Filling the Hole
In Your Heart

Wake Up Festival
August, 2014

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Topics

- Self-directed neuroplasticity
- Resource yourself
- How do we get these strengths into the brain

- Positive neuroplasticity: taking in the good
- Key resource experiences
- Linking positive and negative
Self-Directed Neuroplasticity
Neurons that fire together, wire together.
We can use the mind
To change the brain
To change the mind for the better
To benefit ourselves and other beings.
Resource Yourself
What Determines Happiness in Life?

Challenges

Vulnerabilities

Resources
What Can You Usually Affect the Most?

Resources
Where Are Resources Located?

The World

The Body

The Mind
What Can You Usually Affect the Most?

The Mind
Inner Strengths Include

- **Capabilities** (e.g., mindfulness, insight, emotional intelligence, resilience, executive functions, impulse control)

- **Positive emotions** (e.g., gratitude, self-worth, love, self-compassion, secure attachment, gladness, awe, serenity)

- **Attitudes** (e.g., openness, determination, optimism, confidence, approach orientation, tolerance, self-respect)

- **Somatic inclinations** (e.g., vitality, relaxation, grit, helpfulness)

- **Virtues** (e.g., wisdom, patience, energy, generosity, restraint)
Inner Strengths Are Built From Brain Structure
HOW

Do we get these strengths into the brain?
Let’s Try It

- **Create** the experience of compassion
  - **Have** the experience – Bring to mind someone you care about . . . Be aware of the difficulties, stress, or suffering of this being . . . Open to the wish that this being not suffer . . . Open to warmth and tenderness

- **Enrich** it – Stay with it . . . Feel compassion in your body . . . Let it grow more intense, pervading your mind

- **Absorb** it – Intend and sense that compassion sink into you . . . Give yourself over to it . . .
Learning – changing neural structure and function – proceeds in two stages:

From **short-term** memory buffers to **long-term** storage

From **state** to **trait**

From **activation** to **installation**
Most experiences of inner strengths – resilience, kindness, insight, mindfulness, self-worth, love, etc. – are enjoyable.
In general, we’re good at activation but bad at installation.

This is the fundamental weakness in most human resources training, psychotherapy, coaching, social-emotional education in schools, and mindfulness training.
Positive Neuroplasticity: 
Taking in the Good
Learning to Take in the Good
Have a Good Experience
Enrich It
“Enriching” Factors

- Duration
- Intensity
- Multimodality – thought, perception, emotion, desire, action
- Novelty
- Personal relevance
Absorb It
Link Positive and Negative Material
HEAL by Taking in the Good

1. **Have** a positive experience. Notice it or create it.

2. **Enrich** the experience through duration, intensity, multimodality, novelty, personal relevance

3. **Absorb** the experience by intending and sensing that it is sinking into you as you sink into it.

4. **Link** positive and negative material. [optional]
Have It, Enjoy It
Key Resource Experiences
Evolutionary History
Our Three Fundamental Needs

Safety

Satisfaction

Connection
Needs Met by Three Systems

Safety – Avoiding harms

Satisfaction – Approaching rewards

Connection – Attaching to others
Pet the Lizard
Feed the Mouse
Hug the Monkey
Some Types of Resource Experiences

Avoiding Harms
- Feeling basically alright right now
- Feeling protected, strong, safe, at peace
- The sense that awareness itself is untroubled

Approaching Rewards
- Feeling basically full, the enoughness in this moment as it is
- Feeling pleasured, glad, grateful, satisfied
- Therapeutic, spiritual, or existential realizations

Attaching to Others
- Feeling basically connected
- Feeling included, seen, liked, appreciated, loved
- Feeling compassionate, kind, generous, loving
Psychological Antidotes

Avoiding Harms
- Strength, efficacy --> Weakness, helplessness, pessimism
- Safety, security --> Alarm, anxiety
- Compassion for oneself and others --> Resentment, anger

Approaching Rewards
- Satisfaction, fulfillment --> Frustration, disappointment
- Gladness, gratitude --> Sadness, discontentment, “blues”

Attaching to Others
- Attunement, inclusion --> Not seen, rejected, left out
- Recognition, acknowledgement --> Inadequacy, shame
- Friendship, love --> Abandonment, feeling unloved or unlovable
Pick a partner and choose an A and a B (A’s go first). Then you’ll take turns, with one partner mainly speaking while the other person listens. Regarding yourself (or a client), explore these questions:

What’s an issue?
What inner strength would help?
How to have experiences of this strength?
How to internalize these experiences?
Linking Positive and Negative
Link Positive and Negative Material
Using Memory Mechanisms To Help Heal Painful Experiences

- The machinery of memory:
  - When explicit or implicit memory is re-activated, it is re-built from schematic elements, not retrieved *in toto*.
  - When attention moves on, elements of the memory get re-consolidated.

- The open processes of memory activation and consolidation create a window of opportunity for shaping your internal world.

- Activated memory tends to associate with other things in awareness (e.g., thoughts, sensations), esp. if they are prominent and lasting.

- When memory goes back into storage, it takes associations with it.

- You can imbue implicit and explicit memory with positive associations.
The Fourth Step of TG

- When you are having a positive experience:
  - Sense the experience sinking down into old pain and deficits, and soothing and replacing them.

- When you are having a negative experience:
  - Bring to mind a positive experience that is its antidote.

- Have the positive experience be prominent while the negative experience is small and in the background.

- You’re not resisting negative experiences or getting attached to positive ones. You’re being kind to yourself and cultivating resources in your mind.
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The Tip of the Root

For the fourth step of TIG, try to get at the youngest, most vulnerable layer of painful material.

The “tip of the root” is commonly in childhood. In general, the brain is most responsive to negative experiences in early childhood.

Prerequisites
- Understanding the need to get at younger layers
- Compassion and support for the inner child
- Capacity to “presence” young material without flooding
Know the mind.

Shape the mind.

Free the mind.
Suggested Books

See www.RickHanson.net for other great books.

Key Papers - 1

See www.RickHanson.net for other scientific papers.


Hanson, R. 2008. Seven facts about the brain that incline the mind to joy. In *Measuring the immeasurable: The scientific case for spirituality*. Sounds True.


Where to Find Rick Hanson Online

**Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence**

www.rickhanson.net/hardwiringhappiness

Personal website: www.rickhanson.net

Wellspring Institute: www.wisebrain.org

youtube.com/drrhanson  facebook.com/rickhansonphd