2008)



- Make a Kindness Deposit

- Patrick Nixon's (Mustard Seed Church founder) Kindness dice.

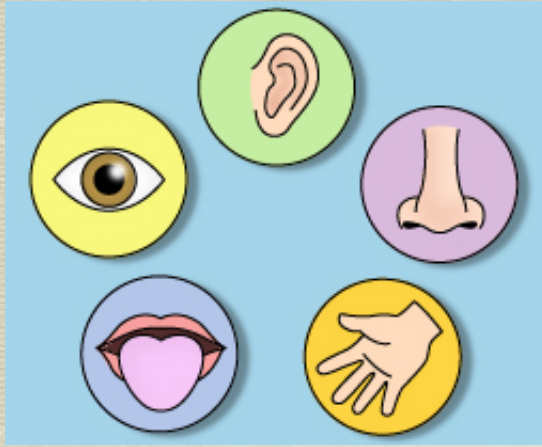
- Personal
- Family
- Environment
- Community
- Stranger
- Random



Cultivating & Anchoring Hope In Our Bodies



The body always leads us home . . . if we can simply learn to trust sensation and stay with it long enough for it to reveal appropriate action, movement, insight, or feeling. (*P. Ogden*)



- Engage Your Senses—images, smells, tastes, sounds sensations that symbolize hope for you
- Engage Your Bodies—cardio—running, dancing, spinning, swinging, singing, playing—if some parts won't do that anymore, what parts still work--how can you move them that gives a good feeling?



- Take Strength From Your Physical Surroundings



1. upper right—*Kokia cookei*—endangered when discovered by Cooke in the 1860's, become extinct and fire ravaged several times—seedlings have come several years later 2. bottom right —tree that survived 9/11 —damaged face and new growth 3. left 500-600 yr old Camphor trees at the base of the San'no Shrine survived the epicentre of the A bomb at Nagasaki



Cultivating a Hopeful Spirit



“ Hope is often spiritual, not necessarily in the religious sense but in terms of having faith, a sense of meaning in life, a connection to something greater...” (Scioli, A & Biller, B, 2010)

- Suspend the Need to Know and Accepting You Won't
- Take Time for Wonder, Amazement & Gratitude
- Build Self Compassion

NOT EVERYTHING IS CANCELLED

sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



#keeplookingup
SimpleStencils.com

Reading List

Cartwright, M. (2012). Believable Hope: Five Essential Elements to Beat Any Addiction. Deerfield Beach, FL: Health Communications Inc.

Edey, W. (2012). On Choosing to be Hopeful. Hope Studies Central. <https://www.youtube.com/watch?v=ZFhwyMOHeR4>

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Goodall, Jane with Hudson, Gail, (2013). Seeds of Hope: Wisdom and Wonder From the World of Plants. New York: Soko Publications Ltd., Grand Central Publishing, Hachette Book Group.

Hall, K (2010). Uncommon H.O.P.E.; A Powerful Guide To Creating An Extrordinary Life. Naperville, Ill. , Sourcebooks.

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Wolfelt, Alan D. (2010). The Mourner's Book of Hope: 30 Days of Inspiration. Fort Collins, Cld: Companion Press.

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