

Mastery & Mystery



Why are we here?



Strange new world



- Loss of the familiar
- Loss of hope
- Loss of pleasures
- Loss of routine
- Fear of future
- Fear of unknown
- Fear of illness and death

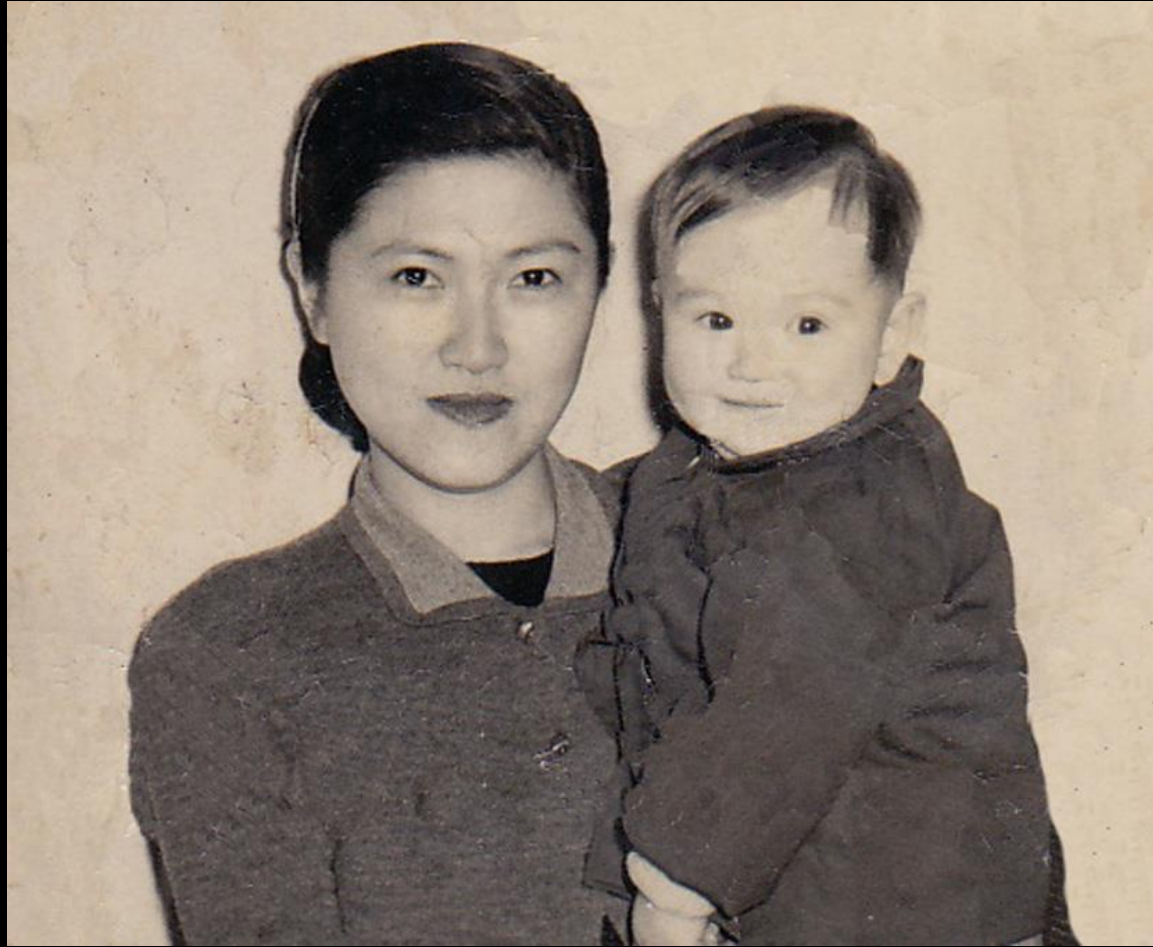
Exercise 1



- You will have a partner
- Ask the following questions:
- “What is your name?”
- “What is one word to describe your feeling?”
- “Why are you here?”
- “What do you hope to take from this time?”







Shigematsu Family



Murphy Family (Ireland)



Your life has a purpose



“Did you not know,
that I must be about
my father's business?”

God has a plan for you

Thy will be done



*Father, if thou be
willing*

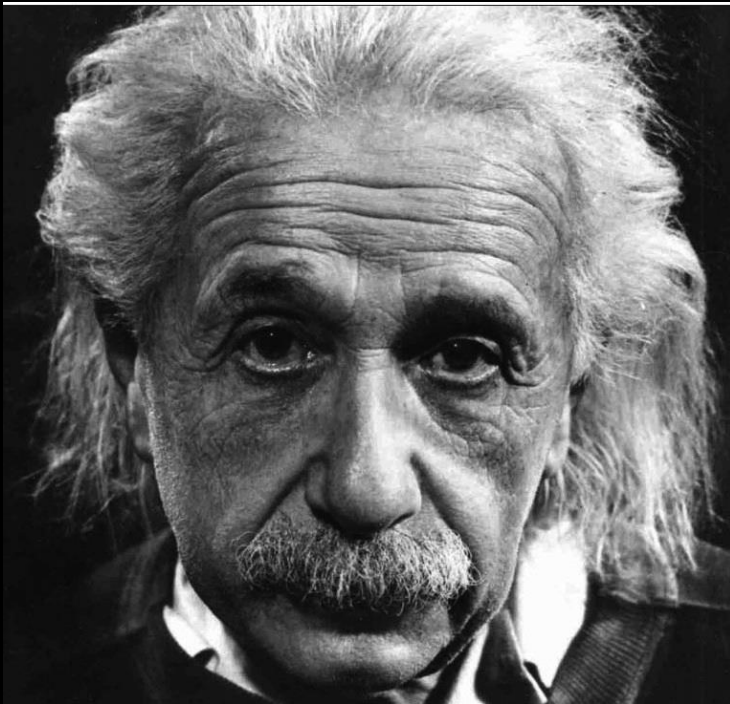
*Remove this cup from
me*

*Nevertheless, not my
will*

But thine be done

Luke 22:42

Mystery: Art and Science



"The most beautiful experience we can have is the mysterious. It is the fundamental emotion which stands at the cradle of true art and true science."

Religion without God?



“To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty which our dull faculties can comprehend only in their most primitive forms—this knowledge, this feeling, is at the center of true religiousness. In this sense, and in this sense only, I belong in the ranks of the devoutly religious men.”

Broken Connections



Lost faith in God

Lost true self

Lost connections w/others

Disillusioned, discouraged,
disconnected

A prayer from fire



Oh my God, YOU are here

Oh my God, I am here

Oh my God, WE are here

God,
grant me the
serenity
to accept the things
I cannot change,
the **courage**
to change
the things I can,
and the
wisdom
to know the
difference.

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Shikata ga nai



Shikata ga nai means nothing can be done. We need to accept what is and cannot be changed. From acceptance of vulnerability comes courage to claim agency.

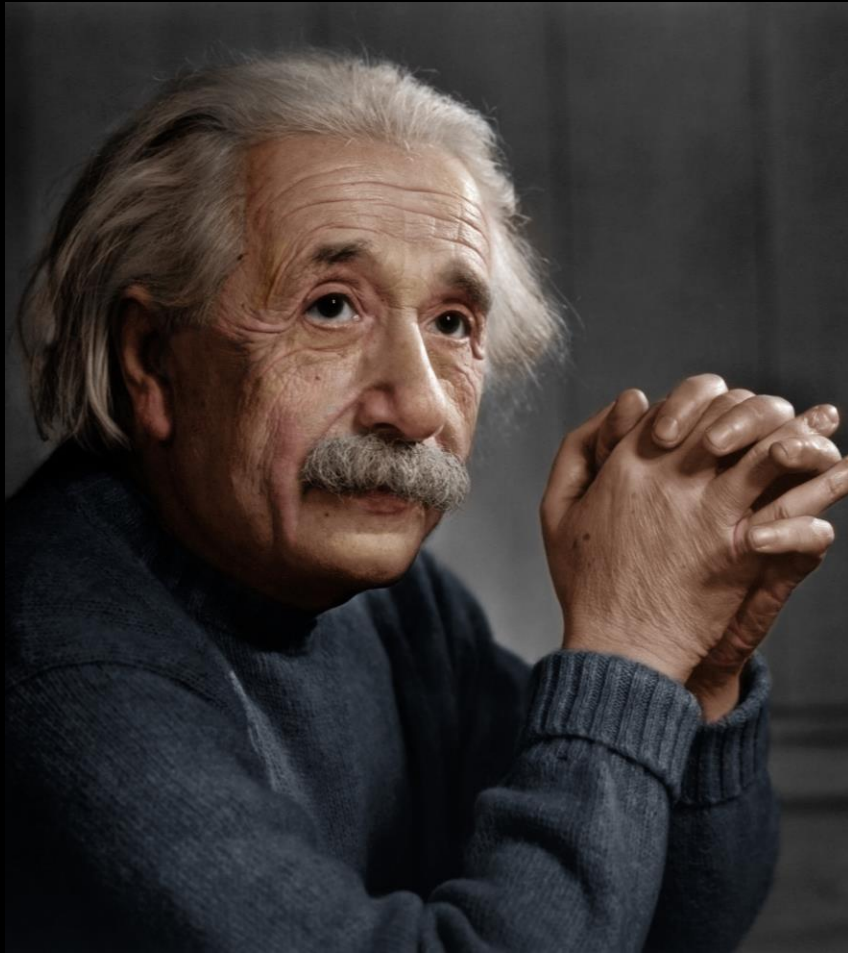
Acceptance and change



“The curious paradox is that when you can accept yourself just as you are, then you can change.”

Shoma Morita

What is your purpose?



"How strange is the lot of us mortals! Each of us is here for a brief sojourn; for what purpose he knows not, though he sometimes thinks he senses it."

What is life asking of me?



“Why me?”

“What do I want from life?”

Change question to:

“What is life asking of me?”

Victor Frankl

Return Home



Chinese medicine

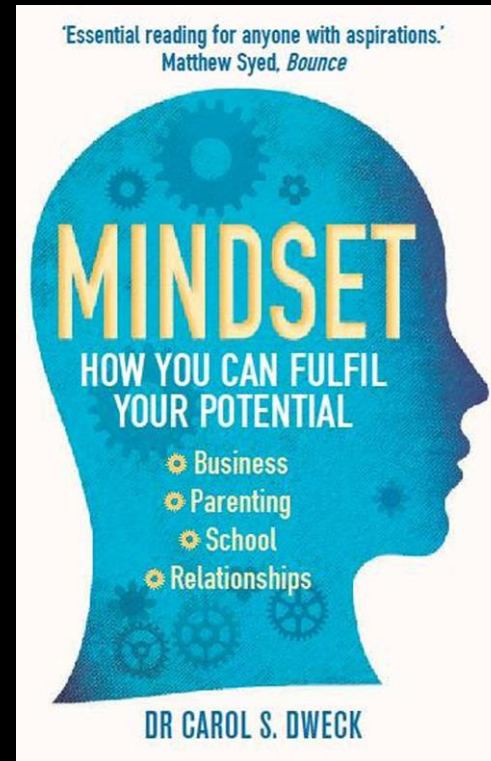


- Yin and Yang
- Balance
- Holism

Harvard University

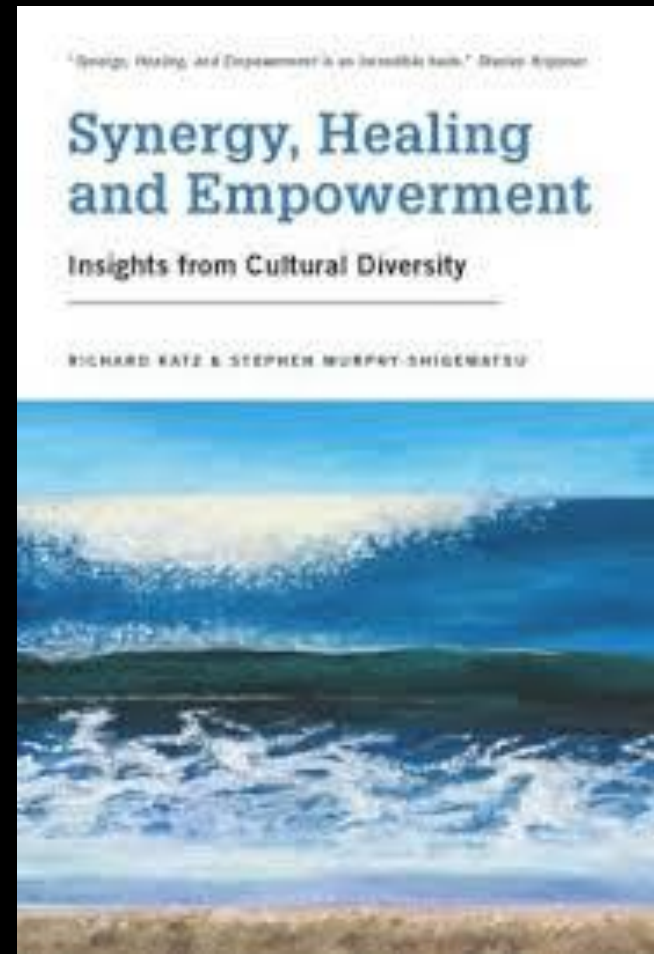


Mastery at Harvard



Mystery at Harvard

Vulnerability for Transformation



Kiyo Morimoto

Power of Listening



Chester Pierce Self Understanding



“The best way to understand another is to understand your own experience.”

ナラティブ
多文化間カウンセリングの物語

S.マーフィ重松 著
辻井弘美 訳



東京大学出版会

MULTICULTURAL ENCOUNTERS



Case
Narratives
from a
Counseling
Practice

Stephen Murphy-Shigematsu

Multicultural Foundations of Psychology and Counseling Series
Edited by Allen E. Ivey and Derald Wing Sue

Tokyo University



Heartful Community



Transformation Through Three Connections



YOU are here

- Connecting to Mystery

I am here

- Connecting to Self

WE are here

- Connecting with Others

Tiny miracles



“What happens in this class is a kind of tiny miracle. We cross borders, inside ourselves and between us and others, finding the connections that we hunger for and realize that’s what we need to keep going. We’re filled with gratitude for each other and just for being here.”

Awakenings

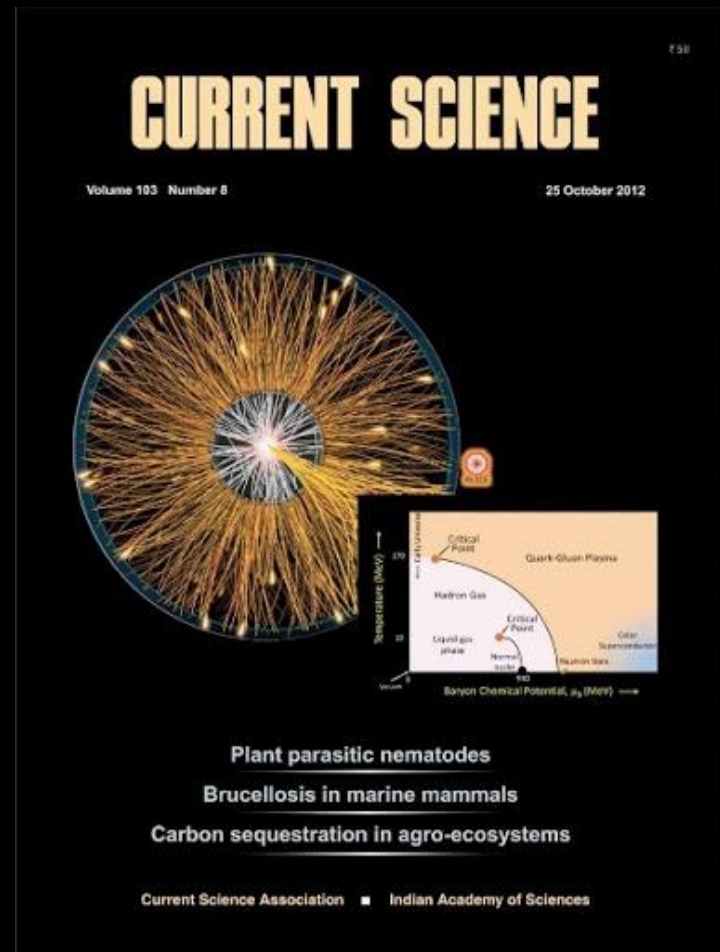
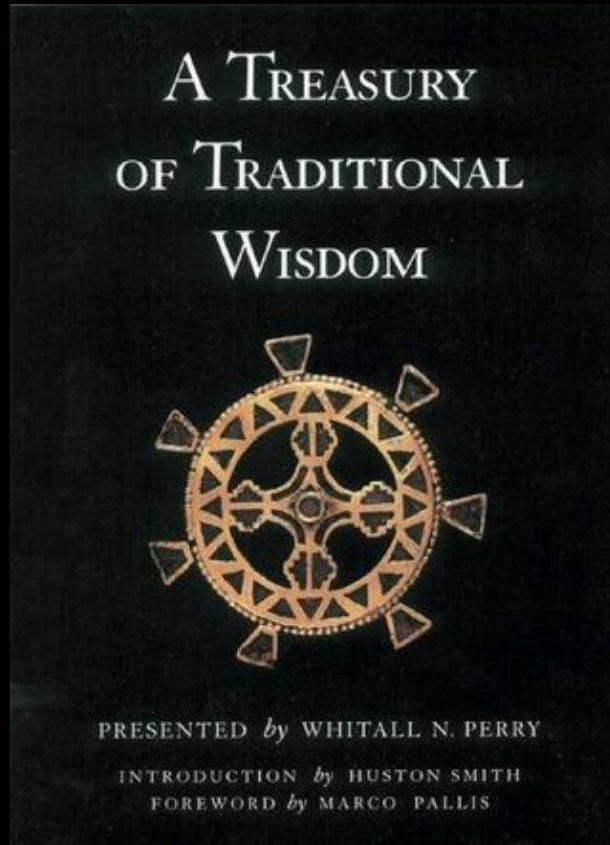
“By living alongside death,
I have truly lived.”



“Too bad it has taken
illness to realize this.”

“Don’t make the universe
shout so loud to get your
attention next time.”

Wisdom and Science



Mindfulness, Heartfulness

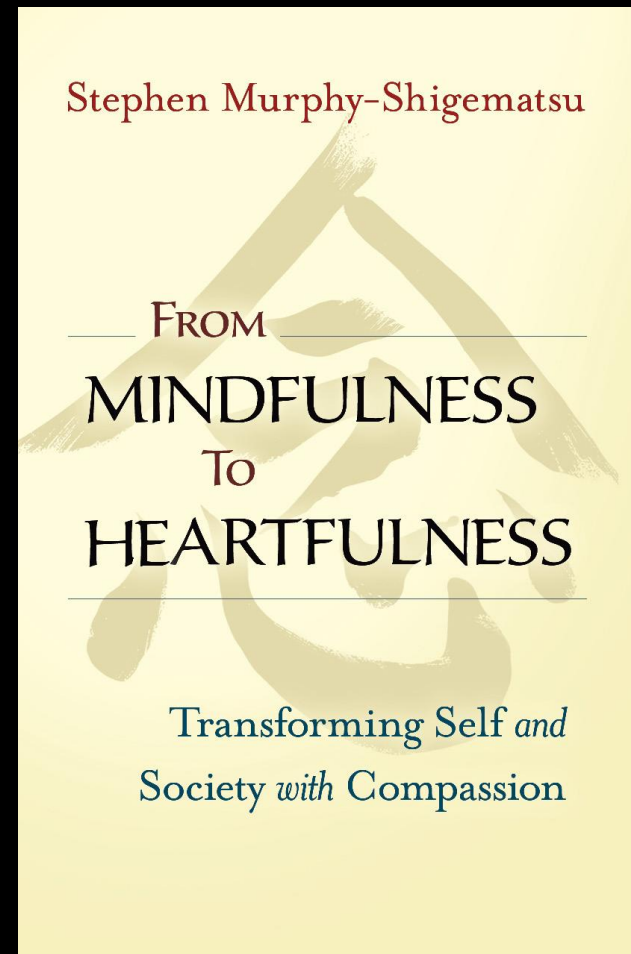
念

今 now

心 heart

Hearts and Minds

- Beginner's Mind
- Vulnerability
- Authenticity
- Connectedness
- Acceptance
- Listening
- Gratitude
- Service



Storytelling Teahouse



- Peace
- Respect
- Purity
- Tranquility
- Vulnerability
- Humility
- Equality
- Service

Humility & Vulnerability



初心 (Beginner's Mind)



*In the beginner's
mind there are
infinite
possibilities*

Suzuki Shunryu

Ichi-go, Ichi-e

Treating each moment as a treasure, that will never happen again, a once-in-a-lifetime opportunity.



Bushido



I come to this place of my ancestors and I remember.

Like these blossoms, we are all dying.

Life in every breath, every cup of tea; every life we take – The way of the warrior. That is Bushido.

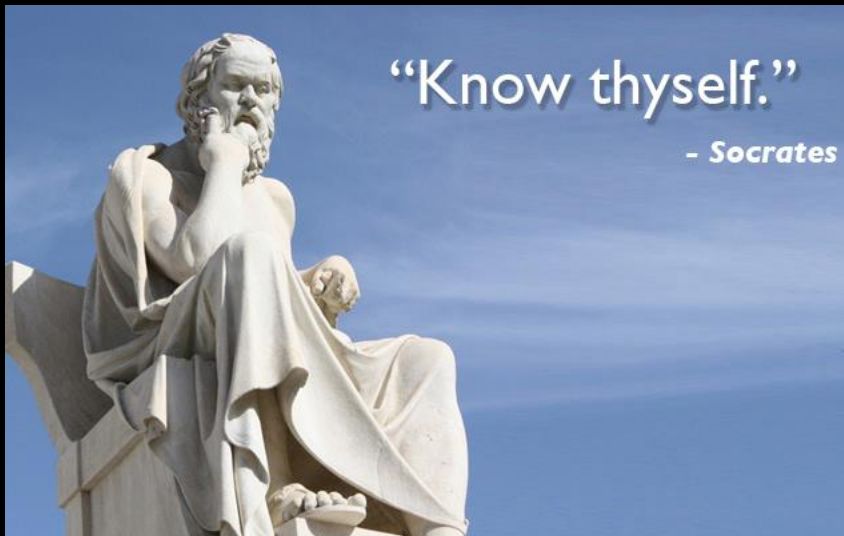


Sawubona



I see you
I am here

“Who are you?” Exercise



- You will have a partner
- You: “Who are you?”
Partner: “I am”
- Partner: “Who are you?”
- You: “I am”
- Repeat until time is up

W H E N

H A L F

I S

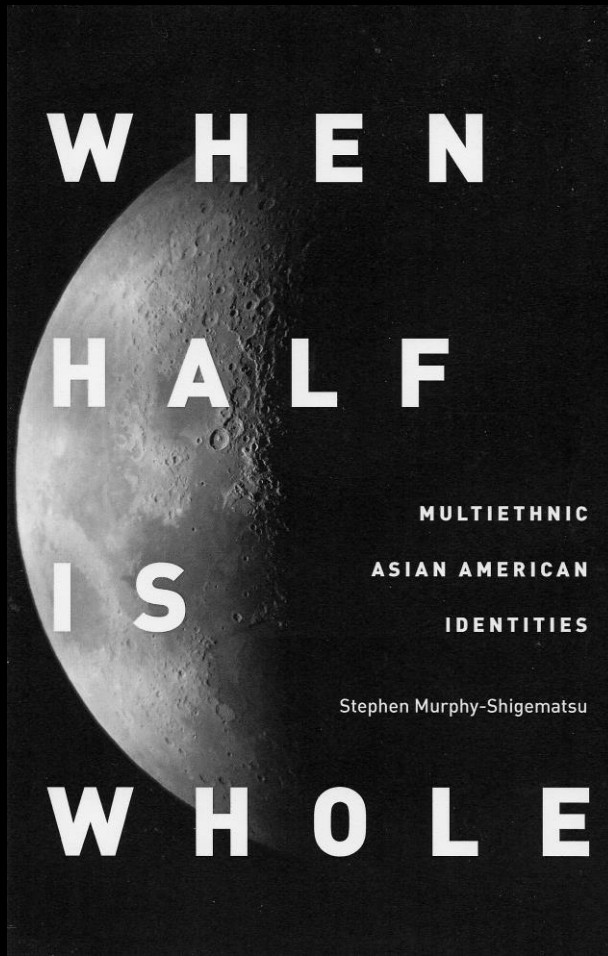
W H O L E

MULTIETHNIC

ASIAN AMERICAN

IDENTITIES

Stephen Murphy-Shigematsu





Kintsugi and Vulnerability



Why are we here?



There's times when you feel, "It's good to be alive—I'm glad I was born." Isn't that why we're here? Someday those times will come for you too, so keep trying.

trust



*“You have to **trust** in something – your gut, destiny, life, karma, whatever. Because believing that the dots will connect down the road will give you the confidence to **follow your heart** even when it leads you off the well-worn path and that will make all the difference.”*

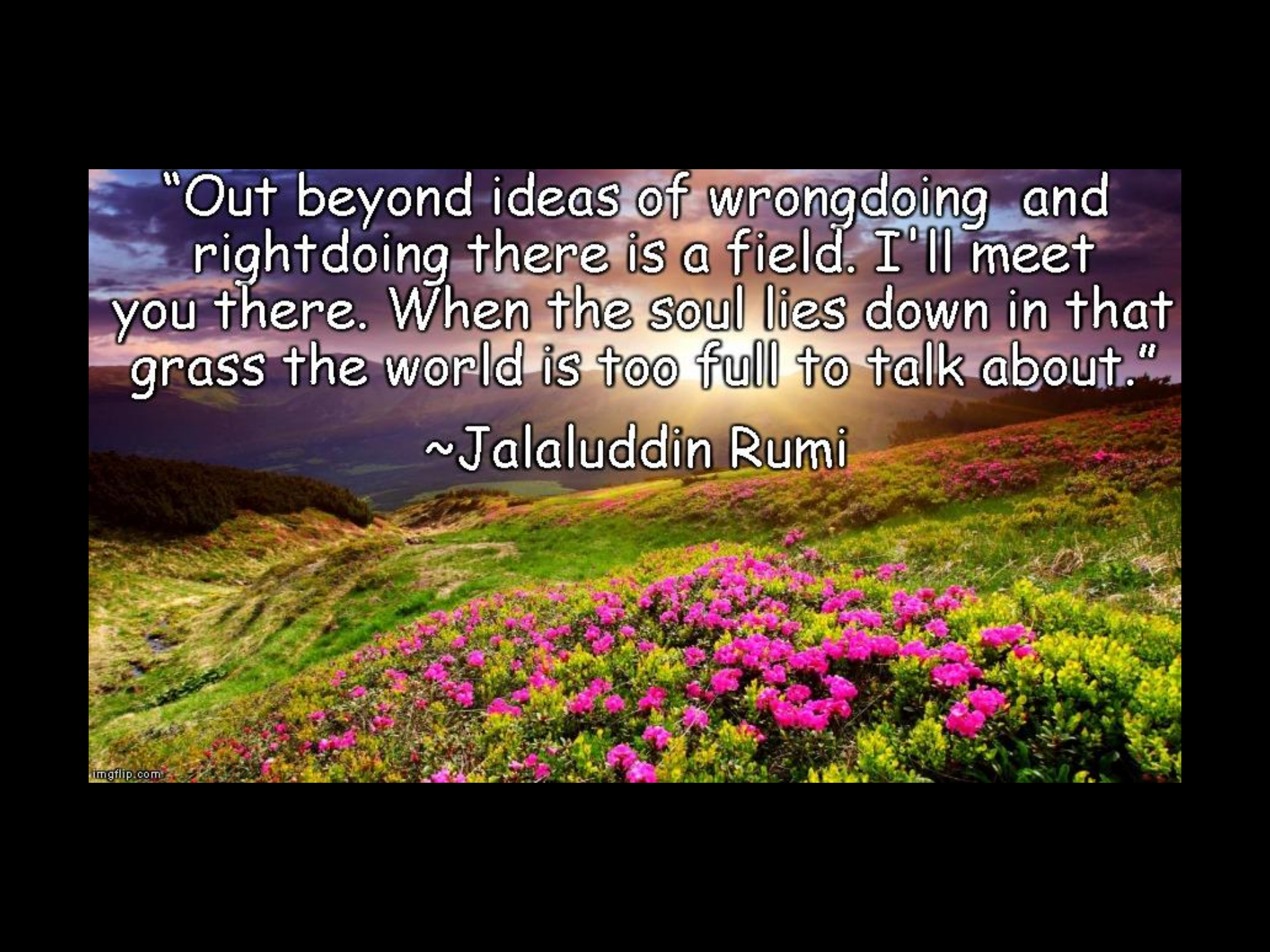
Joy and Sorrow



Say YES to life
Everything will be
alright

Let's end with Thanks





"Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there. When the soul lies down in that grass the world is too full to talk about."

~Jalaluddin Rumi

"TRUST IN ALLAH. BUT TIE YOUR CAMEL"
- MUHAMMAD S.A.W

