

LEGACY OF THE HEART
The spiritual advantages of a painful childhood
Wayne Muller

1. Pain and Forgiveness
2. Fear and Faith
3. Performances and Belonging
4. Scarcity and Abundance
5. Judgment and Mercy
6. Grandiosity and Humility
7. Drama and Simplicity
8. Business and Stillness
9. Disappointment and Nonattachment
10. Habit and Mindfulness
11. Isolation and Intimacy
12. Obligation and Loving Kindness

*We must learn to reawaken and keep ourselves awake,
Not by mechanical aids,
But by an infinite expectation of the dawn,
Which does not forsake us
Even in our soundest sleep....*

--Henry David Thoreau

The Ten Dimensions of Complexity
Adapted from Mihaly Csikszentmihalyi's book
Creativity: Flow and the Psychology of Discovery and Invention
HarperPerrenial, 1996

- ~ Creative individuals have a great deal of physical energy, but they are also quiet and at rest.
- ~ Creative individuals tend to be smart, yet also naïve at the same time.
- ~ Creative individuals exhibit both playfulness and discipline, or responsibility and irresponsibility.
- ~ Creative individuals alternate between imagination and fantasy at one end, and a rooted sense of reality at the other.
- ~ Creative individuals seem to harbor opposite tendencies on the continuum between extroversion and introversion.
- ~ Creative individuals are remarkably humble and proud at the same time.
- ~ Creative individuals to a certain extent escape rigid gender stereotyping.
- ~ Creative individuals are both traditional and conservative and at the same time rebellious and iconoclastic.
- ~ Most creative people are very passionate about their work, yet they can be extremely objective about it as well.
- ~ The openness and sensitivity of creative individuals often exposes them to suffering and pain, yet also a great deal of enjoyment.