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## ***Adaptive Action Comes Home: Integrating Emotional Knowing***

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## Today we'll explore . . .

- » What?
  - » Difference generates tension
  - » Tension generates energy
  - » Energy generates change
- » So what?
  - » Patterns of tension in self
  - » Options for action
- » Now what?
  - » Your next wise action
  - » Learning more





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# A Blessing

## James Wright

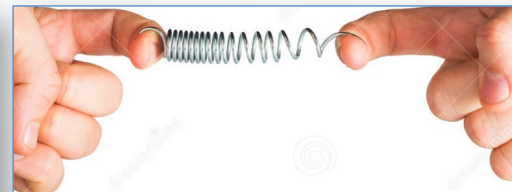
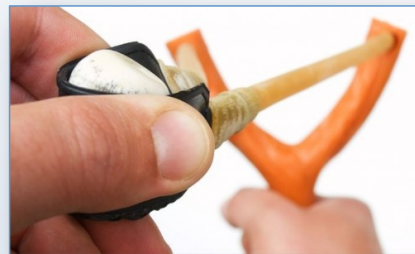
Just off the highway to Rochester, Minnesota,  
Twilight bounds softly forth on the grass.  
And the eyes of those two Indian ponies  
Darken with kindness.  
They have come gladly out of the willows  
To welcome my friend and me.  
We step over the barbed wire into the pasture  
Where they have been grazing all day, alone.  
They ripple tensely, they can hardly contain their happiness  
That we have come.  
They bow shyly as wet swans. They love each other.  
There is no loneliness like theirs.

At home once more,  
They begin munching the young tufts of spring  
in the darkness.  
I would like to hold the slenderer one in my arms,  
For she has walked over to me  
And nuzzled my left hand.  
She is black and white,  
Her mane falls wild on her forehead,  
And the light breeze moves me to caress her long ear  
That is delicate as the skin over a girl's wrist.  
Suddenly I realize  
That if I stepped out of my body I would break  
Into blossom.

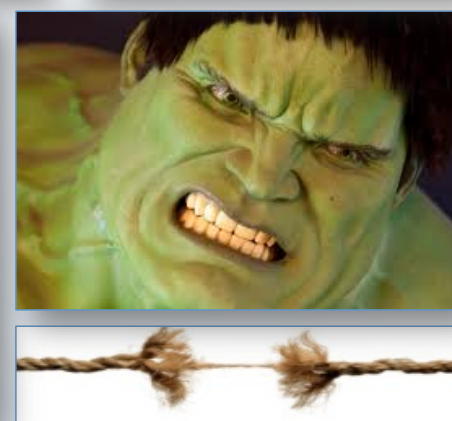
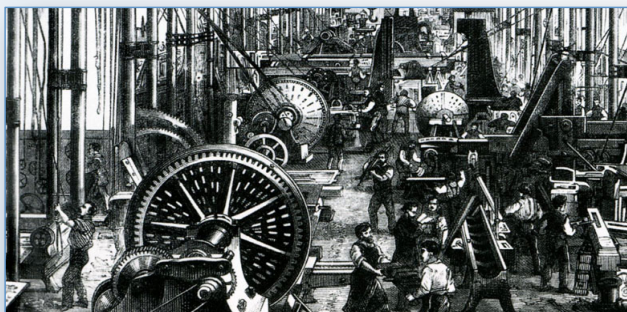
# Difference Generates Tension



# Tension Generates Energy



# Energy Generates Change



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# Difference >> Tension >> Energy >> Change



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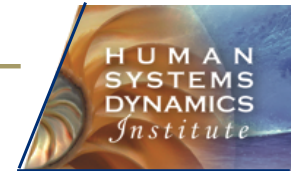
**Difference>>Tension >>Energy>>Change**





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**Difference>>Tension >>Energy>>Change**



# Difference >> Tension >> Energy >> Change



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**Difference>>Tension >>Energy>>Change**



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# Options for Action



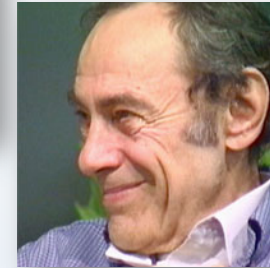
# Options for Action

» Meditate



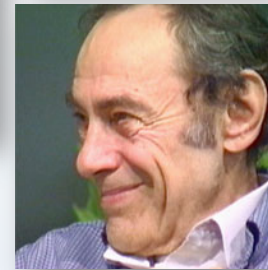
## Options for Action

- » Meditate
- » Focusing



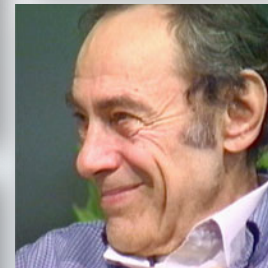
## Options for Action

- » Meditate
- » Focusing
- » Exercise



## Options for Action

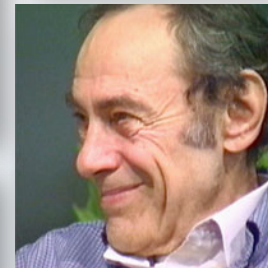
- » Meditate
- » Focusing
- » Exercise
- » Cry





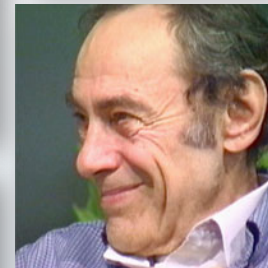
## Options for Action

- » Meditate
- » Focusing
- » Exercise
- » Cry
- » Talk about it



## Options for Action

- » Meditate
- » Focusing
- » Exercise
- » Cry
- » Talk about it
- » Act on it



## Options for Action

- » Meditate
- » Focusing
- » Exercise
- » Cry
- » Talk about it
- » Act on it
- » Enjoy it





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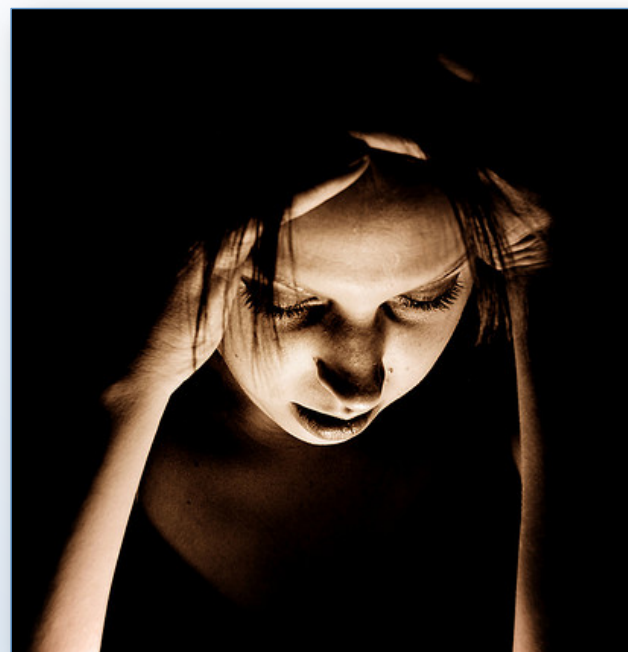
## Now what for you?

- » What tension is present for you?
- » So what is fit for function in that tension? What is not?
- » Now what is your next wise action to leverage the tension for greater happiness and health?



## Today we explored . . .

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## Now What? Explore More

### » Books

- » *Adaptive Action: Leveraging Uncertainty in Your Organization*  
(Eoyang & Holladay)
- » *Focusing*  
(Gendlin)
- » *Finding the Space to Lead*  
(Maturano)

### » Web

- » [www.adaptiveaction.org](http://www.adaptiveaction.org)
- » [Wiki.hsdinstitute.org](http://Wiki.hsdinstitute.org)
- » [www.hsdinstitute.org](http://www.hsdinstitute.org)
- » Twitter: #hsd #adaptact @GlendaEoyang

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## Now What?

# Become An HSD Professional

- » Patterns and Possibilities:
  - » Jan 2016 in Helsinki, FI
  - » Feb 2016 in Las Vegas, NV
- » Four months exploring an online learning ecology:
  - » Lively learning community
  - » Guided practice
  - » Large group learning and dialogues
  - » Learning packets on relevant topics
  - » Praxis Partner for support
- » Register:



<http://www.hsdinstitute.org/learn-more/overview.html>





## Join Us!

Nov 5, 7pm CDT	<i>Teacher Stories for Change: What Makes a Powerful Story?</i>
Dec 3, 11am CST	<i>Aging: The Complex Patterns of Personal Change</i>
Dec 17, 11am CST	<i>HSDI Quarterly Meeting</i>

- » Register for the next Live Virtual Workshop:  
<http://www.adaptiveaction.org/Landing-Pages/Webinar-Registration>
- » Register for the Educator series: [http://bit.ly/teacher\\_stories](http://bit.ly/teacher_stories)