

The power of hope, Tumanako



Despair?

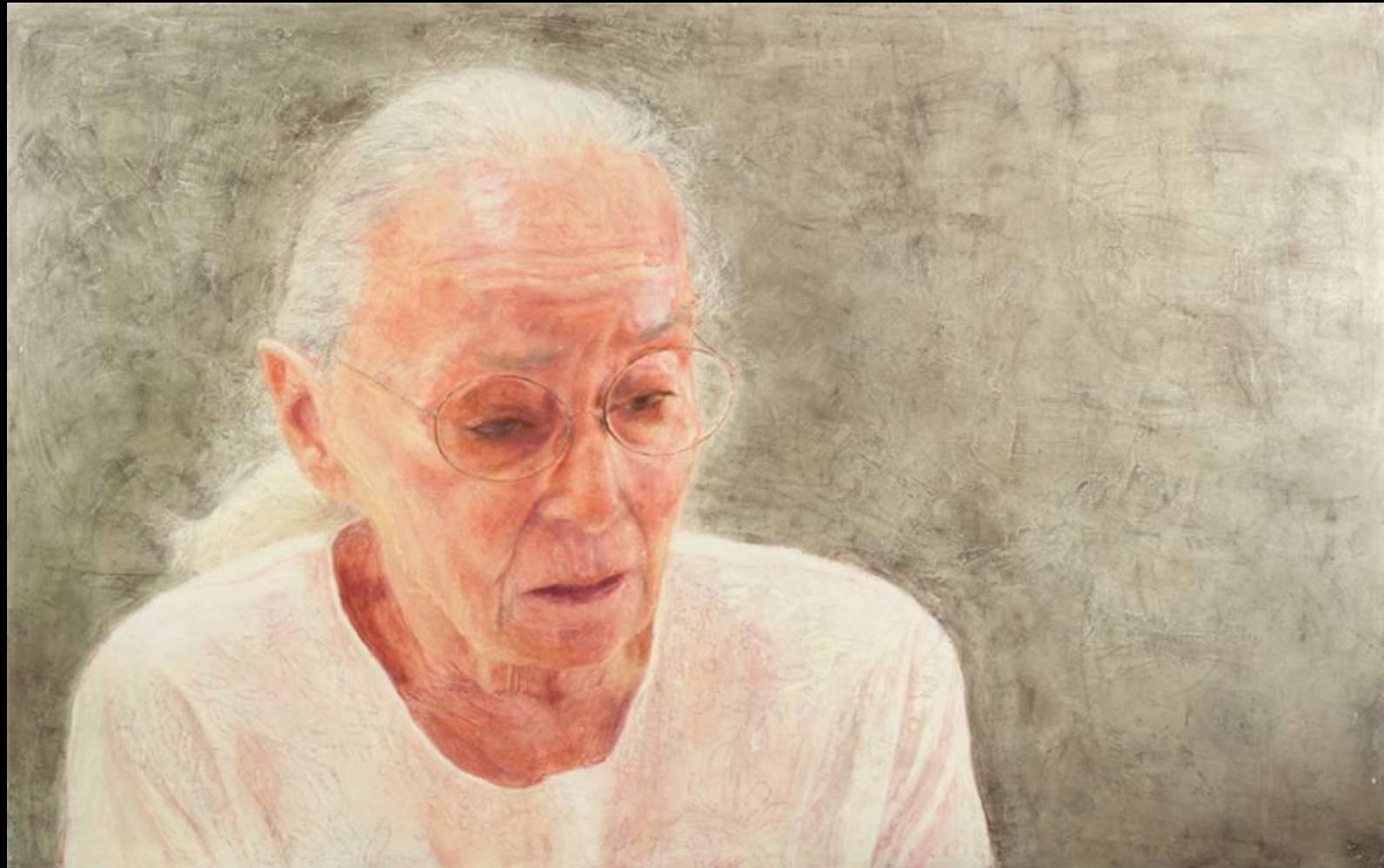
Hope?



Hope is a multi-dimensional dynamic life force characterised by a confident yet uncertain expectation of achieving a future good, which, to the hoping person, is realistically possible and personally significant.

{Dufault & Martoccio 1985}

hopelessness/despair/despondency



Jenny Sages: “after Jack” . Self-portrait



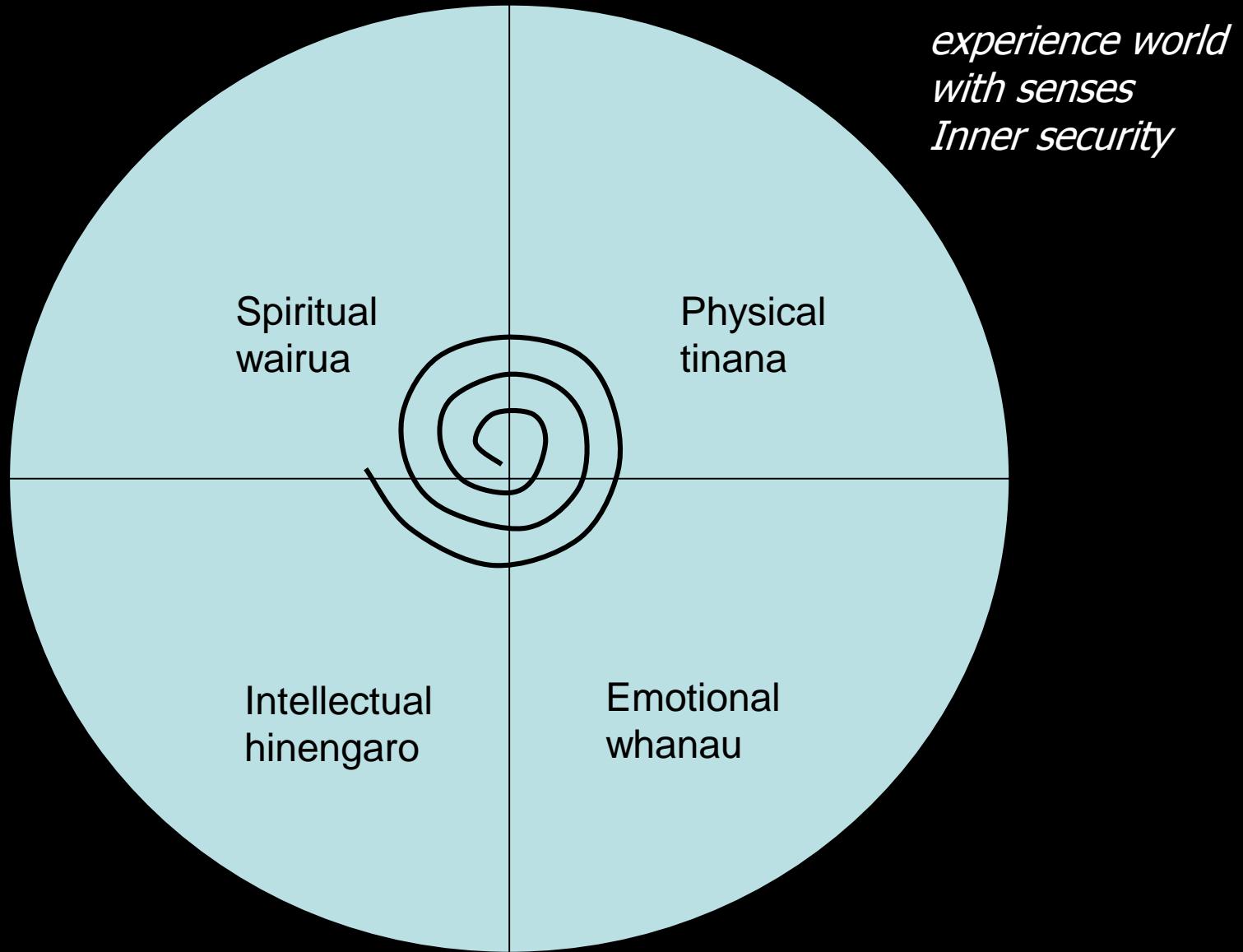
**Hope is the bridge connecting
experiences of the past with the present**

**Hope creates the
possibility to go into the future
and
take the next step**



**Hope is the thing with feathers
That perches in the soul
And sings the tune
without the words
And never stops at all**

Emily Dickinson



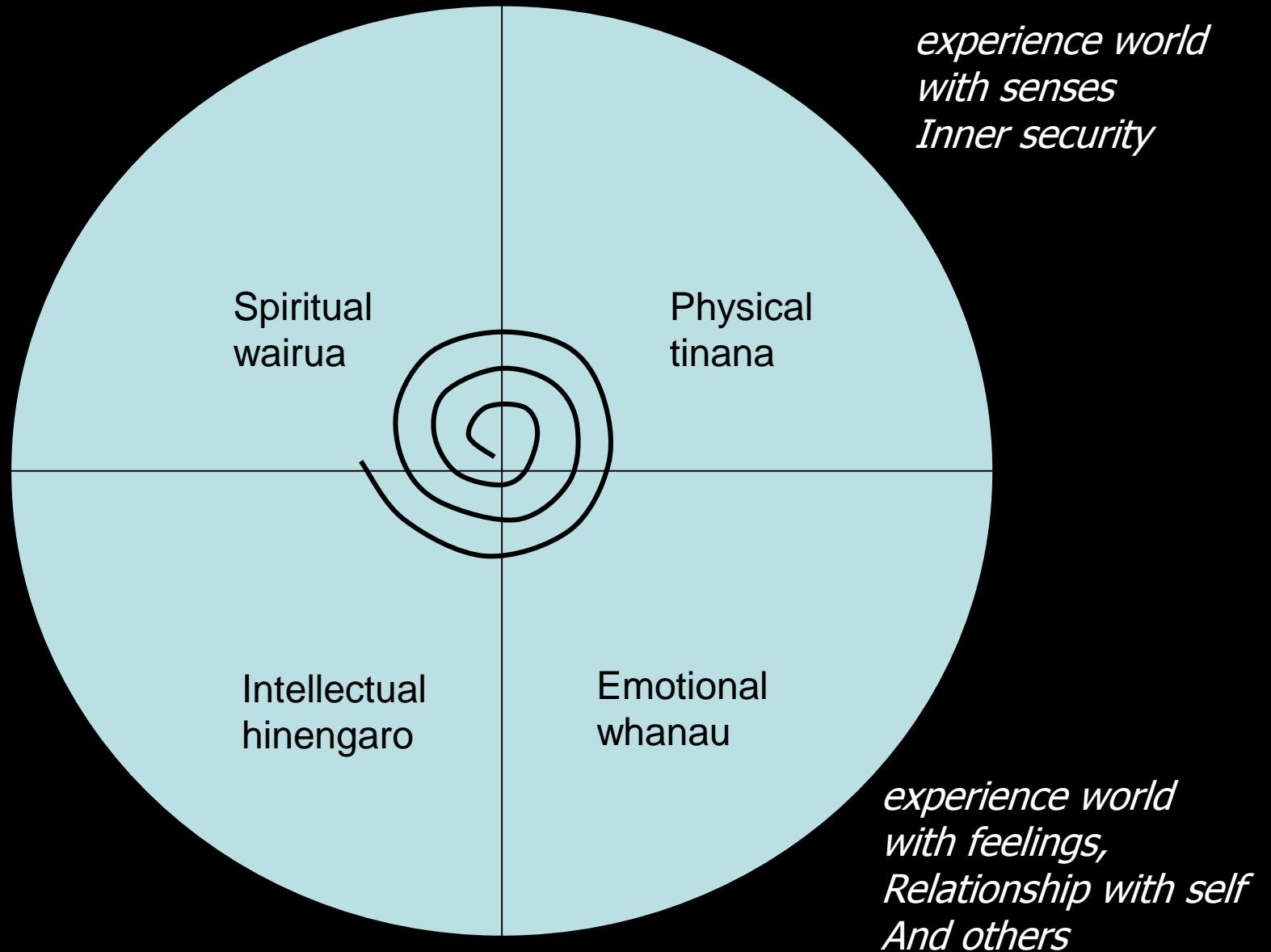


Patti Sapone – The Star-Ledger

Physical manifestations of hope

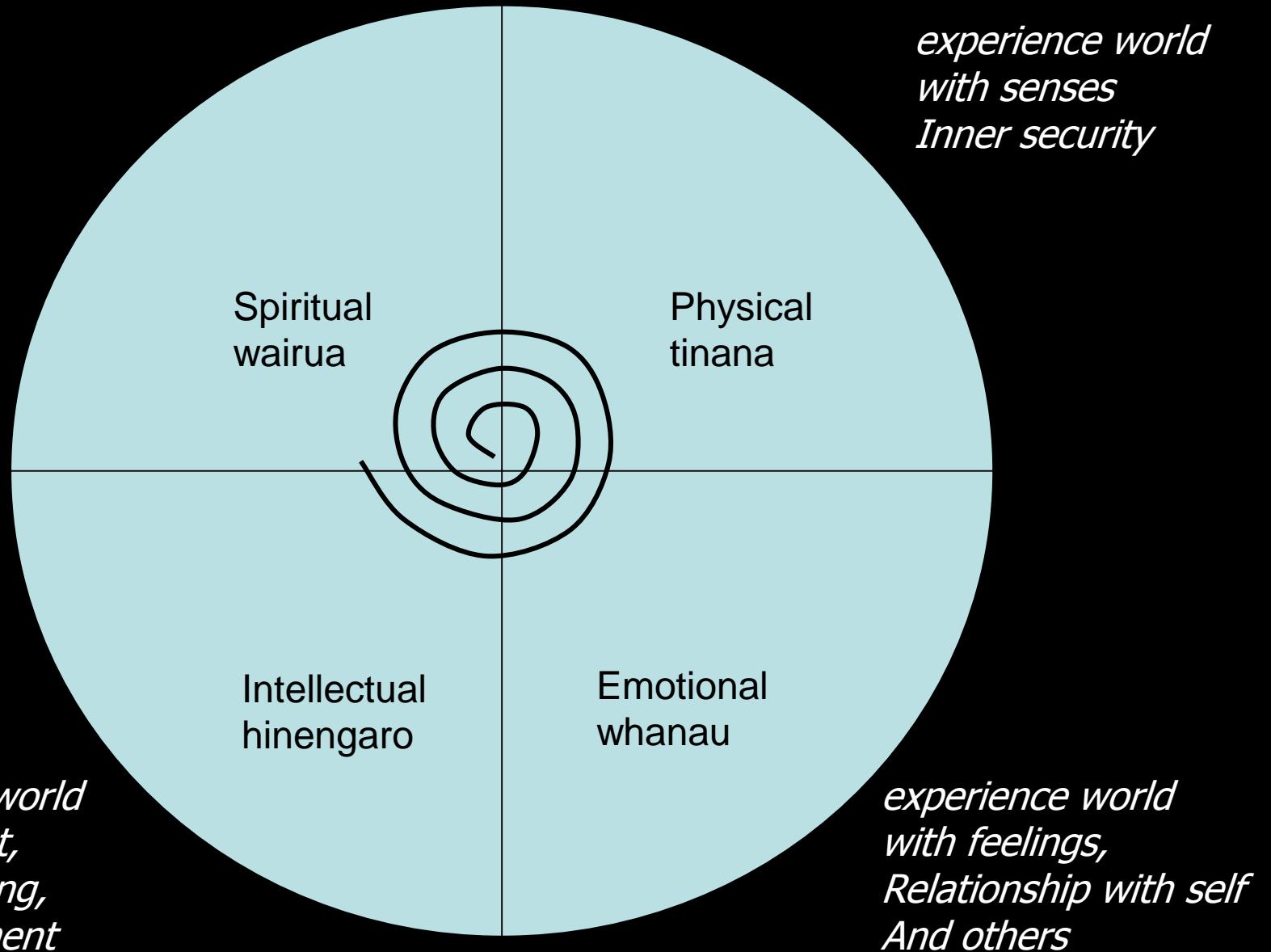
Professor Fabricio Bennedetti,
University of Turin, Italy











What is in our toolbox?



Artist: Andrew Junge, Pandora's Box



presence of meaningful relationships



Presence of meaningful relationships



Presence of meaningful relationships

light-heartedness / sense of humor



A photograph of a snowy mountain landscape. In the center, a climber in dark gear is scaling a steep, textured snow slope. To the left, a rocky outcrop is partially covered in snow. The sky is clear and blue.

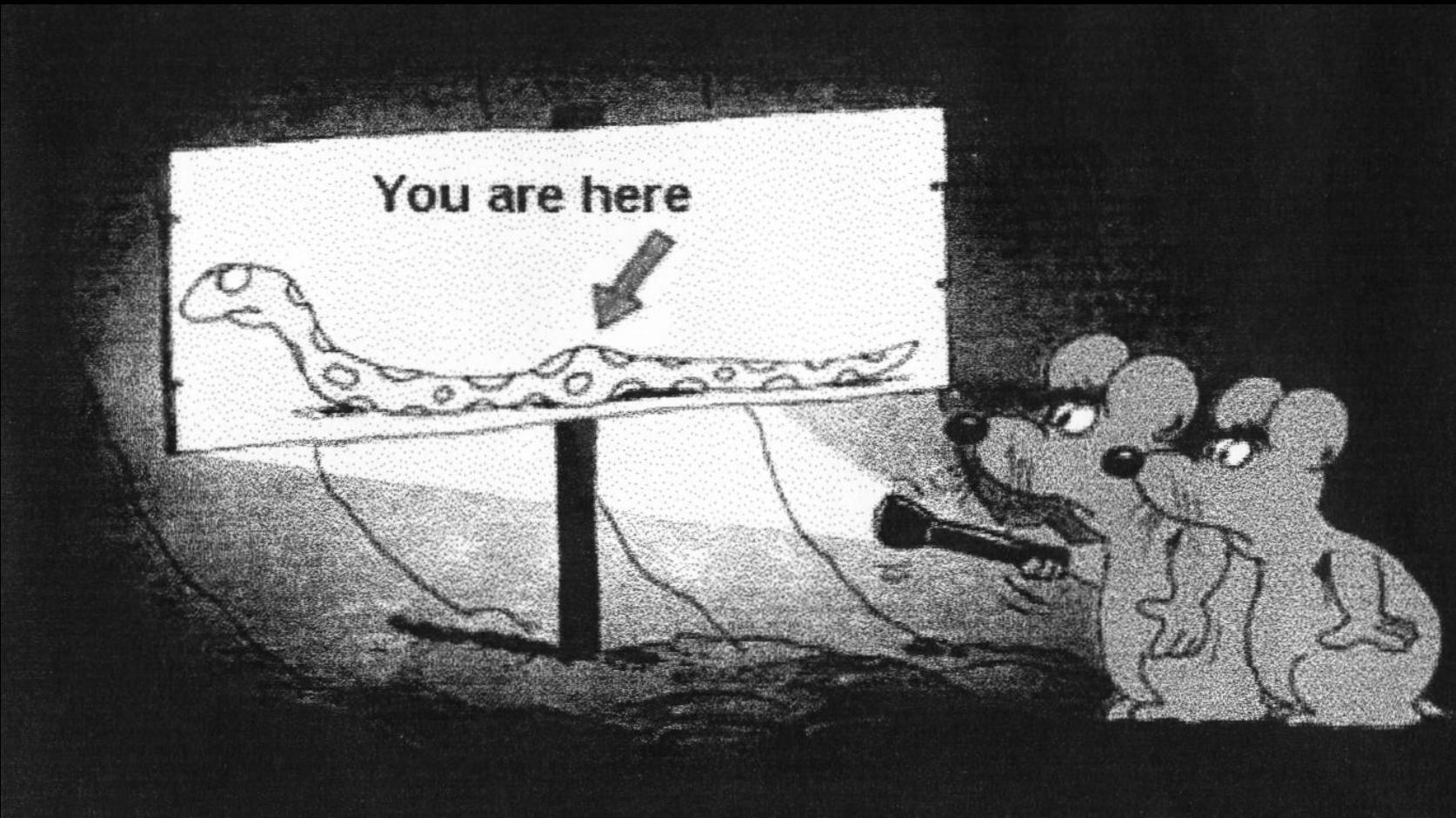
Clear aims/goals

Lalomanu Samoa Tafua Beach Resort
29th September 2009



Lalomanu Samoa Tafua Beach Resort
14th February 2010





Courage, determination and serenity

perseverance



A photograph of a dark room, likely a basement or storage area. In the center is a wooden cabinet with glass doors. On top of the cabinet sits a small, dark object, possibly a hat or a piece of clothing. To the right of the cabinet is a window with a white frame. The window looks out onto a vast, misty landscape of mountains and hills under a bright sky.

“he said she said”

Glenn Colquhoun,

“Playing God” 2002

Ability to recall positive memories



A photograph of two women standing outdoors. The woman on the left has short, dark purple hair and is wearing a white, ruffled blouse. She is looking towards the right. The woman on the right has long, straight red hair and is wearing a white button-down shirt. She is also looking towards the right. They are standing in front of a building with green trees in the background.

Having one's individuality
accepted and respected
No judgments

Finishing unfinished business



Forgiveness is giving up the belief that you have the right to hurt some one who has hurt you

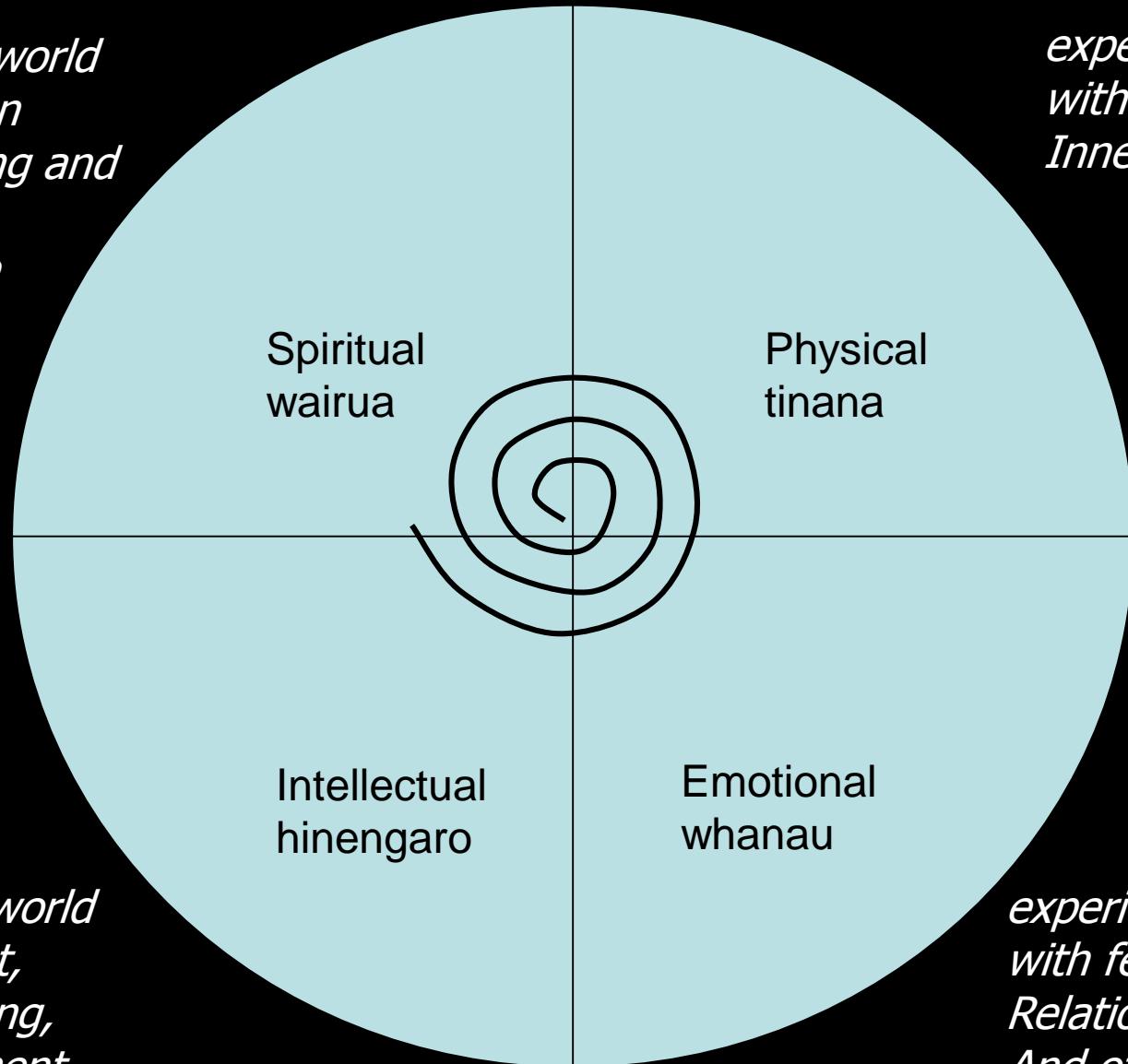
Forgiveness of self

part of the process of forgiveness is
letting go of all hope for a better past



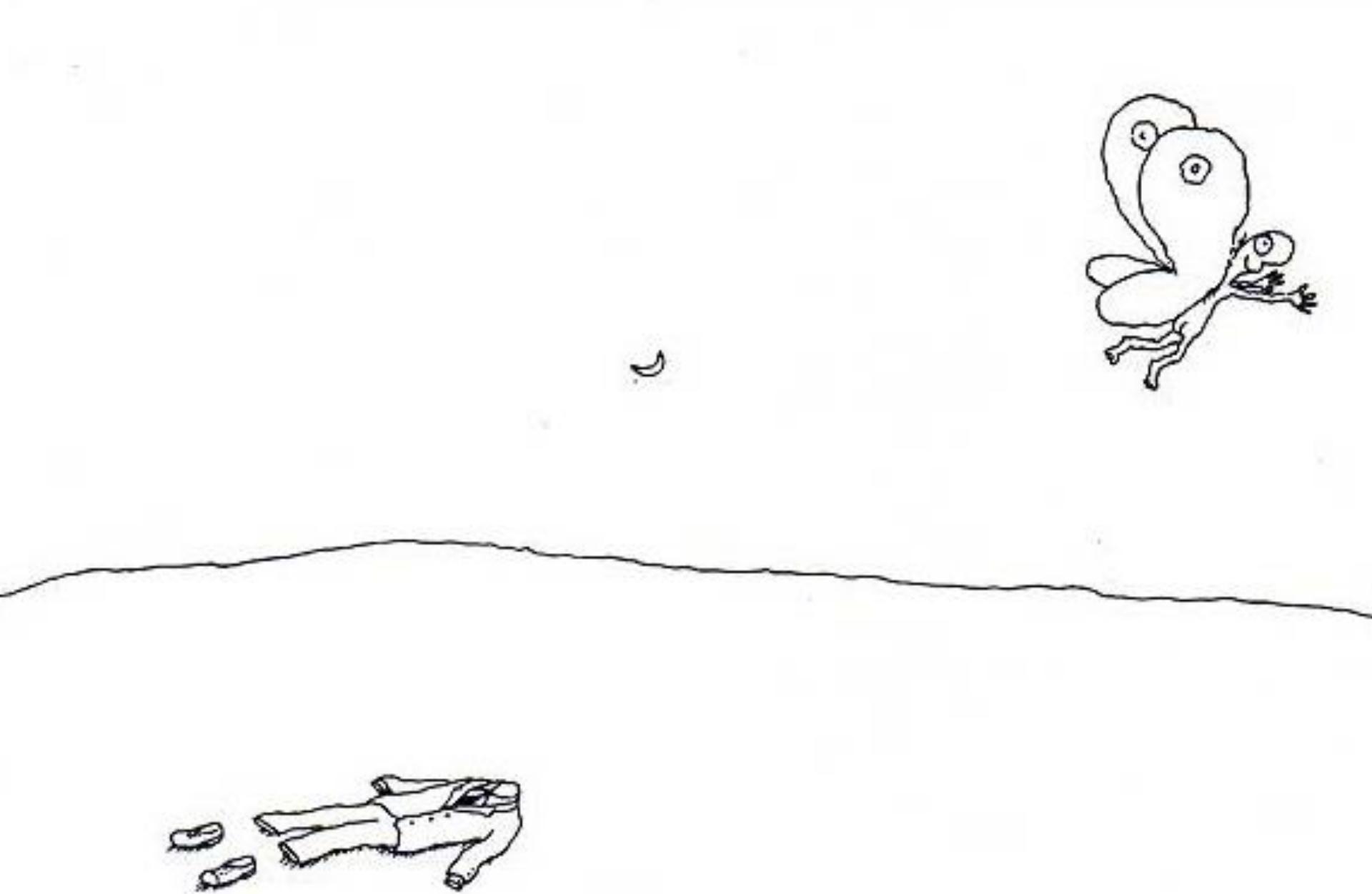
*experience world
with intuition
Find meaning and
purpose
Inner peace*

*experience world
with senses
Inner security*



*experience world
with intellect,
understanding,
Good judgment*

*experience world
with feelings,
Relationship with self
And others*



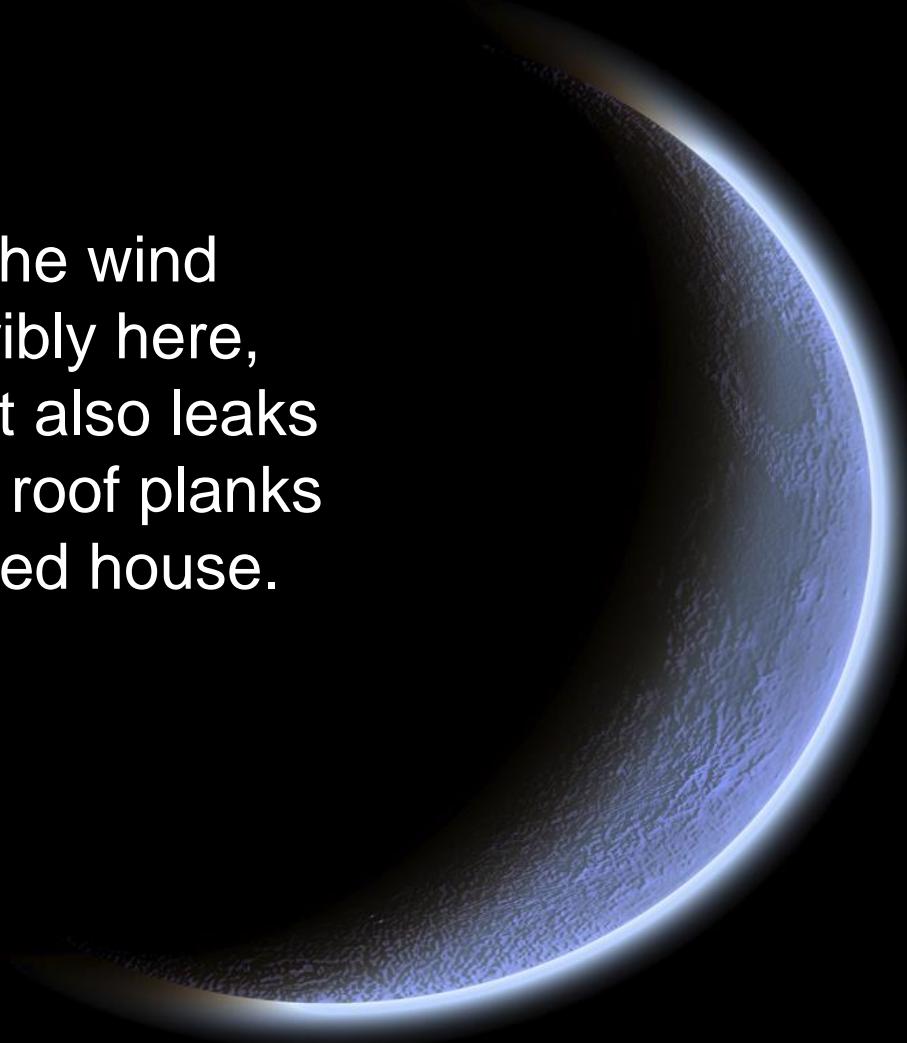
Spiritual beliefs

Lao Tzu



Life and death are one thread,
the same line viewed from different sides

Shikibu, Japan, 11th Century



Although the wind
blows terribly here,
the moonlight also leaks
between the roof planks
of this ruined house.

Tank Jo Wol
Noho ora mai na
Thank you



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Presence of meaningful relationships

Ability to feel light-hearted/humor

Clear aims/goals

Courage, determination and serenity

Ability to recall positive memories

Having one's individuality accepted and respected

Finishing unfinished business

Spiritual beliefs

Adapted from K.Herth 1995,2012