

ACT for Spiritual Development

Hank Robb, Ph.D., ABPP, Montreal, 2018

Hayes, S. C. (1984). Making sense of spirituality. *Behaviorism*, 12, 99-110



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Disclosures (support):

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Relevant Financial Relationships:

- employed in Private Psychology Practice, Lake Oswego, Oregon USA

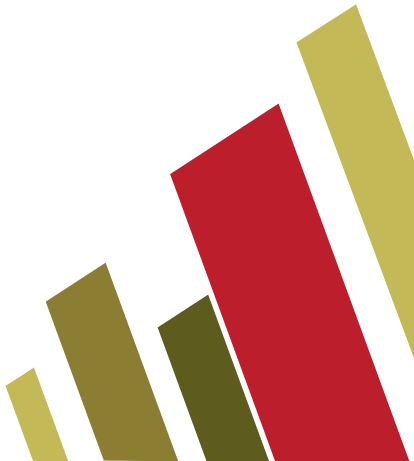
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ACT

A *Accept* the world as it is, was or may be.

C *Choose*, and willingly follow, your
Leading Principles & Values.

T *Teach* others to do the same.

Prediction and influence with precision,
scope and depth of whole organisms
interacting in and with a context
considered historically and *situationally*.

More often than you would like, you don't
get what you do want and do get what
you don't want,
and then you die.

And when you don't get what you want, or do get what you don't want, you feel sad.

If you are sad enough, tears come out of your eyes. More sad, then, in addition, cry's come out of your throat. More sad, then, in addition, mucus comes out of your nose. More sad, then, in addition, your whole body shakes.

And if you lay down on the bed in that last condition one of two things happens.

Either, after awhile, you noticed that it's stopped. Or you fall asleep and wake up and noticed that it's stopped.

And then you get up and have a sandwich!

As difficult as it sometimes is to believe,

LIFE ACTUALLY GOES ON!

Treat the reality that all life is
sorrowful as problem to be solved:

eliminate sorrow = ?

and it won't be long before you
come up with the answer -

KILL YOURSELF!

Life is best treated as
an experience to be had

not a problem to be solved!

And sometimes you get what
you want!

You experience “fulfillment.”

Life is filled with sorrow and
fulfillment and the places in
between.

Some fulfillments are like
vegetables – they nourish you.

Some are like “cotton candy.”

No matter how good they
taste in the moment, they
have little or no nourishment.

Some fulfillments are cool.

Some are *very* cool.

And some are

WAY COOL!

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Heinrich Zimmer

(a German Indologist)

The Best things can't be told,

The Second Best are
misunderstood.

Why?

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Heinrich Zimmer

(a German Indologist)

Because we use ordinary language *metaphorically* to talk about the best things and then concretize the metaphors.

Pursuing WAY COOL: a x e n o 人

Try different things and listen for the “echo” or “resonance” inside yourself.

WAY COOL is like one instrument playing softly and if you follow it, the music becomes louder and more orchestrated or it fades away because it was an illusion.

Will I find ice cream WAY COOL?

You could ask those who've never had any.

You could ask those who have had some.

You could read a book about ice cream.

You could

Eat Some Ice Cream!

Pursuing WAY COOL is not only
going on an adventure,
it's going on an
exciting adventure!

“Happiness” is a *willing* relationship with life as sorrow and fulfillment.

“Unhappiness” is an *unwilling* relationship with life as sorrow and fulfillment.

“Fulfillment” is getting what
you want.

“Happiness” is not fulfillment.

“Happiness” is a **willing**
relationship with life as
sorrow and fulfillment.

This approach does not
Fulfillment *against*
Happiness.

It encourages the pursuit
of BOTH!

Aspects of Your Spiritual Dimension

That place from which takes place:

1. noticing

2. noticing your noticing

3. and which remains unchanged by what it
notices.

Aspects of Your Spiritual Dimension

4. That place from which you can pick anything that you can pick including what you serve,

5. and how you serve it.

Aspects of Your Spiritual Dimension

6. Long duration - as far back as you can remember.
7. Stable - like the eye of a hurricane.
8. A sense that you have a “mind” & “body” rather than you are a “mind” & “body”

Aspects of Your Spiritual Dimension

9. When you are “there,” certainty of bodily control, if not control of thoughts, images or sensations.

10. When you are “there,” a sense of “is-ness,” “being-ness” or “alive-ness” and not “goodness” or “badness.”

Leading Principles & Values

(described)

LEADING PRINCIPLES

Any *direction* you can move.

VALUES

A *way* you can move in any direction.

From Your Spiritual Center You Can Pick:

(Two Banners Activity)

Any *direction* you can pick.

Any *way* of moving you can
pick, the most important of
which is *willingly*.

Formula for Spiritual Liberation

By **willingly** doing something *unpleasant*,
and **willingly** refraining from doing
something *pleasant*, in the service of
something I choose to make more
important, I will never have to be a slave
to circumstances either inside, or
outside, my skin.

Formula for Human Serenity in Action

Let me *accept* (give my permission for) life as I find it, (as life is, was or may be) *even though I may not approve* of what I find, *wisdom* to see what would be good to change, *willingness* to act and *willingness* to follow through, and *gratitude for the opportunity to try* and live my life as best I can.

Two Kinds of Willingness

Willingness with your feet.

Willingness with your heart.

Willingness with your heart is
more metaphorical than
willingness with your feet.

You can see people moving their feet (as
well as their hands, arms and mouth).

When it comes to willingness with your
heart, I'm not talking about that big muscle
in the middle of your chest!

Make A Fist.

All it takes to have an open hand is
to stop holding your hand closed.

Willingness is like that.

Just stop holding your heart closed and it will
open all by itself.

You don't have to do something.

You have to stop doing something.

Cup Your Hands

Metaphorically speaking, you can “hold gently” with an attitude of “let’s see” experiences that are themselves not gentle.

Just let them rest there, held gently,
doing whatever it is that they do,
while you “hold them gently.”

Spiritual Love

Looking out for someone's, or something's, long-term best interests.

It is a choice.

A choice not necessarily related to affection, affiliation, or sexual attraction.

So, if you want to develop
SPIRITUALLY then ACT:

Accept the world as it is, was or may be.

Choose, and willingly follow, your
Leading Principles & Values.

Teach others to do the same.