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The Road to Resilience – Strategies for Playing Through the Pain – D C 26 – August 11 2018

“Resilience is a form of health.”

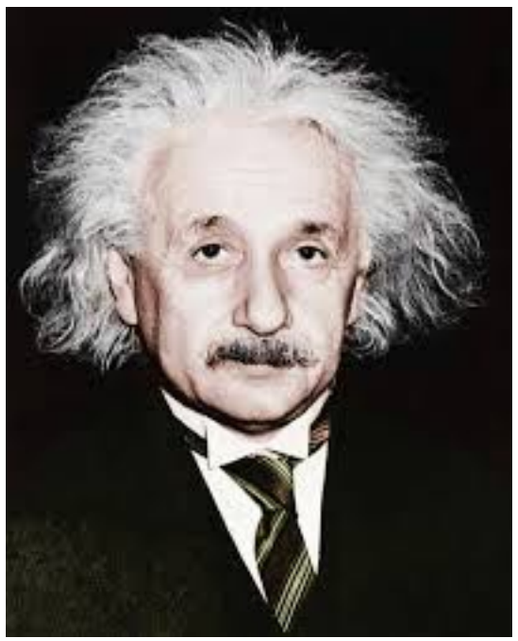
- Dr. Steve Miles

I declare the global social space we are building to be naturally independent of the tyrannies you seek to impose on us.

You have no moral right to rule us nor do you possess any methods of enforcement we have true reason to fear.

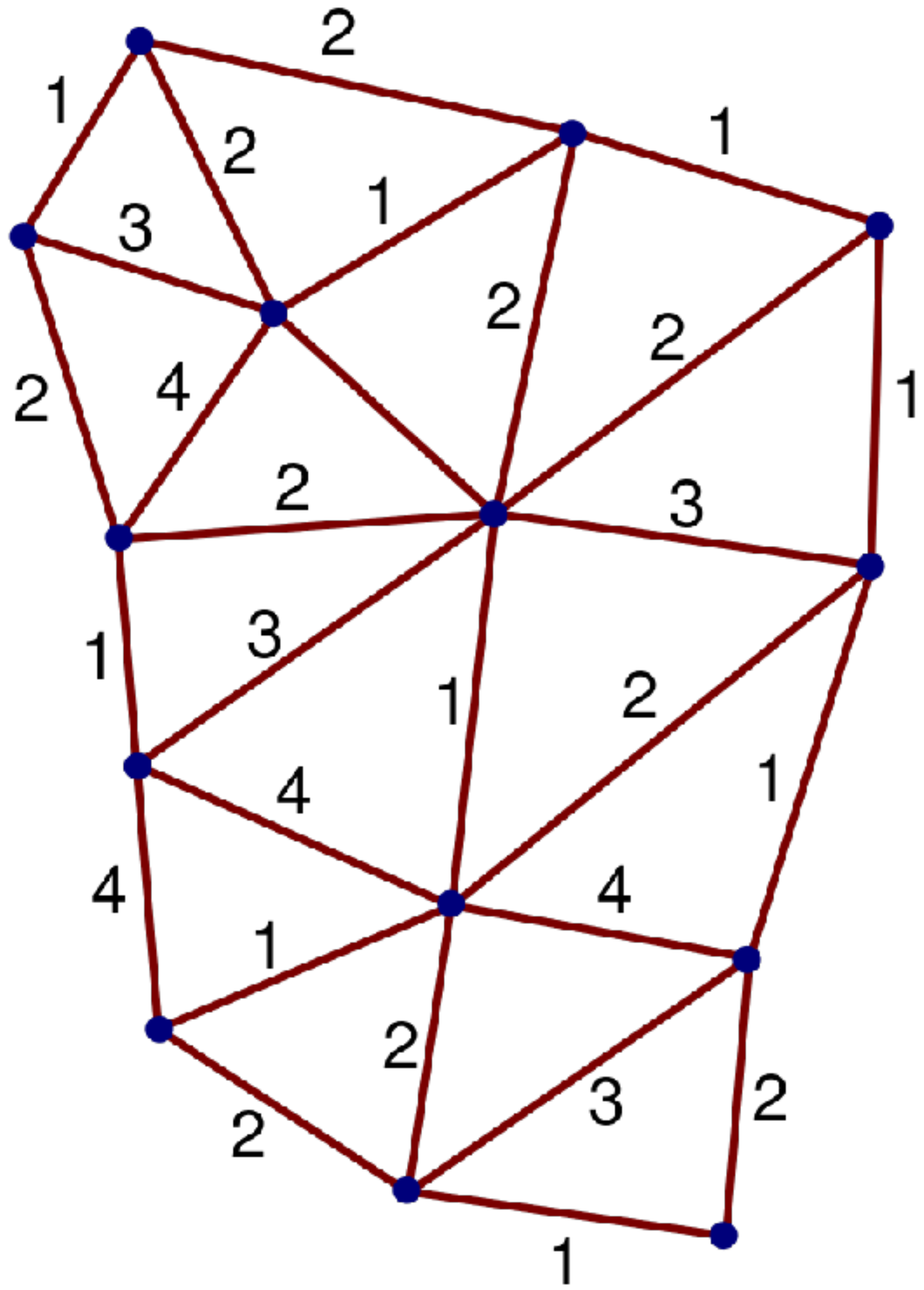
- John Perry Barlow





Grossman!!!

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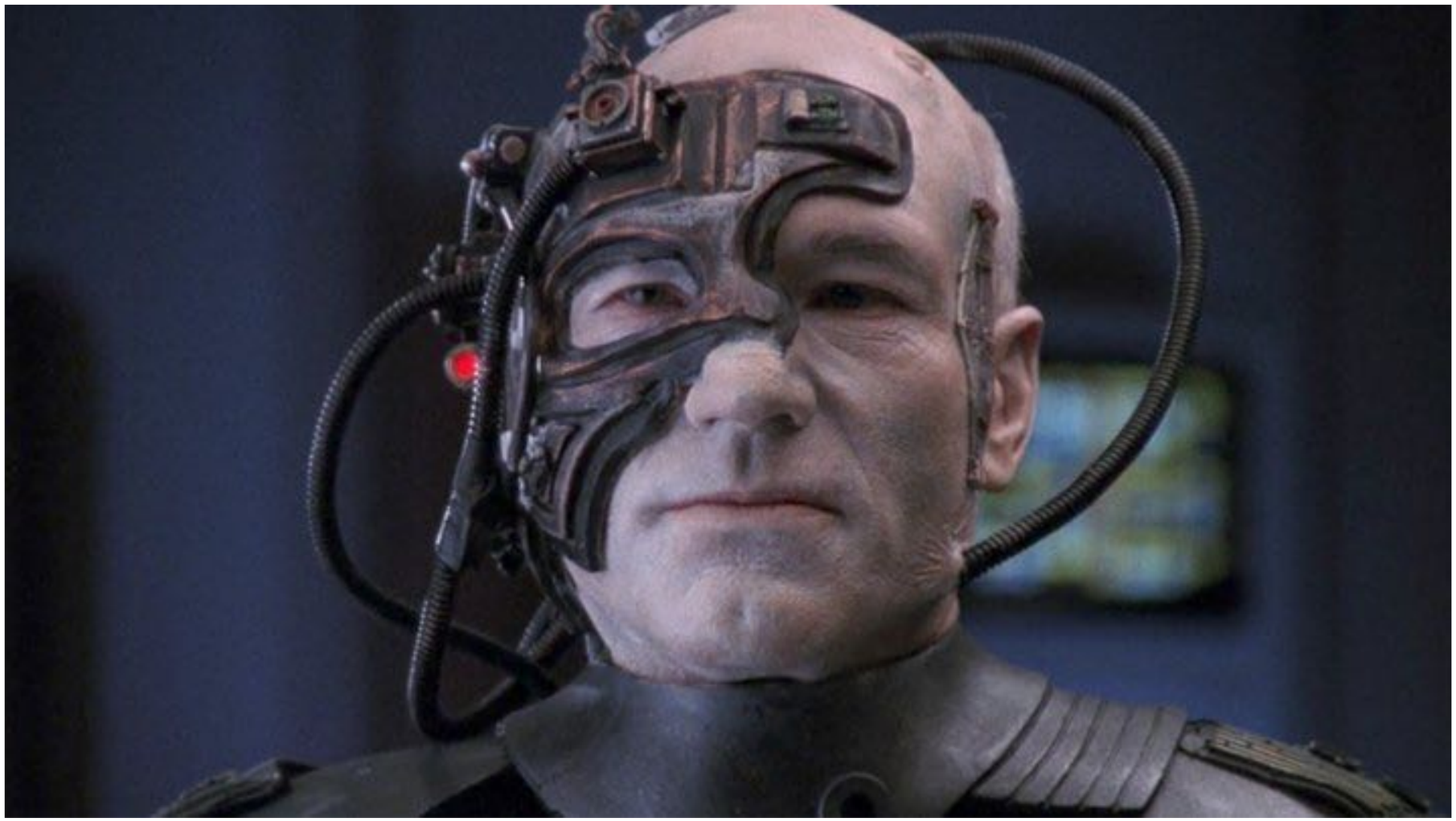


First the explorers, then the pioneers, then the merchants.

“And Then the Merchants” from Imaginary Gardens
February 26, 1998



One must spend at least a year after the first week in a new culture to learn as much as one did in that first week.

That's how fast we are assimilated.

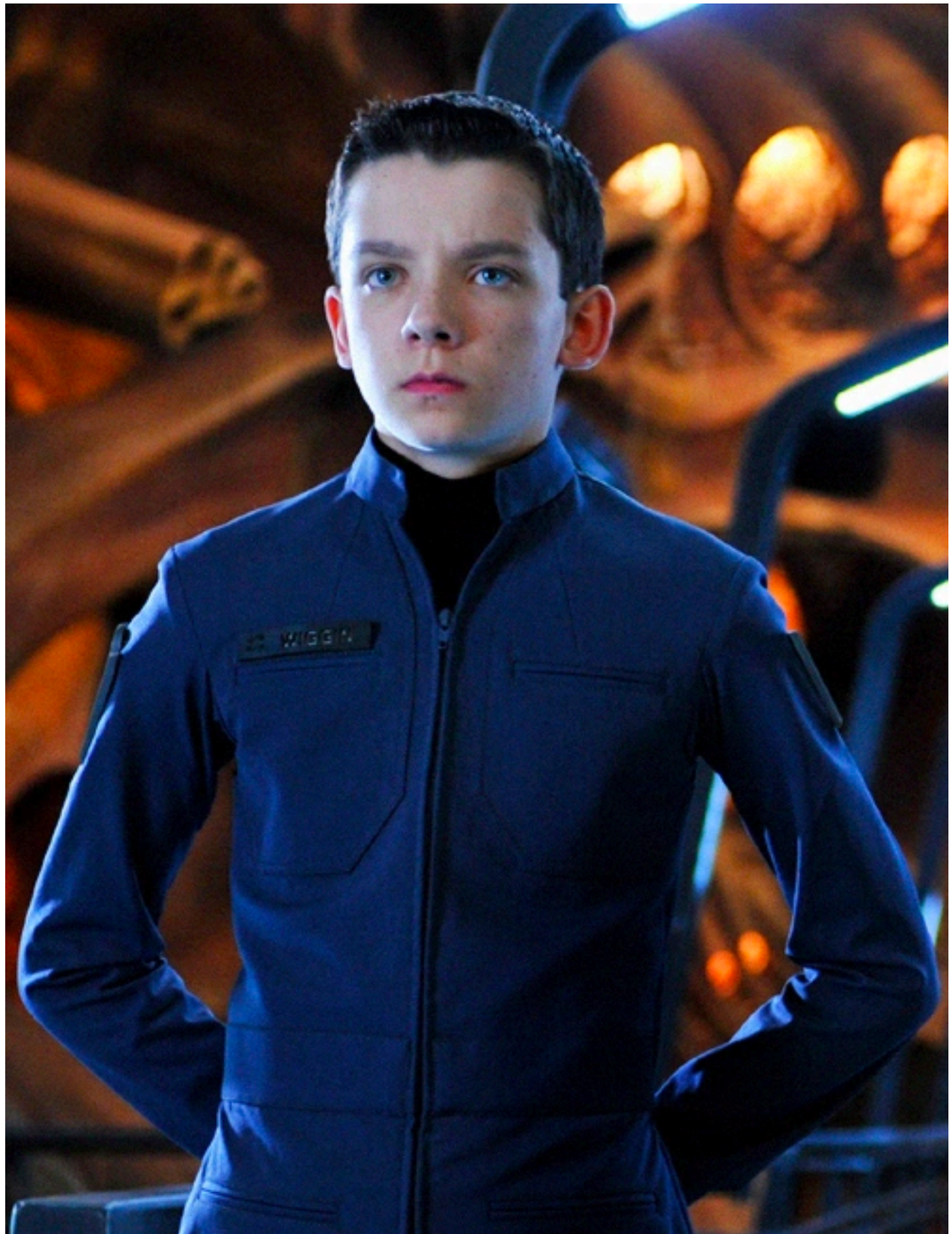
"Human nature is almost unbelievably malleable, responding accurately and contrastingly to contrasting cultural conditions."

Margaret Mead, (***Sex and Temperament in Three Primitive Societies*** **(1935) p. 191**

supernormals

We are technological somnambulists wandering through an extended dream.

We don’t know where we’re going, but we’re on our way.





“The price one pays for pursuing any profession or calling is an intimate knowledge of its ugly side.”

– James Baldwin

"Whoever battles monsters should take care not to become a monster too,
For if you stare long enough into the Abyss, the Abyss stares also into you."

Friedrich Nietzsche, Beyond Good and Evil, chapter 4, no. 146

Moral injury refers to an **injury** to an individual's **moral** conscience
resulting from an act of perceived **moral** transgression
which produces profound emotional shame.
The concept of **moral injury** emphasizes
the psychological, cultural, and spiritual aspects of trauma.

Ethics inside: As former Director of Central Intelligence William Webster once put it,

"In the United States, we obey the laws of the United States.

Abroad we uphold the national security interests of the United States."

Privacy and security: An ethics code for U.S. intelligence officers

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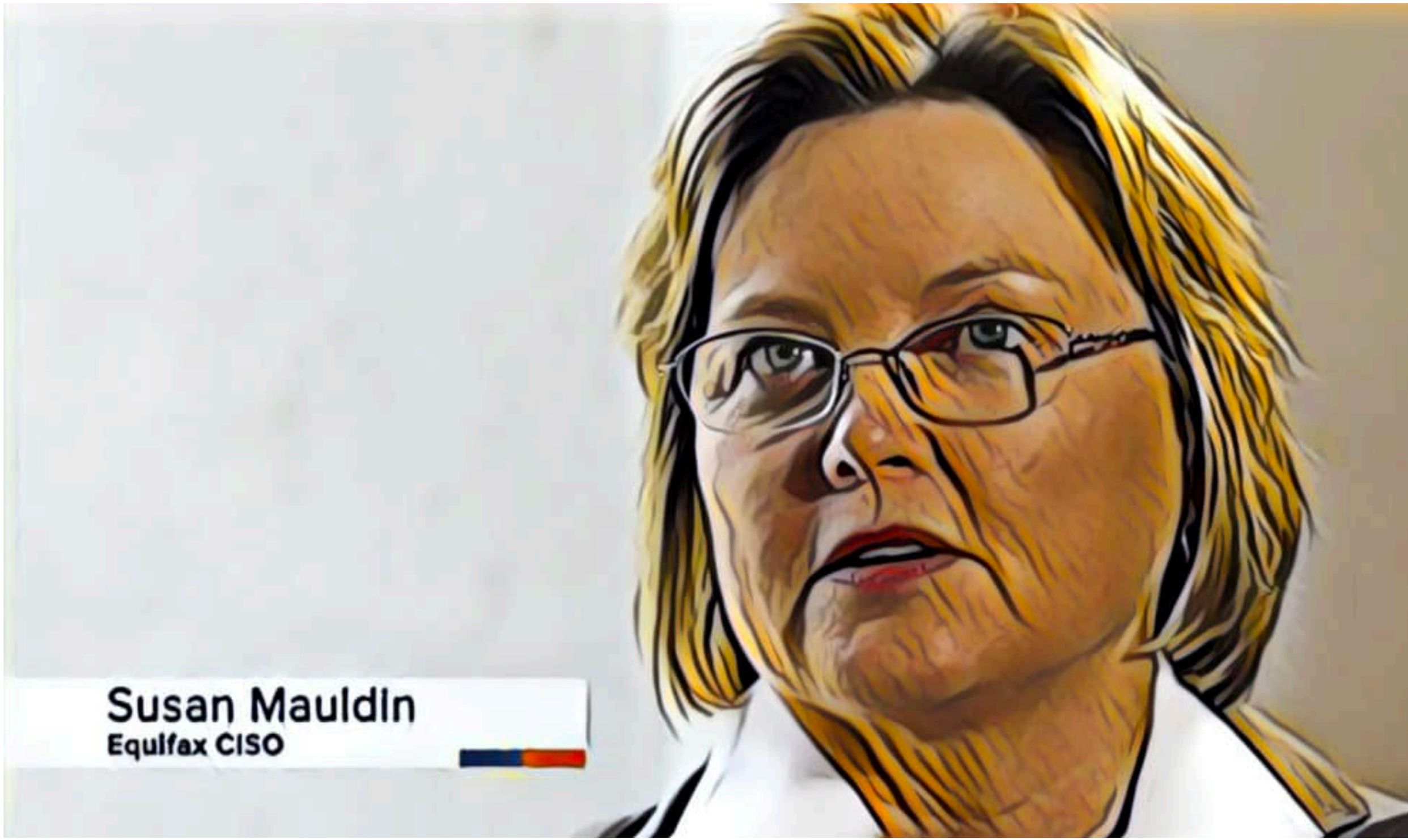
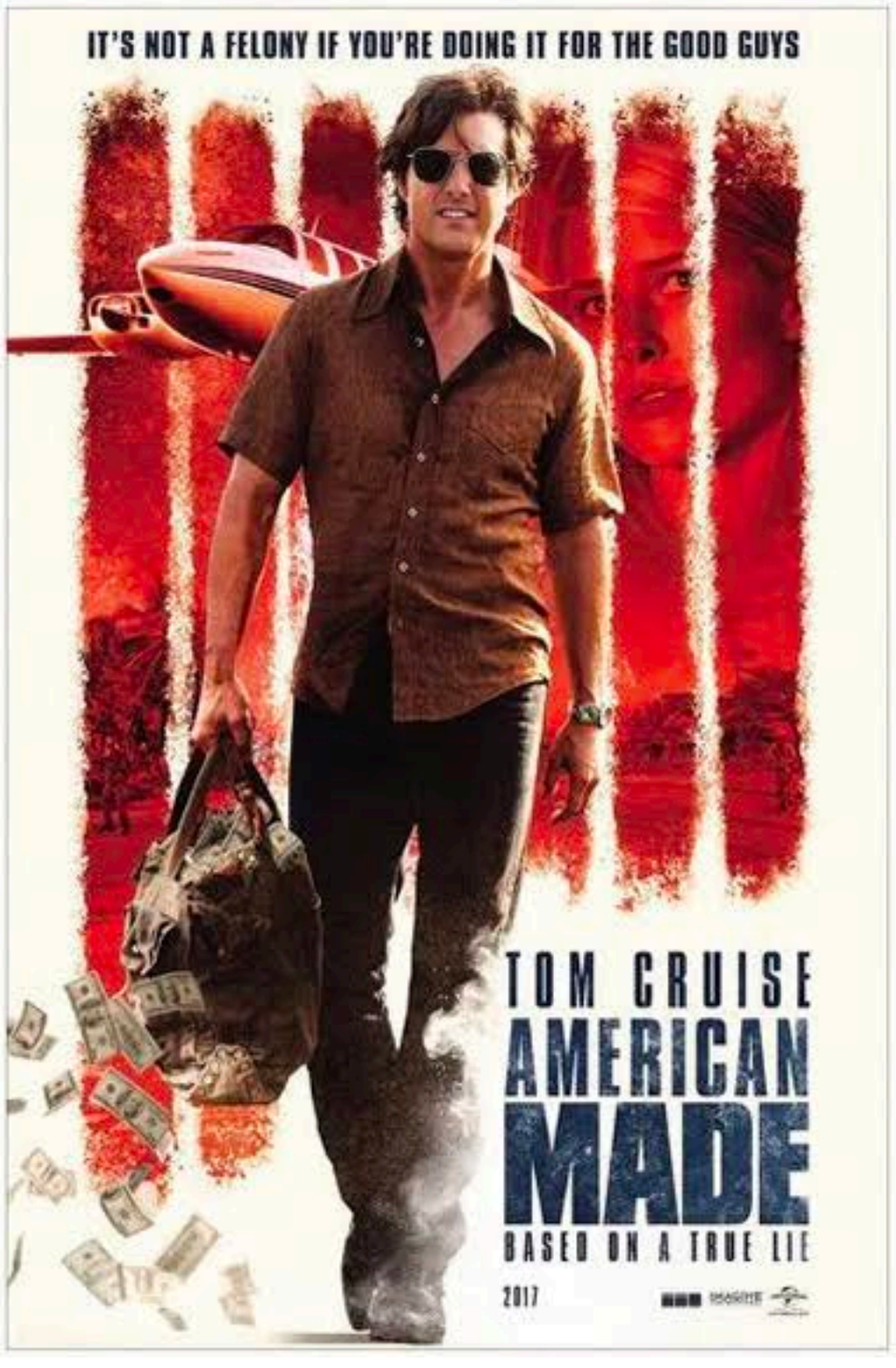

Susan Mauldin
Equifax CISO


BREAKTHROUGH
FUNDAMENTAL
LIFE SCIENCES
PRIZE




IT'S NOT A FELONY IF YOU'RE DOING IT FOR THE GOOD GUYS
TOM CRUISE
AMERICAN
MADE
BASED ON A TRUE LIE
2017



The **illegal drug trade in Haiti** involves trans-shipment of cocaine and marijuana to the United States.

It is a major shipment route.

Haiti in an ideal location for drug smuggling between Colombia and Puerto Rico.

Cocaine is also often smuggled directly to Miami in freighters.[

U.S. government agencies estimate that eight percent of the cocaine entering the United States

in 2006 transited Haiti or the Dominican Republic.

Leading members of the Haitian military, intelligence and police were involved in the illegal drug trade in Haiti.


MENA
AIRPORT
MENA INTERMOUNTAIN
MUNICIPAL AIRPORT
MENA AVIATION
COMPLEX

“You will become dead.”

We can talk it out or we can act it out.

The Hero's Journey. The hero encounters obstacles and barriers.
They can outwit them, run away from them, destroy them, or fail.
Failure is also honorable. All choices are honorable.
When she speaks of "we" there is hope. When we speak of "I" it emphasizes helplessness.

WHAT HELPS?

When I go to disaster areas, I decompress on the way out in a non-affected part of the country
so that I can see the loveliness of the land and people.
After horrendous times in Indonesia, Bosnia, even Angola,
I found that I was restored in the everyday rhthyms of life, coffee shops,
a beer at sunset for a couple days.

In each place, local detox has helped me see the loveliness of the people and place.
A week in a small town with a decent fish market after six weeks
with a parade of dump trucks of bodies in Indonesia post tsunami
was the last test of a strategy developed over the years.
It sure beats breaking down in an upscale grocery market stateside
because I got the cultural bends from ascending too fast from
my first experience in a guerrilla war zone on the Thai Cambodian border. ==

Dr. Steven Miles, author of “Oath Betrayed” and the forthcoming “The Torture Doctors”

family
friends
gardening
music
yoga
meditation
physical - strength training, running, martial arts
writing about it
communities of trust, redemption, transcendence – creation, formation, sustaining a conscience
M F A
12 step communities
spirituality
managing one's ego

HIDDEN CREATIVE PROPERTIES
"post-traumatic growth." In the face of a major loss,
our brains often explore new creative outlets as part of the "rebuilding" process of our lives,
70% of survivors experience some kind of positive psychological change after a traumatic experience.

VICTOR FRANKL

be mindful and vigilant

“I am firmly convinced one cannot do so alone. One needs trusted companions for sanity. “

COMMUNITY => Mutuality, Feedback, Accountability

Evil against evil => more evil.

RESPOND

WITH LOVE

NOT WHAT YOU SEE;

HOW YOU SEE

BE LOVE

NOT FEEL LOVE

“it is love …

but we are so conditioned in the environment and culture we work in that one would not even think about saying this out loud” - NSA human



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