

Leading in Alignment and Wholeness

Webinar 2 for Church of the Brethren, November 14, 2023

Presented by Due Quach ("Zway Kwok"), Author & Founder

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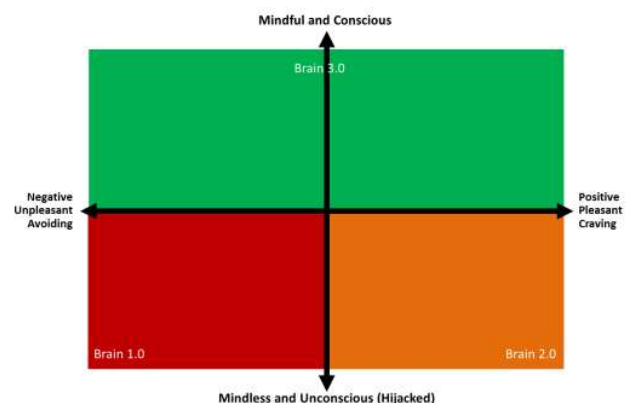
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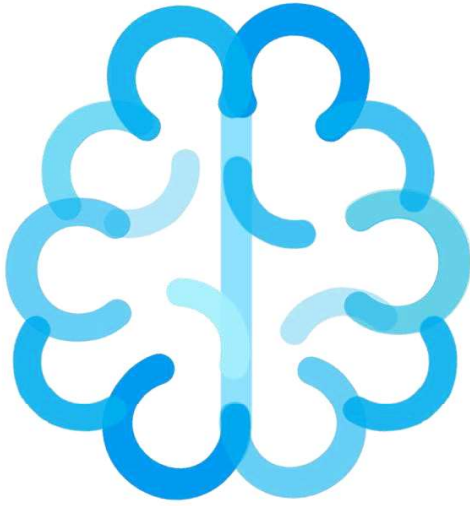
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Settle In: Notice Meditation

- Anchor in the present moment with slow, deep breathing
- Observe and assess your brain activation: Brain 1.0/2.0/3.0?
 - Body sensations
 - Valence and emotions
 - Thoughts and state of mind



Today's Session



Agenda

- Welcome
- Review & Reflection on Co-Creation
- Trauma and Brain 1.0, Brain 2.0, & Brain 3.0
- Meta-Awareness and Healing
- Application & Homework

Zoom Virtual Workshop Instructions and Notes

- **Please display your name as you would like to be called.** You can change your display name in the settings.
- **Please mute your microphone when you are not speaking to minimize disruptive sounds.**
- If you are having internet issues, you can use your phone to connect your audio. If you dial in, please turn off the audio on your computer so there is no echo.
- **To foster group rapport, please turn on your camera as much as possible.** This enables non-verbal communication and engagement with the rest of the group.
- You can use the chat function to ask questions, share supportive comments, and affirm what others say. Please note: when a speaker is presenting in screen-share mode, it is harder for the speaker to see and follow the chat box.
- We welcome you to use emojis in the “reactions” function to provide visual feedback whenever you feel moved to do so.
- **To ask a question or volunteer to share during a group discussion, please use the “raise hand” reaction.** This will highlight your position in the gallery.
- During group discussions, sharing can help you process and deepen your insights. It also allows the rest of the group to learn and benefit from what you share. Please only share what you feel comfortable telling the group.
- To help us stay on time, please use the final Q&A to ask questions that are specific to your own situation or interests.

Agree on Group Guidelines

Can you take ownership of co-creating a supportive, brave space to share, learn, and grow so that the collective motivations and intentions of this group can be fulfilled?

Please consider these suggested group guidelines as a starting point. Feel free to revise them and add to them.

- Be present: minimize distractions
- Participate as much as you can, practice self-care as much as you need to
- See everyone as equal: each person is a student and a teacher
- Value differences
- Be curious: ask questions, ask for clarification
- Build each other up
- Share compassion and support (rather than judgment and criticism)
- Protect confidentiality and sensitive information
- During discussions, discern what you feel comfortable telling the group
- **Anything else?**

Calm Clarity's mission is to improve collective well-being, develop inclusive leaders, and co-create a world where all human beings and communities thrive together



We started in 2013 by training low-income students in inner-city Philadelphia to rewire their brain, improve their mental health, and create positive change.



Review & Reflection Prompt

What is Brain 3.0?

The Framework
Brain 1.0, 2.0 and 3.0 are patterns of brain activation that affect how you think, feel, and act.



Brain 3.0
Well-Being & Mastery
Inner Sage
• Prefrontal cortex



YOUR EMOTIONS

Calm, centered, connected, creative

YOUR THINKING & BEHAVIORS

- Embody your core values and aspirations
- See the bigger picture and long-term time horizon
- Be wise, attuned, collaborative, and agile
- Appreciate, lift up, and inspire people

Brain 2.0
Reward & Acquisition
Inner Teen Wolf
• Dopamine System



YOUR EMOTIONS

Anxious, insecure, impulsive, restless

YOUR THINKING & BEHAVIORS

- Give in to addictions, urges, and cravings
- Seek immediate gratification
- Treat people as objects or competitors
- Strive to win reward(s) at all costs

Brain 1.0
Self-Preservation
Inner Godzilla
• Amygdala



YOUR EMOTIONS

Fearful, unsafe, hypervigilant, overwhelmed

YOUR THINKING & BEHAVIORS

- Armor up, withdraw, and isolate
- Be closed to new perspectives
- Lose hope and fall into depression
- Transmit fear and pain in relationships

Questions

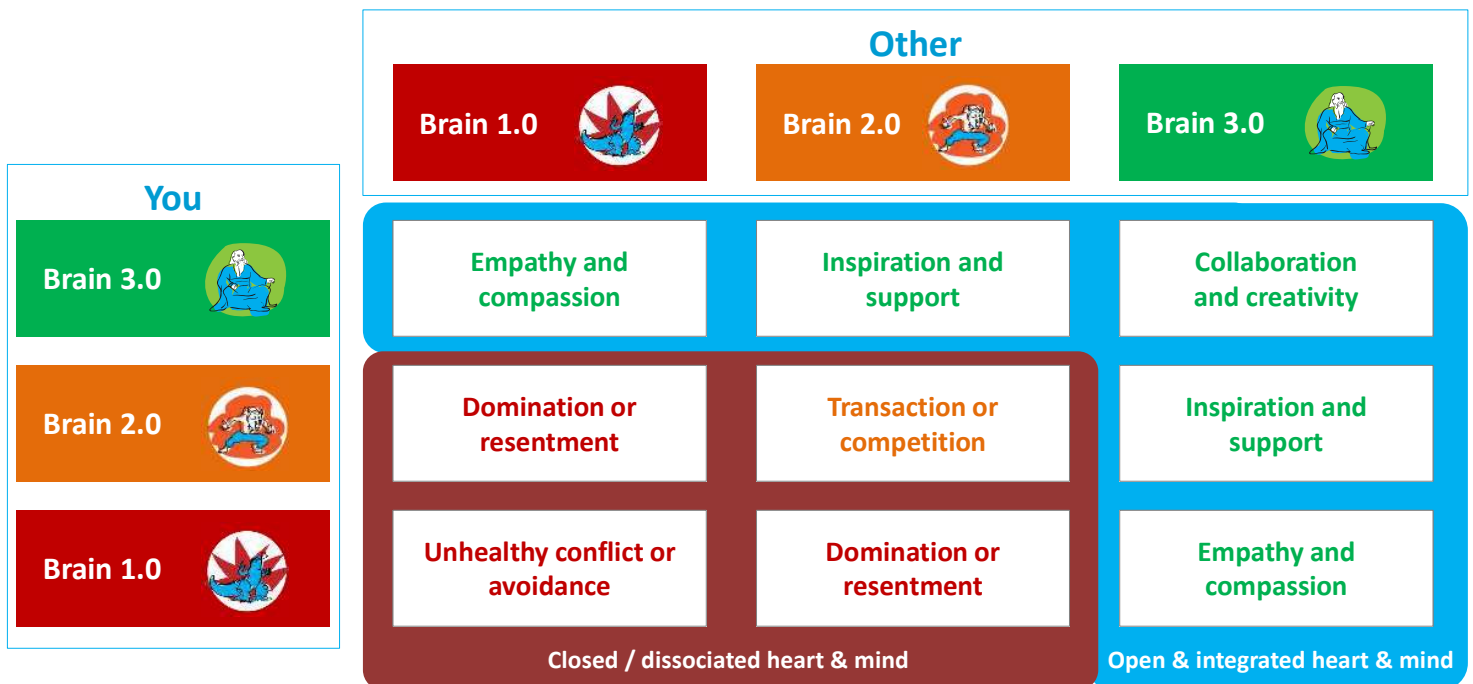
- What is the difference between creating and co-creating?
- What are you likely to co-create when you are in:
 - Brain 1.0?
 - Brain 2.0?
 - Brain 3.0?

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Our brain patterns co-create very different relationships, cultures, organizations, and societies



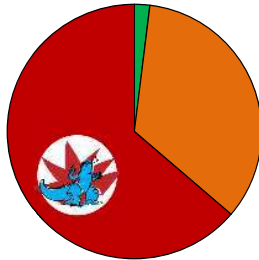
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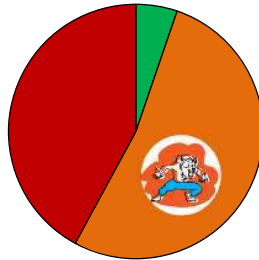
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Are you aware when you are generating, transmitting, and co-creating
in Brain 1.0, Brain 2.0, and Brain 3.0?

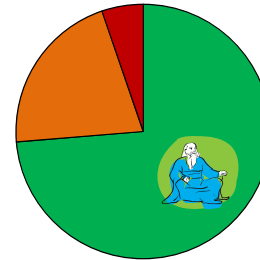
A. Toxic Stress



B. Tunnel-Vision

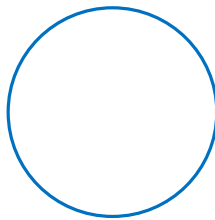


C. Wise & Attuned

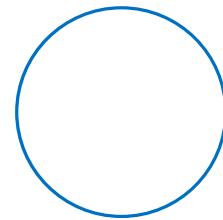


■ Brain 1.0
■ Brain 2.0
■ Brain 3.0

1. Draw your personal
pie chart for the
last 1-3 months



2. Imagine yourself
sustainably embodying
your Inner Christ, draw
what your pie chart would
look like?

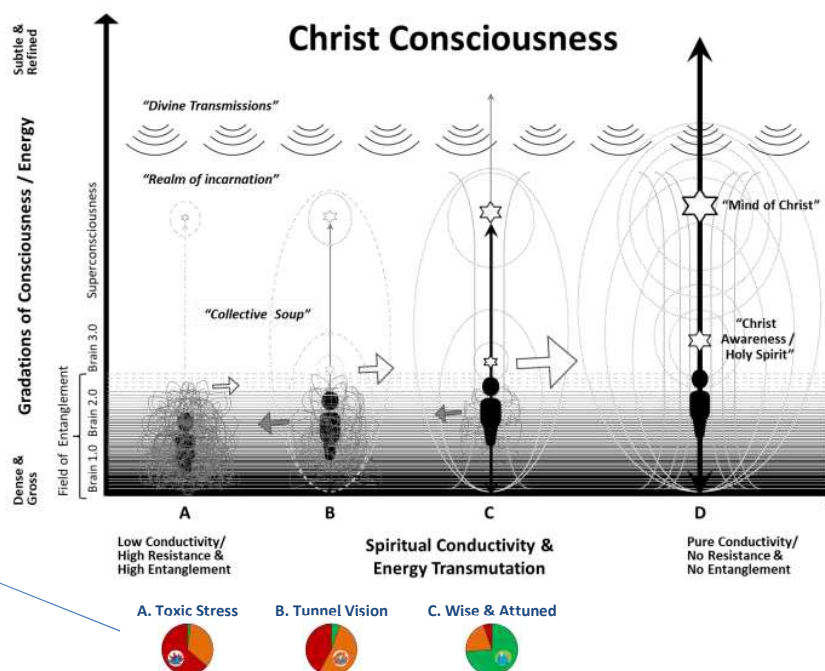


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Manifesting “heaven on earth” requires a critical mass of
humanity co-create in Brain 3.0



The strength of Brain 1.0, 2.0, and 3.0 at a group level impacts whether the group can embody and transmit alignment and wholeness, and manifest Christ's vision of healing and peace.

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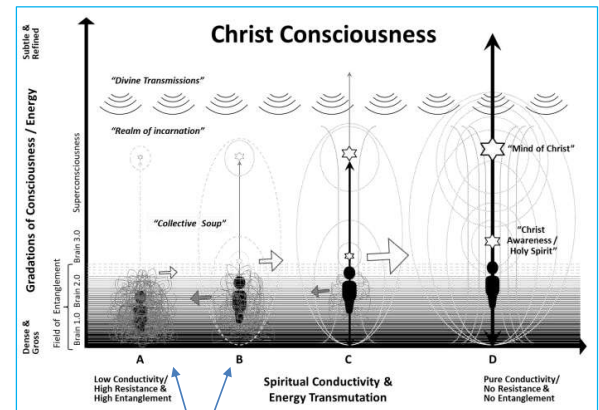
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The Parable of the Sower (NRSVUE)

- Listen! A sower went out to sow.
- ⁴ And as he sowed, some seeds fell on a path, and the birds came and ate them up.
- ⁵ Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. ⁶ But when the sun rose, they were scorched, and since they had no root, they withered away.
- ⁷ Other seeds fell among thorns, and the thorns grew up and choked them.
- ⁸ Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. ⁹ If you have ears, hear!

- ¹⁸ Hear, then, the parable of the sower.
- ¹⁹ When anyone hears the word [logon] of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. (path=socially conditioned autopilot)
- ²⁰ As for what was sown on rocky ground, this is the one who hears the word [logon] and immediately receives it with joy, ²¹ yet such a person has no root but endures only for a while, and when trouble or persecution arises on account of the word [logon], that person immediately falls away. (describing A & Brain 1.0)
- ²² As for what was sown among thorns, this is the one who hears the word [logon], but the cares of this age and the lure of wealth choke the word [logon], and it yields nothing. (describing B & Brain 2.0)
- ²³ But as for what was sown on good soil, this is the one who hears the word [logon] and understands it, who indeed bears fruit and yields in one case a hundredfold, in another sixty, and in another thirty. (describing C & Brain 3.0)



- ¹⁵ 'You will indeed listen but never understand, and you will indeed look but never perceive. For this people's heart has grown dull, and their ears are hard of hearing, and they have shut their eyes, (A & B) so that they might not look with their eyes, and hear with their ears and understand with their heart and turn—and I would heal them (bring to C and D).'

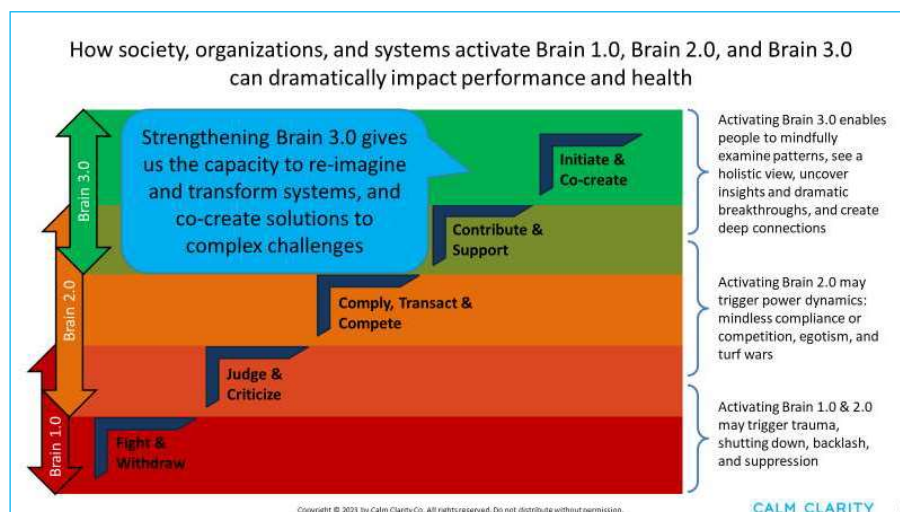
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We have to 'steward' the development of a 'collective Brain 3.0' to co-create genuine healing and peace

How do we generate and transmit more of the energy, wisdom, and compassion needed to co-create organizations and cultures that are anchored in Brain 3.0?



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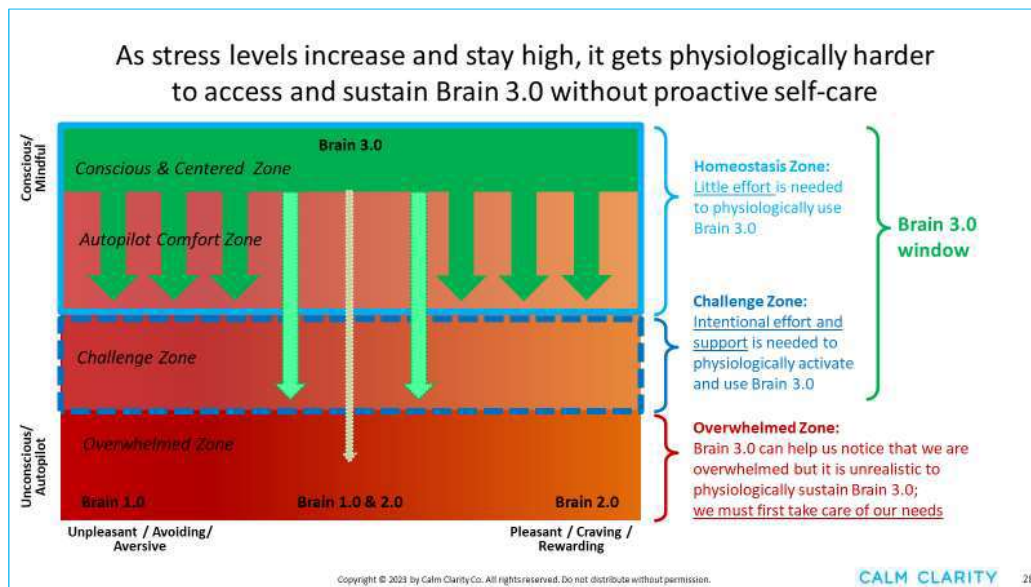
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To sustainably embody Brain 3.0 during high-stress situations, conflicts, and crises, we need to proactively re-center and heal ourselves



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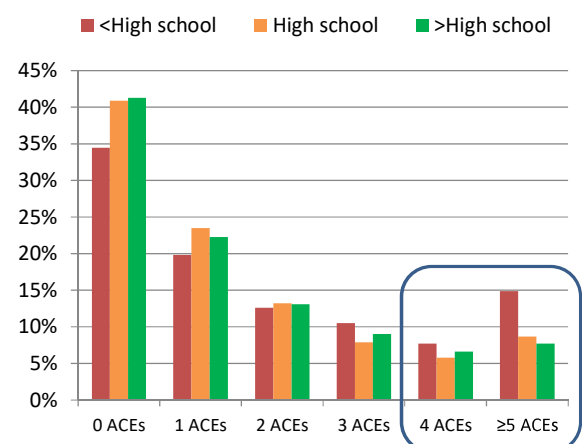
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Trauma is a silent epidemic amplifying Brain 1.0 and Brain 2.0

In a 2009 CDC survey ~60% of people reported one or more adverse childhood experiences

- Adverse Childhood Experiences (ACEs) include:
 - verbal, physical, or sexual abuse and domestic violence
 - an incarcerated, mentally ill, or substance-abusing family member
 - absence of a parent because of divorce or separation
- Severe trauma is defined as having 4 or more ACEs and is associated with:
 - lower educational attainment
 - higher substance abuse, addiction, depression, and suicide rates
 - higher incidence of asthma, diabetes, cancer, cardiovascular, and respiratory diseases
 - higher incarceration rates
- Disparities in trauma and toxic stress compound existing inequities

Higher ACE scores impact educational attainment



Source: CDC Study "Adverse Childhood Experiences Reported by Adults --- Five States, 2009" which included of 26,229 adults

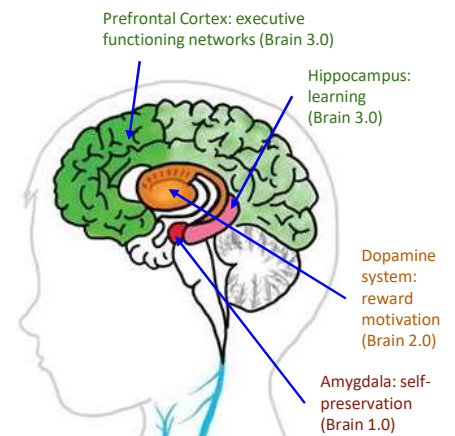
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The neurobiological impact of trauma

- When children experience prolonged exposure to violence and danger (aka toxic stress), the brain adapts into “Brain 1.0” to focus on survival
 - The amygdalae become larger to provide hypervigilance in detecting threat and danger
 - The hippocampi have difficulty processing and storing information that is not directly relevant to survival, thus academic learning becomes challenging
 - This undermines the development of the prefrontal cortex, resulting in challenges with executive functioning tasks such as concentration, self-regulation, and de-escalation
 - The dopamine system gets dysregulated, resulting in a higher vulnerability to addiction and getting hijacked by urges and impulses (“Brain 2.0”)
- These adaptations to toxic stress can be passed down to future generations; thus the traumas experienced by our ancestors can live on in our brain and body
 - When exposed to prolonged toxic stress, our cells change what genes are expressed and suppressed to direct more resources to Brain 1.0 (the freeze-flight-fight system) and these epigenetic changes can be passed down to future offspring
 - When pregnant mothers experience violence and danger, fetal development prepares the baby to face danger and threat in Brain 1.0
- Unless addressed, these adaptations, plus the normalization of violence and trauma, can make it more likely for young people burdened by toxic stress to consider violence a means of self-protection and survival in a dangerous environment



By intentionally developing and strengthening the neural networks of “Brain 3.0,” people can gain the ability to calm, heal, and regulate Brain 1.0 and Brain 2.0

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Insecure attachment can cause people to interact in Brain 1.0 and 2.0



- According to **attachment theory**, an individual's natural ability to feel secure in relationships begins with forming a secure attachment bond with their primary caretaker (usually a mother) in early infancy
- If a primary caretaker is unable to be attuned, sensitive, and responsive to an infant's needs, the infant will have difficulty feeling and developing a sense of security, trust, resilience, and confidence. This is called insecure attachment.
- There are 3 primary patterns for insecure attachment
 - Anxious attachment:** fear of being alone, fear of rejection or abandonment, fear of not being lovable, people pleasing, clinginess, co-dependency and lack of boundaries, internalized shame, low self-esteem and low self-worth
 - Avoidant attachment:** extreme self-sufficiency and independence, hyper-rational, emotional unavailability, lack of intimate relationships, reluctance to rely on others or be dependent, out of touch with own feelings and emotions, workaholic
 - Disorganized attachment** (this happens when a caregiver behaves in an inconsistent, unpredictable, and abusive manner and becomes a source of fear and danger to the child): chronic hypervigilance, inability to feel safety or trust, fear of intimacy as a means of being hurt, compulsive self-sabotaging behaviors that cause great pain and suffering to self and loved-ones, aggressive fight reflexes

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Overview of Innate Survival Mechanisms

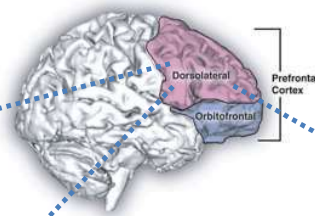
	Freeze	Flee	Fight	Fawn
Purpose	Conserve energy and reduce perception of threat or competition	Avoid or remove oneself from threat and danger	Attack threat to protect oneself or loved ones	Increase safety and survival by providing value to source of danger
Examples of Functional Responses in Brain 3.0	Rest and recharge to gather energy and strength for next challenge	Set boundaries and accurately discern and mitigate one's exposure to threat and harm	Moral courage to stand up to bullies, call out unfair treatment, and rectify wrongs	Cultivate skills, expertise, respect and assets to serve as an advocate and champion for fellow victims and outgroups
Examples of Dysfunctional Patterns in Brain 1.0 and Brain 2.0	Chronic depression, dissociation, shutting down, unable to summon energy for daily tasks; succumbing to negativity and despair	Chronic restlessness, escapism, avoidance of triggers, reliance on addictive substances or behaviors to numb and suppress negative feelings	Chronic hypervigilance and aggressiveness towards perceived potential threats; bullying or abusing others to increase/maintain power and control or relieve distress	Mindless compulsion to maintain or improve one's status while preserving systems of oppression (e.g. Stockholm syndrome), contributing to oppression and trauma of others

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Brain 3.0 systems for “inclusive empathy” enable human beings to heal trauma and develop secure attachment

Meta-Awareness & Mindfulness System

Awareness of one's subjective experiences, narratives, and patterns AND ability to regulate urges and impulses



Compassion System AKA Tend-and-Befriend System



Motivation to alleviate another person's suffering

Mirror Neuron System

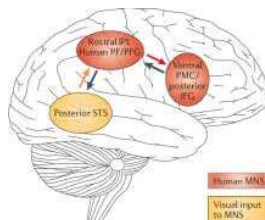
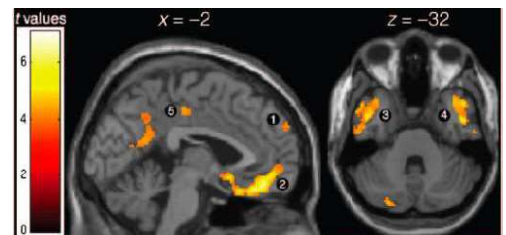


Figure 11 Neural circuitry for imitation. Schematic

Feeling another person's emotions and distress

Mentalizing System



Imagining another person's perspective and intentions

Source: Goleman, Daniel & Davidson, Richard J., *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body*. New York: Avery, 2017.
Jamil Zaki & Kevin Ochsner, "The neuroscience of empathy: progress, pitfalls and promise," *Nature Neuroscience* 15.5 (May 2012).

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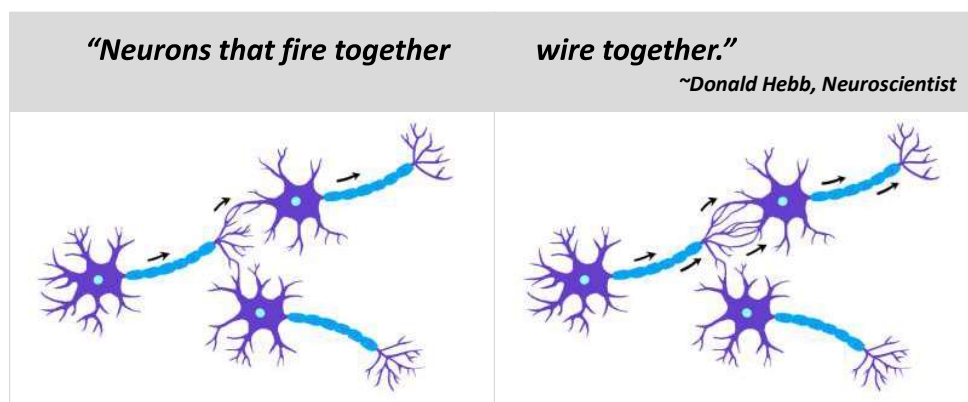
Meta-Awareness involves using Brain 3.0 to observe, befriend, and rewire your Default Mode Network—AKA your inner narrator



The Default Mode Network (DMN) is a group of brain structures that self-activate whenever our focused attention system is inactive or resting.

- Its primary function is to simulate reality through prediction to help us navigate our world.
- We experience the DMN as mind wandering, “monkey mind,” and self-talk / me-talk.
- The DMN can be an Inner Critic or an Inner Sage.

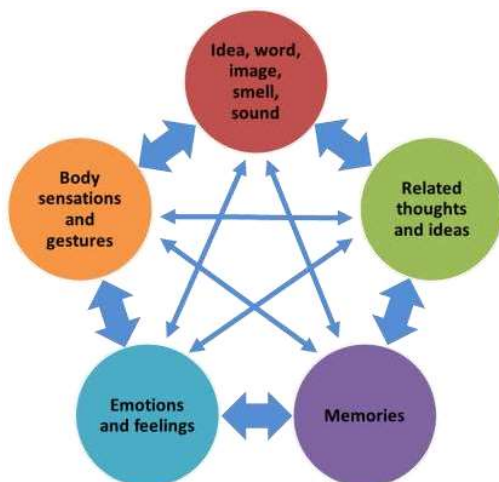
Deconstructing the mind



Neural pathways and networks are formed when neurons fire and wire at the same time, creating associations

Your brain is an association machine: it builds a mental model of the world by creating complex associative activation cascades

The Associative Activation Cascade



Evoked ideas trigger associated thoughts, feelings, sensations, and memories in a spreading cascade of activity in the brain and body

This creates a self-reinforcing pattern of cognitive, emotional, and physical responses

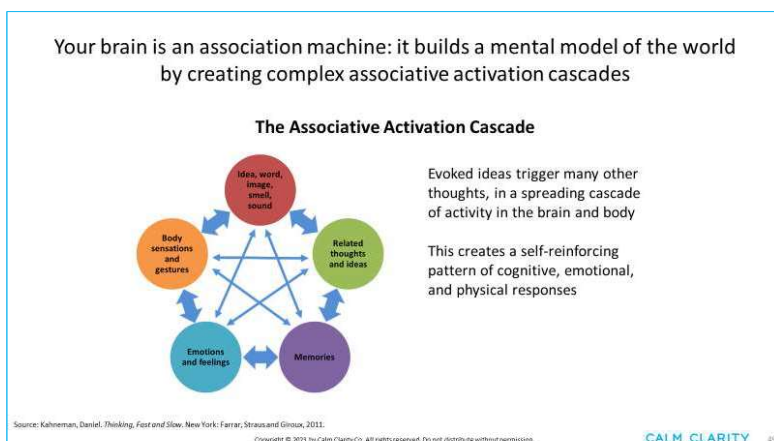
Source: Kahneman, Daniel. *Thinking, Fast and Slow*. New York: Farrar, Straus and Giroux, 2011.

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Strong associations self-activate in your DMN, creating habitual patterns of thinking, feeling, labeling, storytelling, reacting, etc.



Developing meta-awareness enables you to observe these cascading patterns in your DMN without getting swept up in them

Source: Kahneman, Daniel. *Thinking, Fast and Slow*. New York: Farrar, Straus and Giroux, 2011.

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You strengthen your meta-awareness system by observing how your DMN/storyteller sounds different in Brain 1.0, 2.0, and 3.0

Brain 1.0:
Self-Preservation

Brain 2.0:
Reward & Acquisition

Brain 3.0:
Well-being & Mastery

Inner Critic

Inner Sage



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Meta-Awareness Worksheet: Write Down What Brain 1.0, 2.0, and 3.0 Say

What do these 3 “voices” say about a challenging situation you are facing?

Situation:

Brain 1.0:
Self-Preservation

Brain 2.0:
Reward & Acquisition

Brain 3.0:
Well-being & Mastery

“Inner Godzilla”

“Inner Teen Wolf”

“Inner Sage”



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Meta-Awareness Worksheet Continued

Worksheet 4: Write Down What Brain 1.0, 2.0, and 3.0 Say

What do these 3 "voices" say about a challenging situation you are facing? Situation:

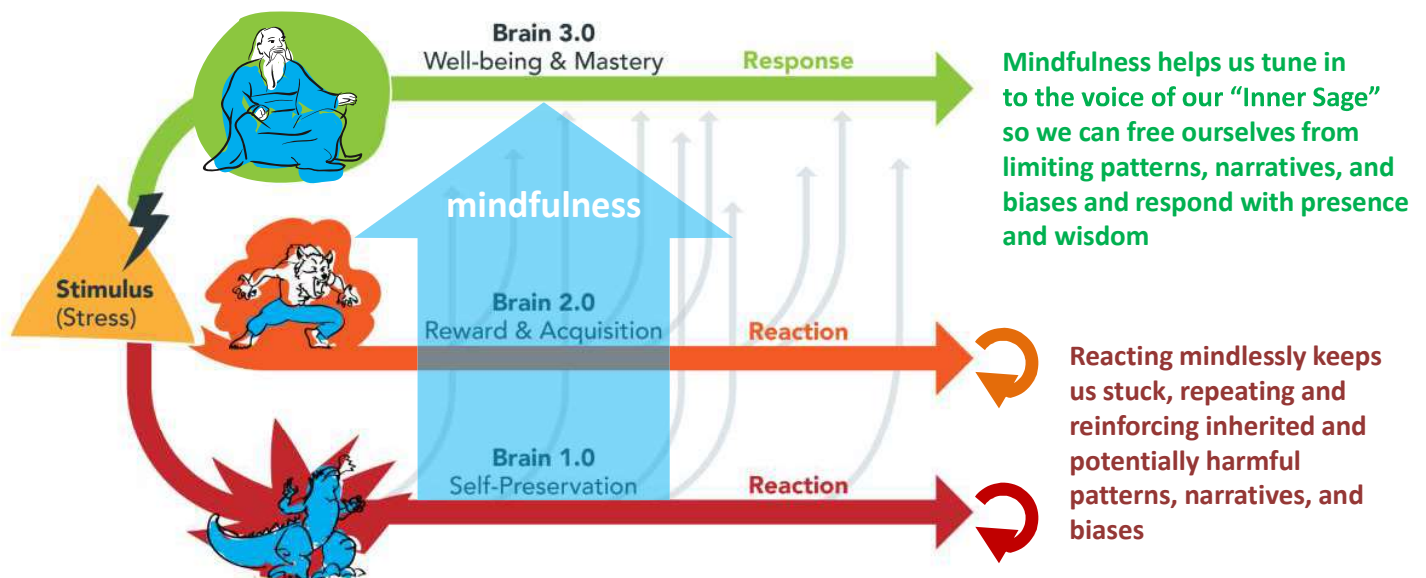
Brain 1.0: Self-Preservation "Inner Godzilla"	Brain 2.0: Reward & Acquisition "Inner Teen Wolf"	Brain 3.0: Well-being & Mastery "Inner Sage"
		

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Questions

- ✎ 1. What is your Brain 1.0 worrying about or trying to avoid?
- ✎ 2. What is your Brain 2.0 craving or hoping to get to feel good?
- ✎ 3. What bigger picture perspective is your Brain 3.0 guiding you to see?

To co-create "heaven on earth," humanity must become aware of and change collective patterns and systems that reinforce Brain 1.0 / Brain 2.0



Homework: Organizational Meta-Awareness Exercise

How does your organization activate Brain 1.0, 2.0, & 3.0?

	Observations for you / your colleagues	Observations for the people you serve
How is Brain 3.0 triggered and reinforced in your organization? Are there patterns?		
How is Brain 2.0 triggered and reinforced in your organization? Are there patterns?		
How is Brain 1.0 triggered and reinforced in your organization? Are there patterns?		

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Homework: Brainstorming Exercise

1. How can your congregation collaborate to activate and strengthen Brain 3.0?
2. How can your congregation collaborate to address triggers for Brain 1.0 / Brain 2.0?
3. Over the next 6 to 12 months, what do you want to put in place?

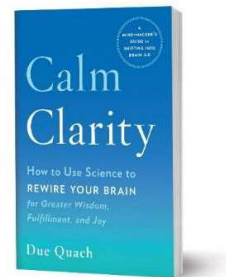
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Recommended Books & Resources

- *Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day* by Amishi P. Jha
- *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* by Daniel Goleman and Richard J. Davidson
- *The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live--and How You Can Change Them* by Richard J. Davidson with Sharon Begley
- *Behave: The Biology of Humans at Our Best and Worst* by Robert Sapolsky
- *How Emotions are Made: The Secret Life of the Brain* by Lisa Feldman Barrett
- ***Calm Clarity: How to Use Science to Rewire Your Brain for Greater Wisdom, Fulfillment, and Joy* by Due Quach**



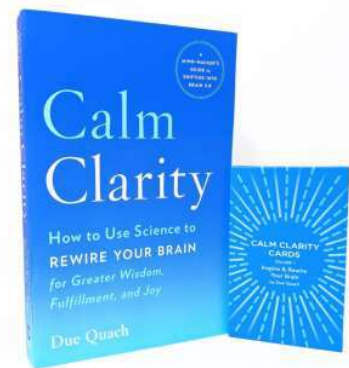
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Co-create a collective shift into Brain 3.0

- Read the book, use the cards, and learn about more resources at CalmClarity.org
- Subscribe to get “Thought for the Week” newsletter to activate Brain 3.0 on our website



May you be **HAPPY**. May you be **HEALTHY**.
May you have **CALM CLARITY**.

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Questions?

