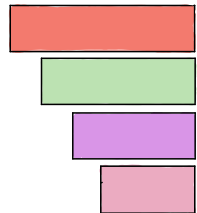




THE
ALL
TERRAIN
-Podcast-

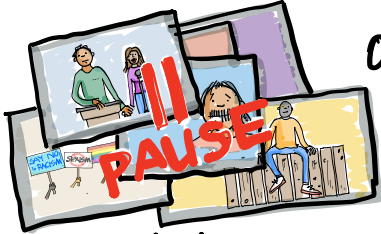
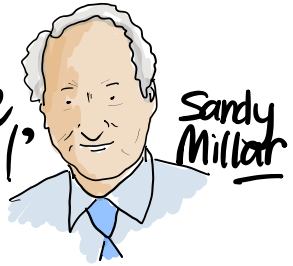


EP. 33 WILL VAN DER HART

HOW DO YOU FACE CHANGE?

IT'S THE QUESTION /
OF LIFE REALLY.

"Change
is here
today!"



OLD PHOTOS

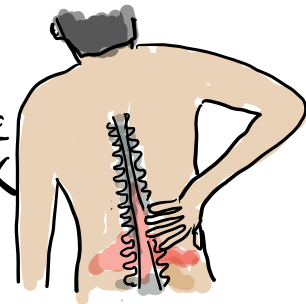
ADDRESSING CHANGE
is a CHALLENGE.

== BUT LEARNT 2 THINGS ==

① ARE TEMPORAL LIFE IS
NOT THE END.

WHEN YOU HAVE AN
ETERNAL PERSPECTIVE
CHANGE BECOMES MANAGEABLE

2016
BROKE
MY BACK



GOD IS IN THE DETAIL of CHANGE ②



IF YOU'RE ALWAYS
RESISTING CHANGE —
YOU'RE VERY RARELY
GOING TO GROW —

Most growth happens
but Hillsides of
Challenge Not valleys of comfort

CHANGE MANAGEMENT

WE HAVE A NATURAL DISPOSITION TO WISH DIFFERENT SORTS OF CHANGES

The DREAMERS



Dreamers IMAGINE BEING on the OTHER SIDE of the MOUNTAIN - DON'T WANT to ENGAGE with the PAIN of CHANGE!

Drivers WANT TO INVITE ALL of the SUFFERING & WANT TO GET THROUGH IT - IF YOU'RE CHANGING ONE THING: CHANGE LOT!

The DRIVERS



Drillers WANT TO ACTUALLY ENGAGE with WHAT'S GOING ON & DRILL DOWN INTO THAT.

Drifters HAVE THEIR BACK TO CHANGE THEY HOPE THEY ARE GOING TO WAKE UP & BE ON OTHER SIDE of IT!



The DRILLERS

The DRIFTERS

ALL THESE MENTALITIES HAVE

↑ UPSIDES

↓ DOWNSIDES



COLLEGIALITY - SO KEY

WE CAN CONNECT in CHANGE BECAUSE THERE'S NOT BETTER or WORSE WAY —

DIFFERENT SORTS
of CHANGES



DONT ALL HAVE
SAME COST!

POSITIVE

eg GETTING FIT

SOME COSTS
ASSOCIATED



RELUCTANT

CHANGE IS HAPPENING
YOU DON'T WANT IT BUT
HAVE TO ACCOMMODATE IT!

eg Family Breakdown/Divorce

CATASTROPHIC

SHOCK AS CHANGE
HAPPENS SUDDENLY -
NOT PREMEDITATED!

Terrorism/War/Death



Pietro

Natalia

Fleeing Ukraine

PSYCHOLOGICAL WORLD

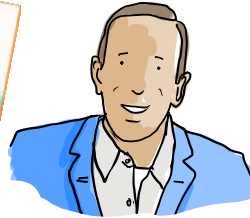
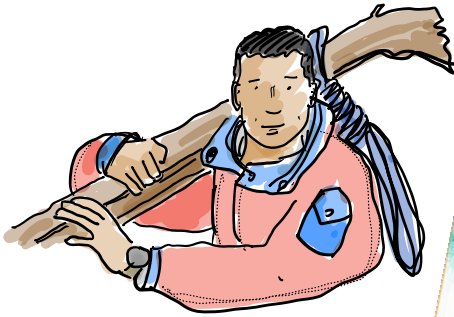
are

REPRESSION

SUPPRESSION

DENIAL

3 NEGATIVE WAYS
of DEALING with
EMOTIONAL HEALTH
/ WELLBEING.



BOTH YOU & BEAR HAVE



BROKEN YOUR
BACKS & I WAS
WONDERING IF

THIS BOOK IS HOW YOU
BOTH MANAGED THAT CHANGE!

Well... the incidents → back break were very different.

BEAR: PARACHUTE INCIDENT : DRAMATIC

ME : ROWING / OVER-EXERCISE : PROGRESSIVE

IF YOU DON'T ADAPT
YOU BECOME
BITTER

FELT THE LORD SAYING
Look what you've
gained!

WHAT'S
BEFORE ME

& AFTER ME

IS NOTHING COMPARED TO
WHAT'S INSIDE ME
R. EMERSON

So much of how you
react is
in your
head





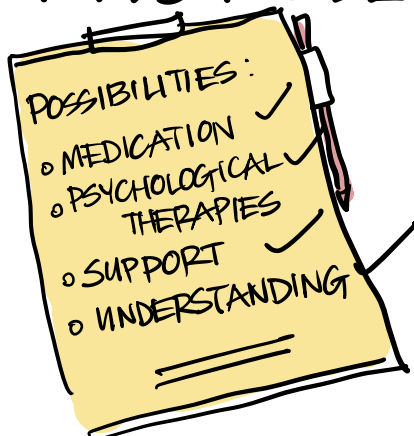
TO HELP
CHURCH
BE MORE
REALISTIC
ABOUT

MENTAL HEALTH

THE BOOK IS FOR THOSE
WHO WOULDN'T NORMALLY
PICK UP A SELF-HELP BOOK!



WE NEEDED SOMEONE
SAYING: YOU'RE IN AGONY!
YOU NEED THESE ...



UNDERSTANDING WE NEED TO
GO THROUGH ... THERE'S NO WAY ROUND !!

I ABSOLUTELY
DETEST



IF WE DON'T FEEL
PAIN OF WHAT WE'RE
EXPERIENCING, WE'RE
GOING TO LIVE IN
DENIAL &
WE'RE BUILDING UP
AN ACCOUNT AGAINST
OURSELVES

BEING CONSCIOUS ...

= TO THE PAIN

= OF THE CHANGE

= THE STRUGGLE

IS ALL PART OF THE

SHOULD WE MOVE THROUGH SUFFERING?

LYMBIC SYSTEM ONE OF ITS CORE TENANTS IS TO ENABLE US TO AVOID PAIN at ALL COSTS



SYMPATHETIC & PARASYMPATHETIC

FIGHT



or FLIGHT

REST



or



DIGEST

NEED TO BE CAREFUL ABOUT LANGUAGE OF GETTING THROUGH SUFFERING

SUFFERING is AN **UNCOMFORTABLE** CHANGE

BLESSINGS ARE A **COMFORTABLE** CHANGE

AVOIDANCE of SUFFERING NORMALLY MEANS the AVOIDANCE of NECESSARY CHANGES



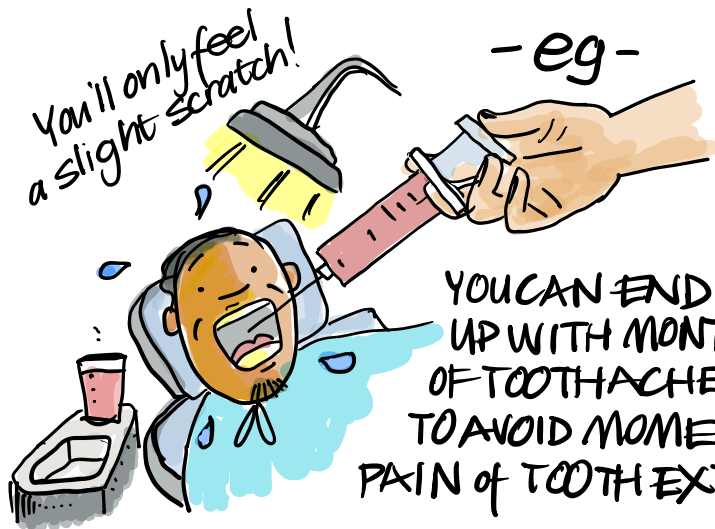
WOMEN ENDURING DOMESTIC ABUSE/ VIOLENCE

or PEOPLE WITH ADDICTIONS

= EXTREME SUFFERING =

AVOIDING THE SUFFERING FOR THE CHANGE LEADS TO MORE LONG HAUL SUFFERING!





I WANT TO ENCOURAGE PEOPLE TO THINK ABOUT PAINFUL AREAS OF LIFE SO THAT THEY CAN FIND GREATER HEALING & FREEDOM.

YOU CAN END UP WITH MONTHS OF TOOTHACHE/PAIN TO AVOID MOMENTARY PAIN OF TOOTH EXTRACTION

WHAT ARE TOOLS WE CAN PUT IN PLACE?



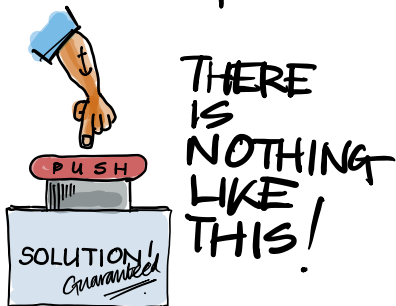
LOSS of HOPE
GREATEST RISK IN LONG TERM SUFFERING

① PROFESSIONAL SUPPORT

② MAKE SOMEONE SAFE
BUT LOT OF PEOPLE KEEP THIS QUIET & HIDDEN FOR YEARS BECAUSE THEY KNOW CHANGE WILL BE NEEDED!



③ MOST GENEROUS THING YOU CAN DO IS TO LISTEN
(Deeper Listening)



IF CIRCUMSTANCES CAN'T CHANGE, THEN I NEED TO CHANGE MY RELATIONSHIP TO MY CIRCUMSTANCES

SOME PEOPLE HAVE CATASTROPHIC EXPERIENCES — ACCOMMODATE **HABITUATION**

DON'T DO THIS IF ABUSIVE



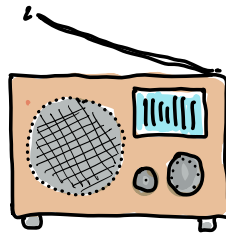
HOW DO YOU RECEIVE JOY?

I THINK THIS QUESTION IS **ABSOLUTELY FUNDAMENTAL** TO LIVING LIFE IN 21st Century

NOT AN EXPRESSION OF ACTION BUT DISPOSITION



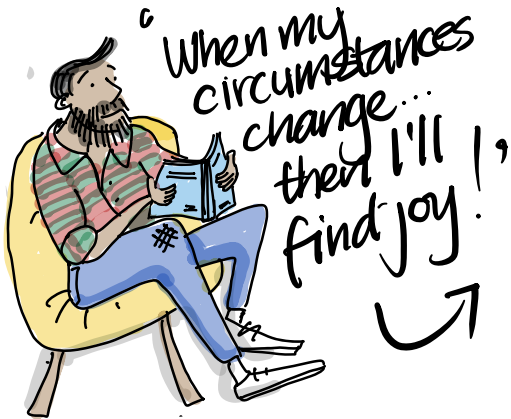
THE LORD IS TRANSMITTING JOY ALL THE TIME



WE NEED TO DECIDE WHETHER WE TUNE IN



THE WORLD IS TRANSMITTING JOY



BUT JOY IS NOT A CIRCUMSTANTIAL CHOICE... IT'S DISPOSITIONAL.

Learned the secret of being content



Philippians 4:12

WORKING IN AIDS ORPHANAGE **UGANDA**



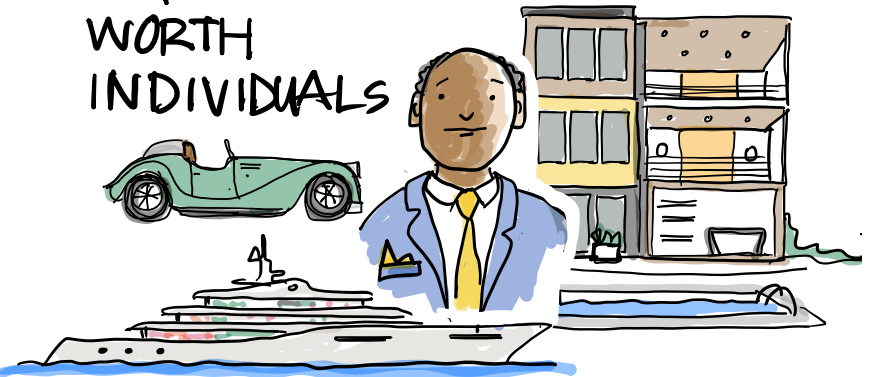
but it was full of **JOY!!!** LIVING LIFE to MAX.

WE HAD PREMEDITATED IDEAS re ENVIRONMENT



What is it that makes me happy?

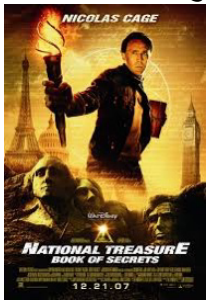
HIGH NET WORTH INDIVIDUALS



OXYMORON
HAPPINESS in SUCCESS??

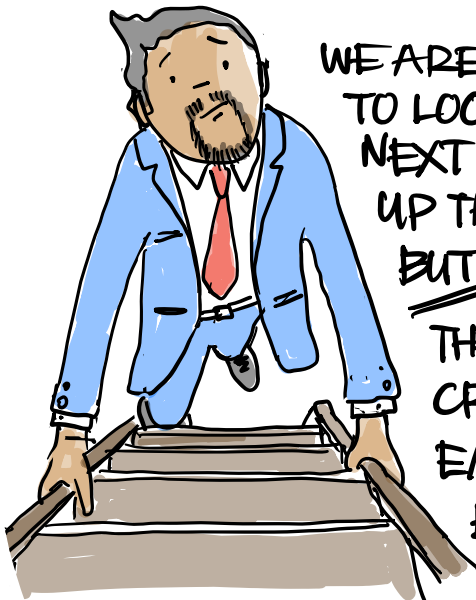
COACHING THESE PEOPLE to find HAPPINESS in SUCCESS!

Nicholas Cage



I wish everyone had known same level of success + finance as me they would realise... not the answer

SO OFTEN THE MORE SUCCESSFUL YOU BECOME THE MORE RESPONSIBILITIES YOU CARRY → MORE STRESS → LESS LIKELY TO ENGAGE WITH YOUR OWN JOY!!



WE ARE TAUGHT TO LOOK AT THE NEXT PERSON UP THE LADDER

BUT

THEY'RE CRYING & EMBARRASSED BECAUSE

WHAT

THEY'VE PURSUED TURNS OUT NOT TO BE TRUE

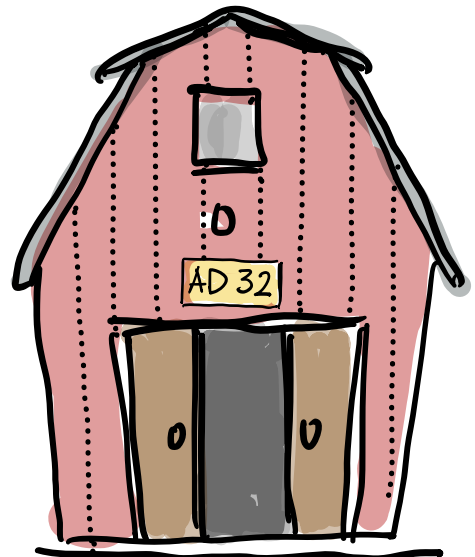
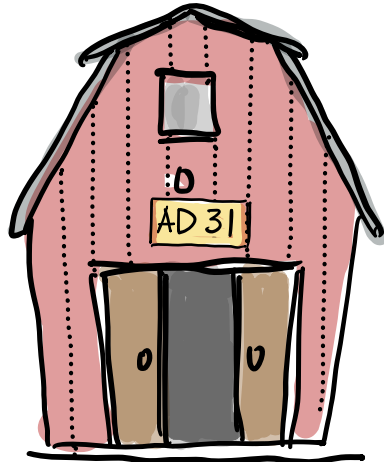
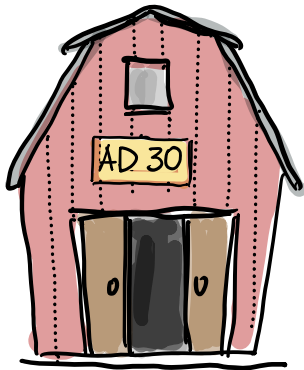
GRATITUDE
JOY
GENEROSITY



Give it all away!!

[I CAN'T CLEAR IT!]

LUKE 12



THE FARMER SHOULD HAVE BEEN GENEROUS BECAUSE HE'D RECEIVED A GREAT BENEFIT. HE HOLDS IT ALL & EXPERIENCES NO JOY

THE MOST JOYFUL PEOPLE ARE THE MOST GENEROUS



KINGDOM OF GOD PRINCIPLE
BE GENEROUS BEYOND YOUR MEANS = JOY!

DANGER OF READING CHRISTIANITY THROUGH A WESTERN CAPITALIST VIEW!

BUILDING BIGGER BARN IS NOT A UNIVERSAL PHENOMENON

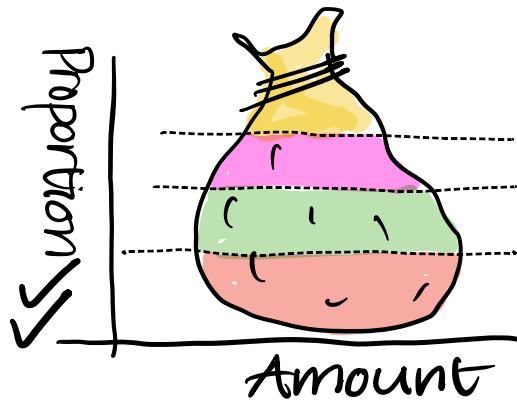


JESUS TEACHING WAS COMPLETELY DIFFERENT

PAUL WAS ENCOURAGING SHARING



GENEROSITY IS
NOT ABOUT
NUMERICAL
wealth but



PROPORTIONAL



JESUS TALKS
ABOUT THE
WIDOW WHO
GAVE MORE THAN

IT WAS
PROPORTIONALITY

THOSE GIVING 100 GOLD COINS

GENEROSITY IS ABOUT
TIME WITH YOUR FRIENDS

NOTE YOU WROTE TO YOUR MUM

ENCOURAGEMENT YOU
GAVE TO CLEANER,
BUS CONDUCTOR

BE ATTENTIVE TO JOY IN
A WORLD OF DISTRACTIONS



HOW DO YOU MATURE IN SERVICE?

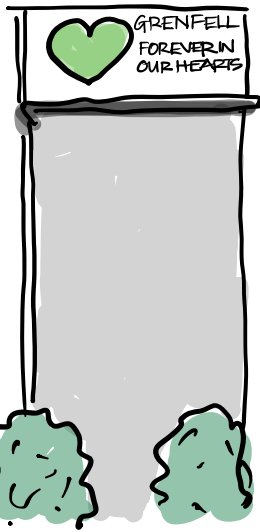
BUT

IT'S THE GREAT JOY OF SERVING ONE ANOTHER COMMUNITY

PERSIST

A CALL TO A LIFE OF SERVICE CAN SOUND LIKE -

- ✓ DRABNESS
- ✓ DROWSINESS
- ✓ BOREDOM
- ✓ OVEREXTENSION



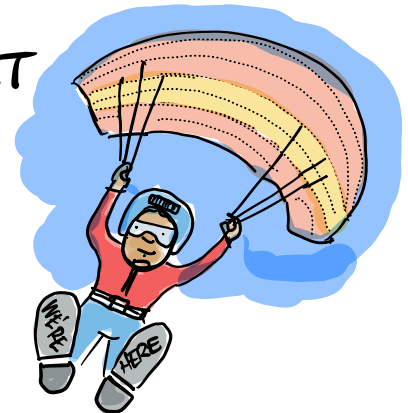
HEALING MINDS TEAM CONSULTATION —

WE HAD INTENDED TO OPEN NEW PSYCHOLOGICAL TRIAGE CENTRES BUT LOCAL PEOPLE WERE SUSPICIOUS

HEALING WAS GOING TO COME FROM WITHIN THE COMMUNITY!



IT'S THE DANGEROUS IDEA ABOUT SERVICE - THAT YOU CAN PARACHUTE IN & DO SOMETHING TO PEOPLE .. !! COLONIALIST FIXER !!



SERVICE IS SOMETHING
YOU DO **WITH**
PEOPLE _____

BEING
-v-
DOING



LOVE THAT EMMAUS
ROAD EXPERIENCE.
TALKS & DEBATES

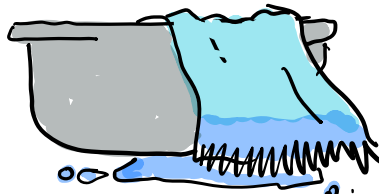
GENTLE
SERVANT HEARTED

ASKING THE RIGHT
QUESTIONS IS ABSOLUTELY
KEY TO MATURING
IN SERVICE _____



SERVING URGENTLY
IS NOT ALWAYS REALLY
SERVING.

A LOT OF SERVING IS
NON-SENSICAL - LIKE
JESUS WASHING THE
DISCIPLES FEET.



PREFERRING
HONOURING
RESTORING

DON'T BE **IMPATIENT** IN SERVICE

PRESENCE IS WHAT YOU OFFER