

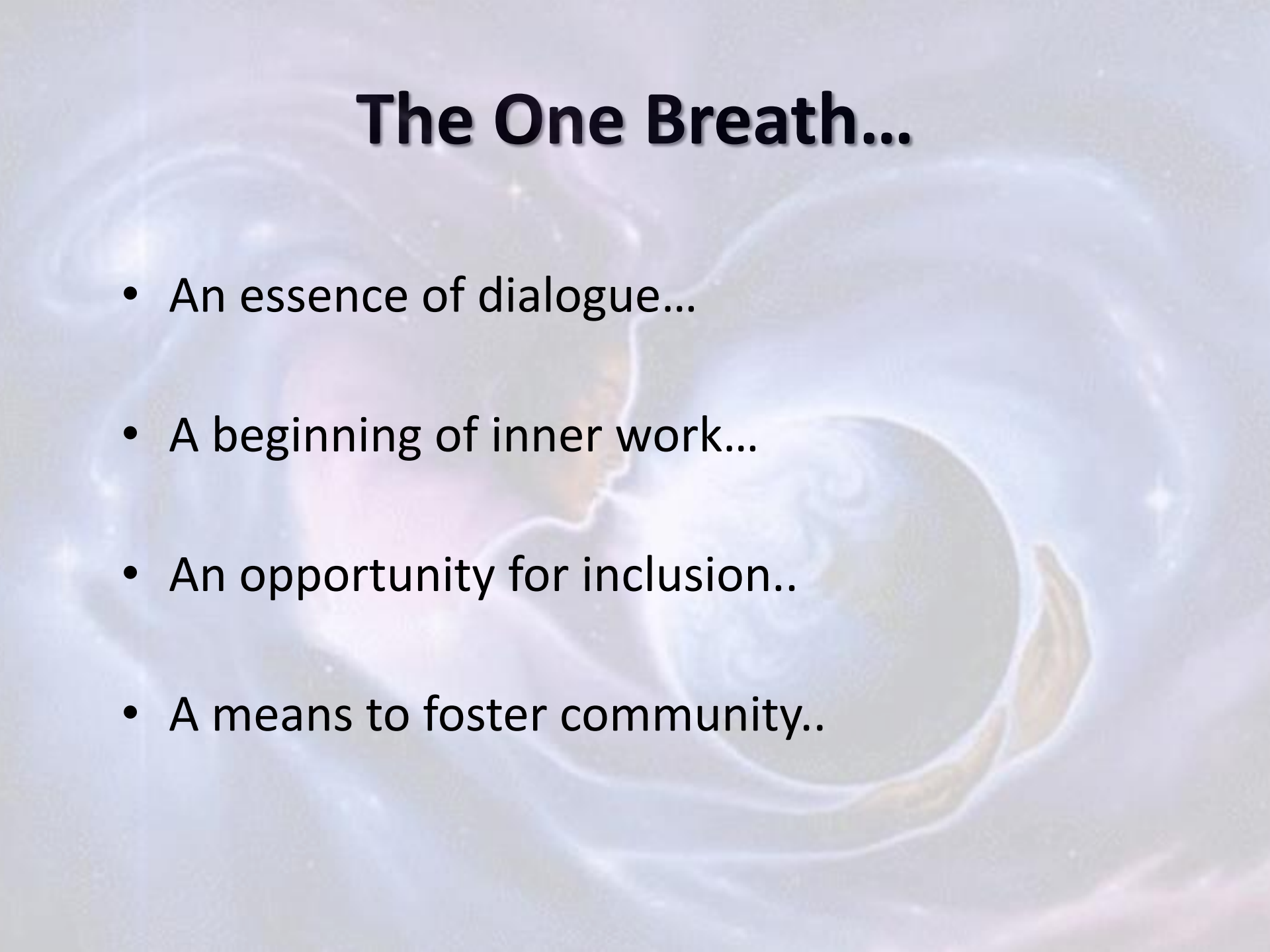


Inner Work, Inclusion and Community

Zachary Gabriel Green
with Maria Trias

The One Breath...

- An essence of dialogue...
- A beginning of inner work...
- An opportunity for inclusion..
- A means to foster community..



The One Breath...

Speak to how one of the following:

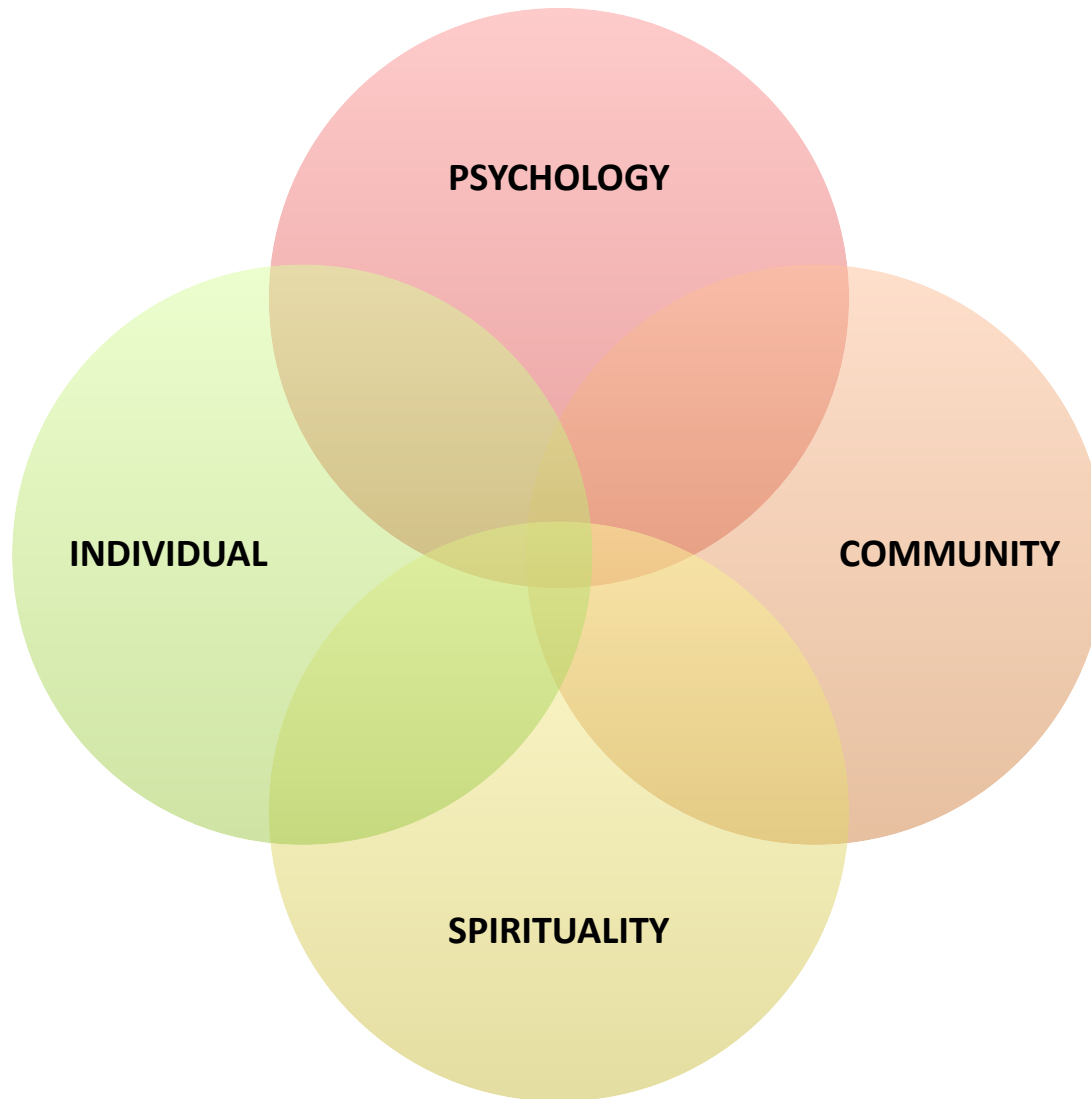
INNER WORK

INCLUSION

COMMUNITY

Resonates with you as we begin...

Inner Work: At the Intersection



Inner Work

“.. is the ongoing and lifelong process of tending to the **inner realm** of experience as it relates to the **outer realm** of experience, through the active engagement in regular and **intentional practice(s)**, which supports **individuals, communities and societies**, become increasingly more whole...”

DIVERSITY

...any dimension that can be used to differentiate groups and people from one another. It means respect for and appreciation of differences in ethnicity, gender, age, national origin, disability, sexual orientation, education, and religion...

IS THIS DEFINITION COMPLETE?

The “New” Diversity



INCLUSION

...a state of being valued, respected and supported. It's about focusing on the needs of every individual and ensuring the right conditions are in place for each person to achieve his or her full potential. Inclusion should be reflected in an organization's culture, practices and relationships...



IN OTHER WORDS...



COMMUNITY

The background of the slide features a large, faint graphic of many stylized human figures in shades of green and blue, holding hands in a circular formation, symbolizing a community.

...the idea of "community" has increasingly been expanded to include not just the place where one lives, but the web of relationships into which one is embedded. Work, school, voluntary associations, social networks – all are communities, even though the members live quite far apart...and may have never met...



COMMUNITY

a journey that involves four stages:

- ***Pseudocommunity***- where niceness reigns; conflicts avoided/denied; membership is fluid
- ***Chaos***- when the emotional skeletons crawl out of the closet; open conflict; potential “casualties”
- ***Emptiness***- a time of quiet and transition; a phase of “letting go”
- ***True Community***- marked both by deep honesty and deep caring; transitory unless sustained by “work”

Where is your organization in this journey?

INNER WORK PRACTICE



COMMUNITY AND NARRATIVE

FUNDAMENTALLY DO YOU BELIEVE?



THE PROBLEM
IS WITH THE
PEOPLE

THE PROBLEM IS
WITH THE
PROBLEM

The One Breath...

In triads

Please share a story about how you began your work in the community you serve...

Note where you locate “the problem” in your narratives as you listen deeply to one another...

NARRATIVE ANALYSIS

... people's lives are socially constructed through the multiple stories they tell, and that these stories are colored by the cultural and historical contexts within which they occur...

... such narrative practices focus on the relationship between the person and the problem instead of upon a problem-person.

**The person is not the problem;
rather the problem is the problem.**

Inner Work practice(s)

Creative process practices

- ☐ Expressive arts
- ☐ Journaling
- ☐ Improvisation
- ☐ _____

Stillness practices

- ☐ Meditation
- ☐ Quieting the mind
- ☐ Silence
- ☐ Centering
- ☐ Grounding
- ☐ _____

Movement practices

- ☐ Yoga
- ☐ Tai chi
- ☐ Aikido
- ☐ Chi gong
- ☐ Walking meditation
- ☐ Labyrinth walking
- ☐ Dance
- ☐ _____

Relational practices

- ☐ Deep listening
- ☐ Dialogue
- ☐ Council circle
- ☐ Storytelling
- ☐ Critical reflection
- ☐ Humble inquiry
- ☐ Suspending judgment
- ☐ Empathic listening
- ☐ Check ins
- ☐ _____

Activist practices

- ☐ Pilgrimage
- ☐ Bearing witness
- ☐ Work and volunteering
- ☐ Vigils and marches
- ☐ _____

Generative practices

- ☐ Loving kindness meditation
- ☐ Heart Coherence
- ☐ Visualizations
- ☐ Counting blessings
- ☐ Lectio divina
- ☐ Beholding
- ☐ _____

Ritual/cyclical practices

- ☐ Establishing sacred space
- ☐ Ceremonies and rituals
- ☐ Retreats
- ☐ Use of nature cycles as a guide
- ☐ _____

Shadow practices

- ☐ 3-2-1 shadow
- ☐ Naming and owning
- ☐ Active imagination
- ☐ Dream work
- ☐ _____

Emerging practices

- ☐ Future scenario planning
- ☐ Prototyping
- ☐ Letting come
- ☐ Being in the unknown
- ☐ Action Inquiry
- ☐ _____

Framing practices

- ☐ Perspective taking
- ☐ Reframing
- ☐ Uncovering assumptions, beliefs and mental models
- ☐ _____

(Adapted from Duerr, M. (2002). Inviting the World to Transform. Nourishing Social Justice Work with Contemplative Practice. The Center for Contemplative Mind in Society.)

Feedforward...Thank you!

In terms of:

Inner work

Inclusion

Community

*What is one question you now have...
for which you are open to suggestions...*

Inner Work Practice

*Intentional practices characterized by a commitment to bringing **awareness** and a sense of **care, connection and communion** to specific **parts of our being** (mind, body, heart, soul, spirit and shadow) and/or to our **relationships and functions** (work, parenting, nature, activism, service, etc.)*

cover

The One Word...

Setting the Intention...

