

THE EVOLUTION OF STRESS



1979 - Originally presented by
Patricia-Anne (Hillman) Gill

2008 - Condensed for video to accompany the book,

*Awakening the Energies of Love:
Fire for the Second Time*

by

Anne Hillman

Bramble Books
Putney, VT

The Evolution of Stress was presented in 1979 at the Organization Development National Meeting in Snowmass, CO. It portrays the progression of the human story, and its gradual movement out of a deep communion with life and into the modern world. Based on images that were emerging in my awareness at the time, it weaves our individual evolution into that of the human race, and shows how culture and its stories shape the mind of a little child.

The presentation is offered in silence, and remains unchanged except for updated title pages and some condensation. In Part I, titled *The Evolution of Stress*, several photographers and artists shine a light on the gradual distancing of people from one another, the loneliness and increasing poverty of human relationships, especially in the last 150 years. It also mirrored the fragmentation of our culture at the time—and the growing fragmentation of my own soul.

Part II, *The Way*, begins with a caption, "The Turning Point," and signals a change. Its images reflect a growing awareness and reflect some means of learning to *see* and to live in a new way. At the time, I had no words to express what was inwardly gestating: I'd barely begun the second half of the journey, and much of it was intuited. It took thirty years for the words to come and be given form in the book, *Awakening the Energies of Love*.

If you'd like to come with me, I invite you to let go of the day's tasks, the constant effort to understand, and settle back in a comfortable chair. Then, instead of trying to 'figure out' the meaning of the images, just watch them as they pass. If you do, you're more likely to have an immediate, visceral experience of the ever-increasing time pressure, tension, and alienation that humanity has experienced since our simple beginnings . . . and then a turning . . . followed by an emerging sense of peace.

PART I

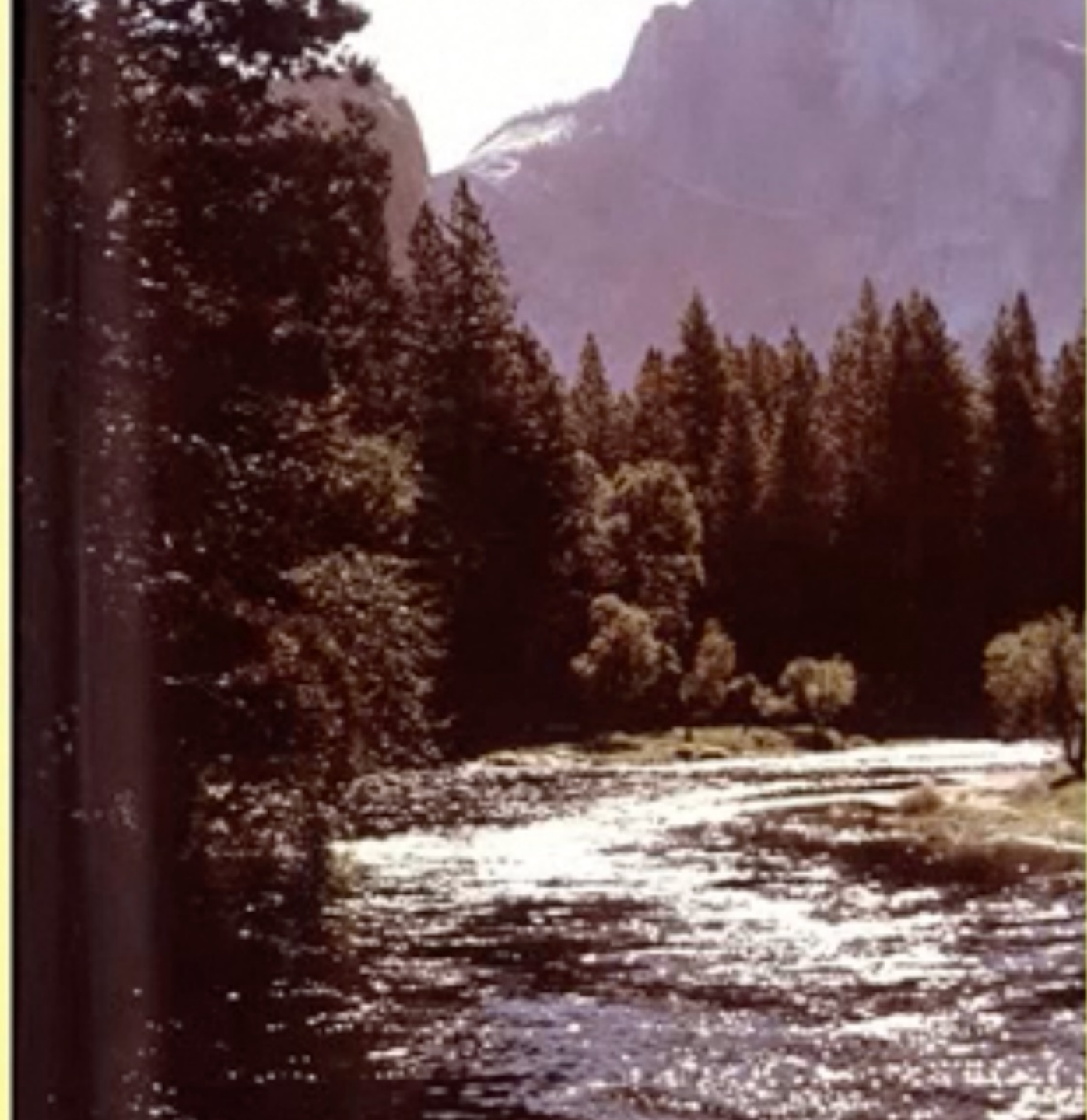
THE EVOLUTION OF STRESS

Beginnings

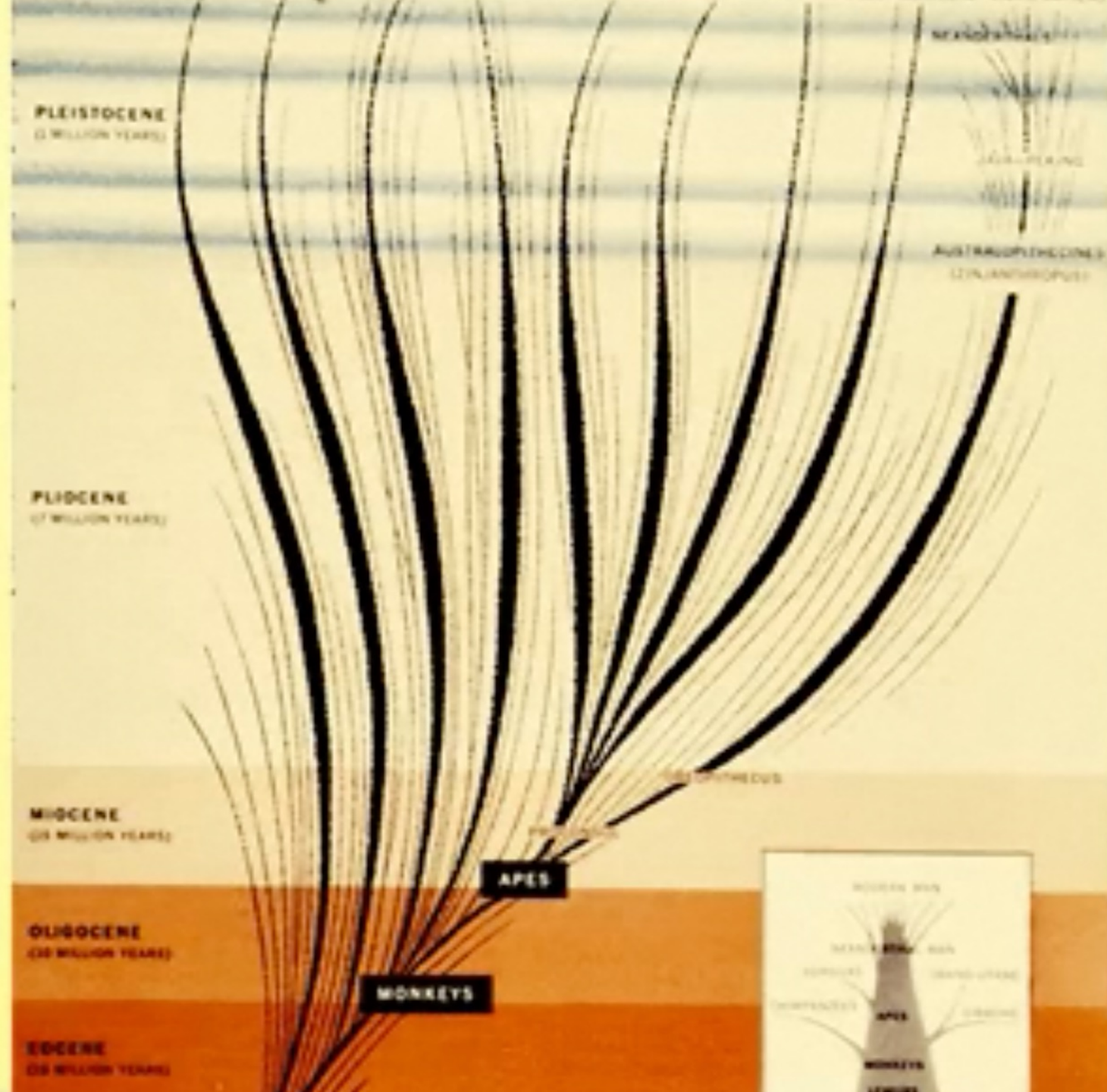
Creation

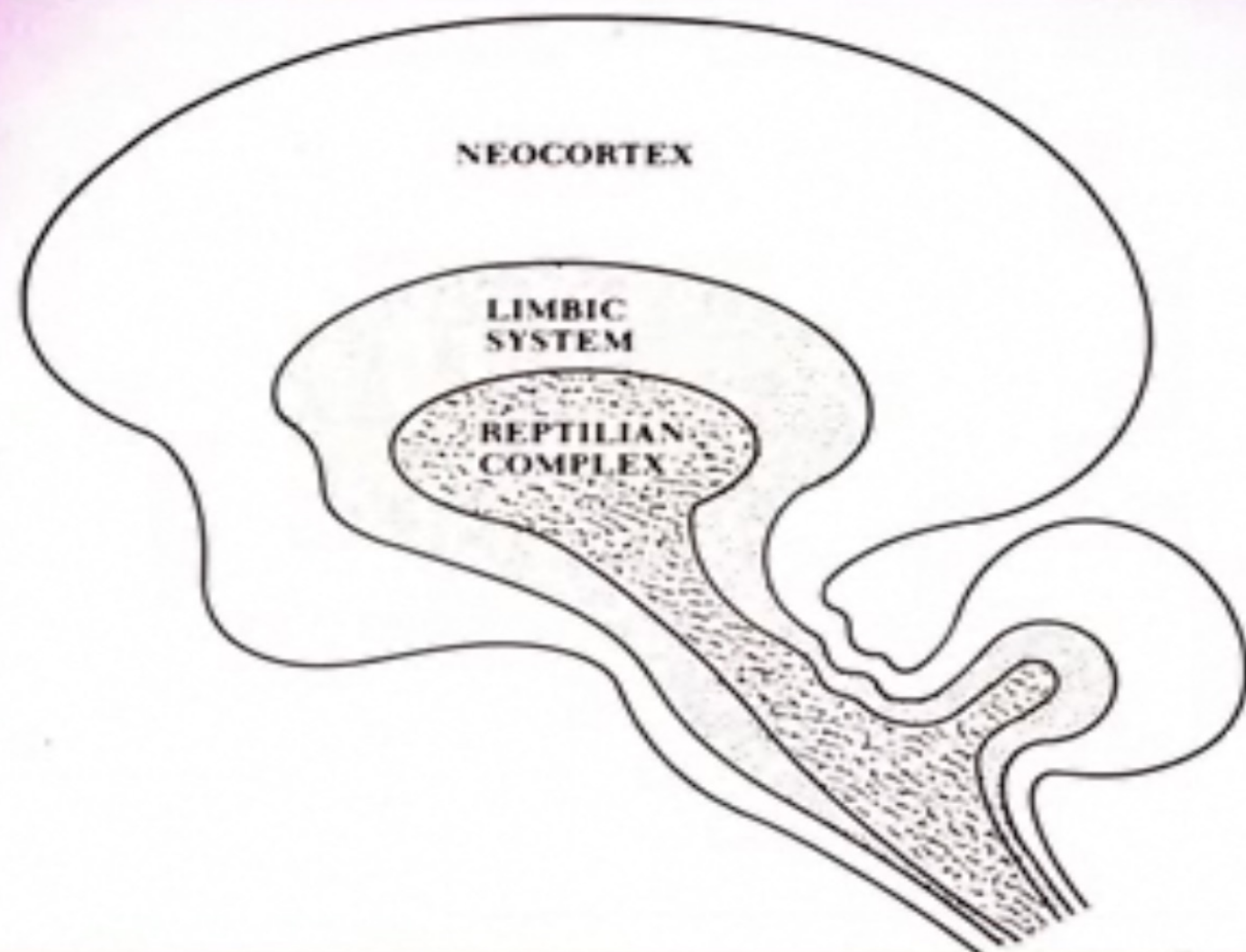
- ▶ From the Latin, **Create**,
- ▶ To bring into *being*











*The evolution of the mind:
The triune brain:*

The reptilian complex:

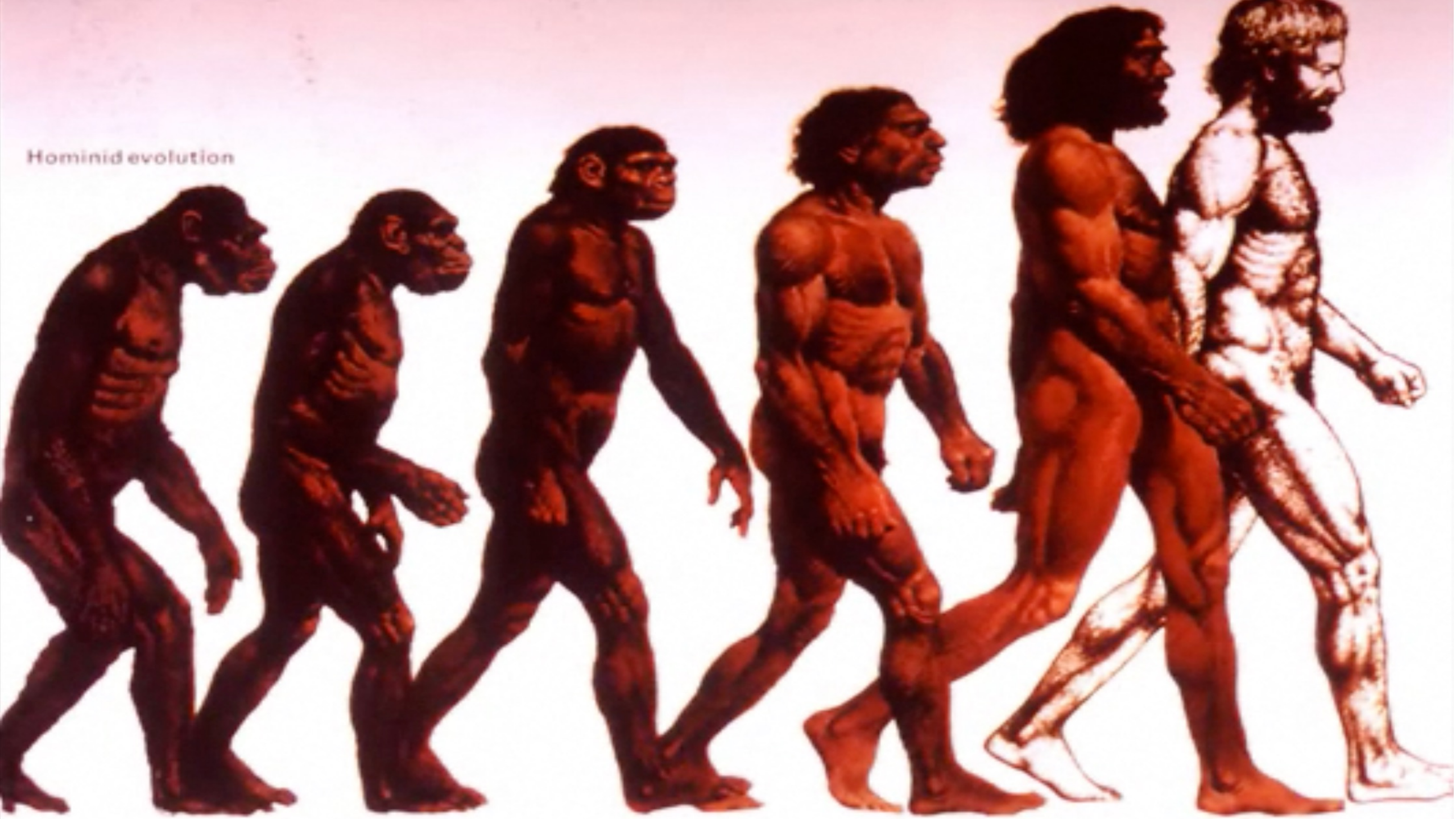
▶ *The gift of instinct*



The limbic system:

▶ *The gift of feeling*

Hominid evolution



The neocortex:

▶ *The gift of thought*



Birth



The earth resounds with the joyful cry, "I AM!"

Wholeness





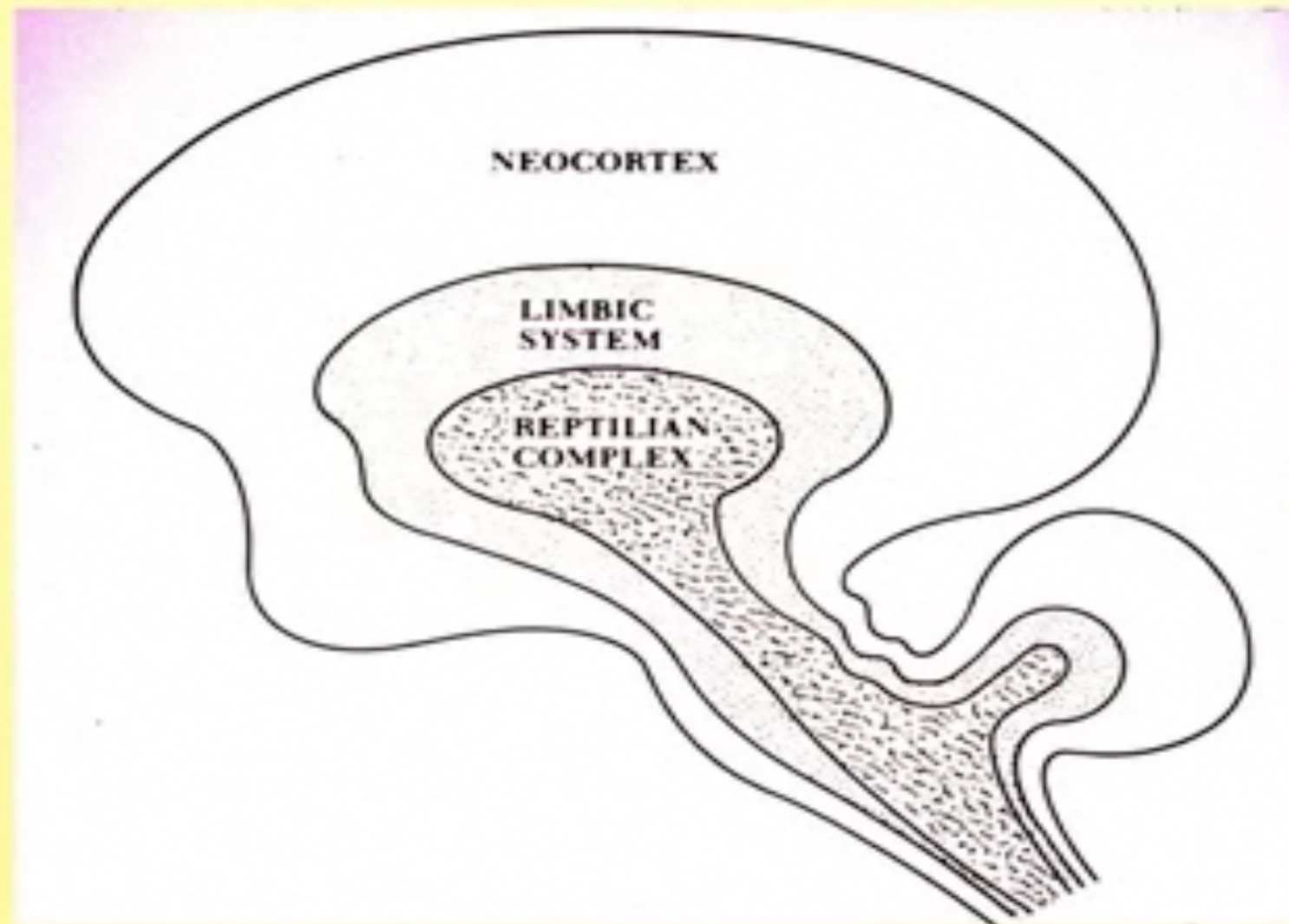












The evolving mind in the child:

The gift of instinct



anger

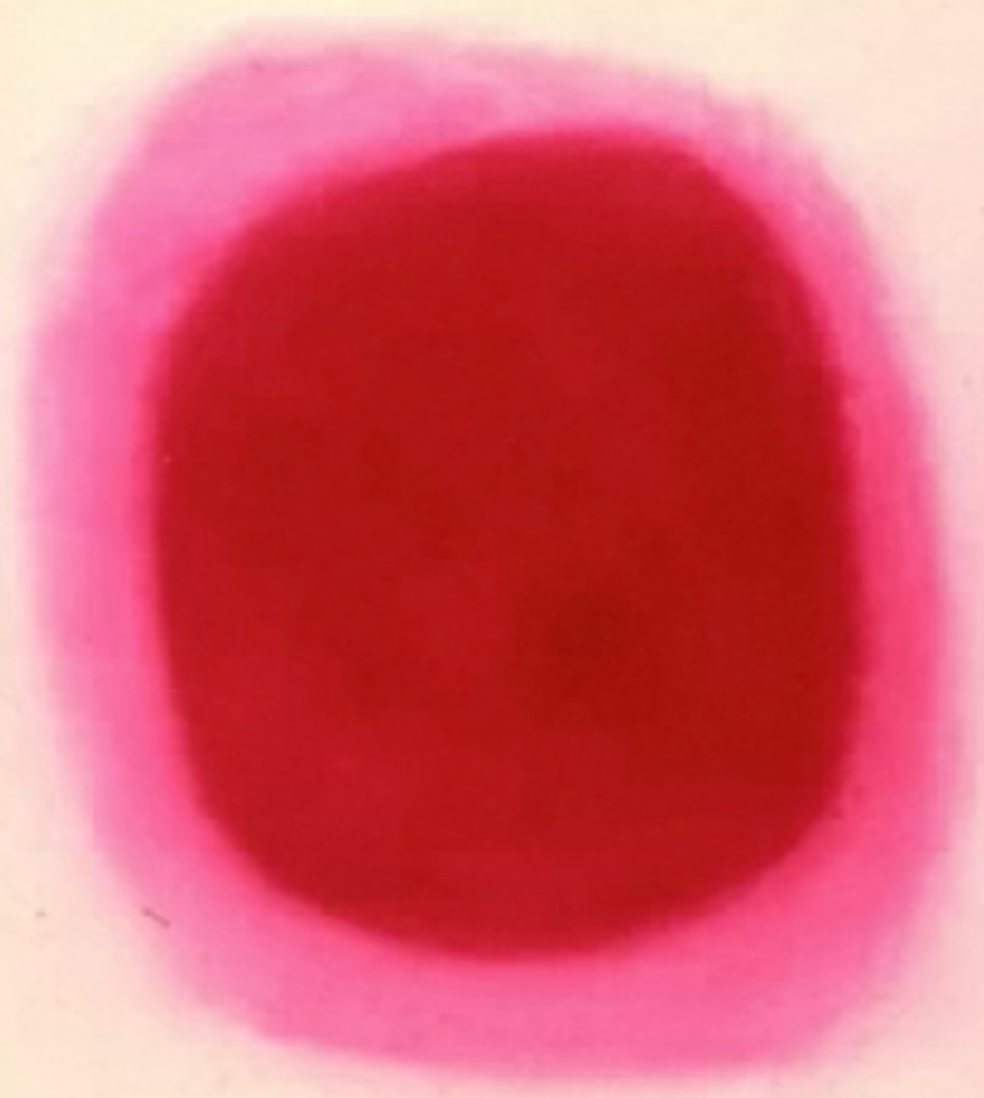
The Gift of feeling



The gift of thought



***The Mind Divided:
A language of opposites***



Yes/No

Good/Bad

Right/Wrong



“no”



mixed feelings



Anger

- ▶ From the Icelandic *anгр*: grief
 - ▶ Grief: *to suffer over loss of*



Adam said, “I was afraid because I was naked—and I hid myself.”



Jahweh replied, *"Who told you that you were naked?"*

The Loss of the Garden

To Decide

- ▶ De: *of*
- ▶ Ciderer: *to kill*
- ▶ *To kill a part of*



Keinholz, *"The Friendly Gray Computer"*



The Evolution of Control

- ▶ From the French: Contre: *against*
 - ▶ Rolle: *roll (wheel)*
- ▶ Control: *To go against the roll (flow)*

“God has given you
one face, and you make
yourselves another”









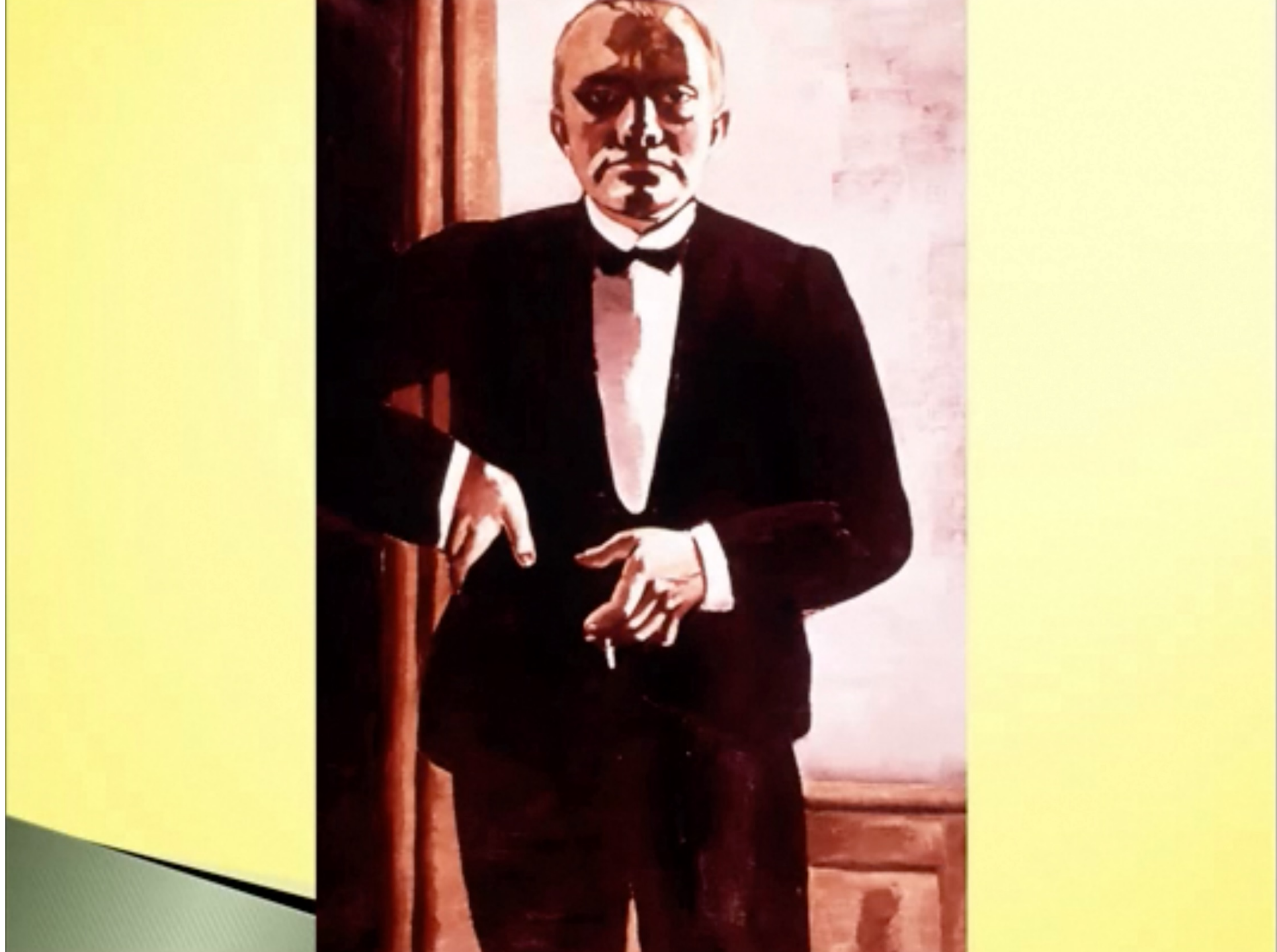
“Everything that is now covered will be uncovered, and everything that is hidden will be made clear . . .”

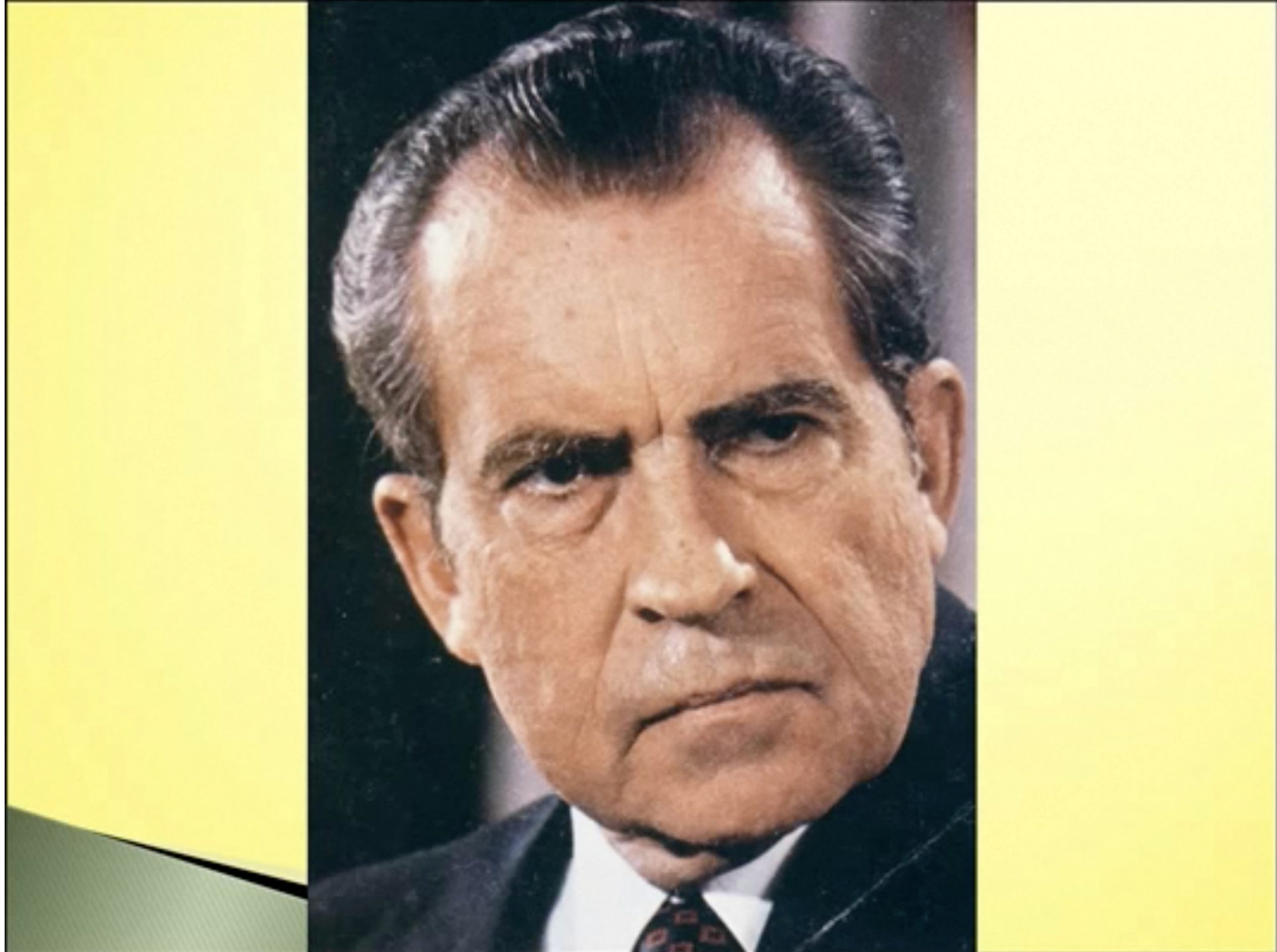


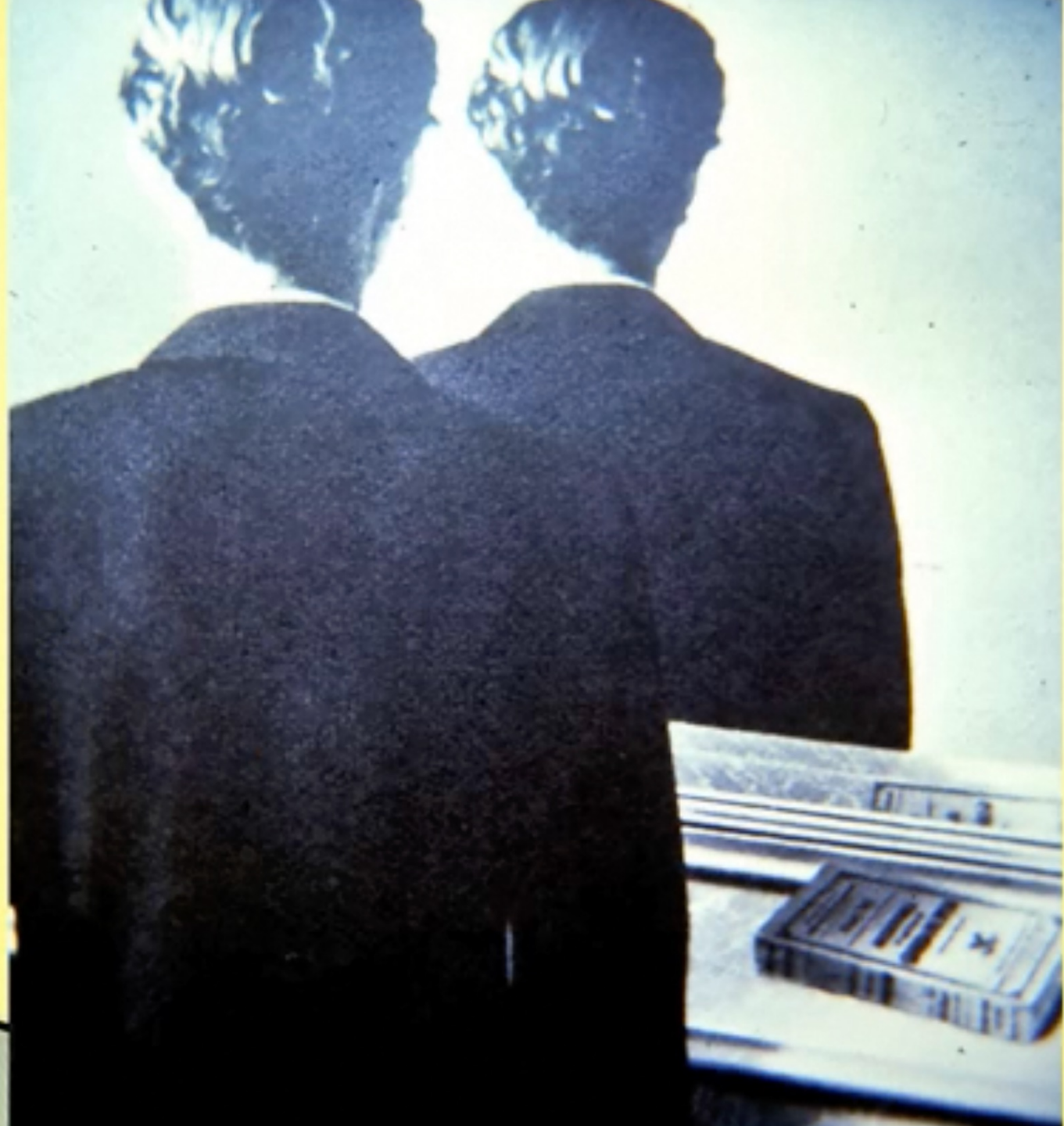












The Evolution of Work



“If I did not work, these worlds would perish!”













The Workplace—A Culture of Control:

- ▶ *A culture going against the flow*



THE
SCANLON
WAY TO
IMPROVED
PRODUCTIVITY
A Practical Guide

Brian E. Moore
Timothy L. Ross

MARCH, 1979

PRODUCTIVITY/OWL

AT

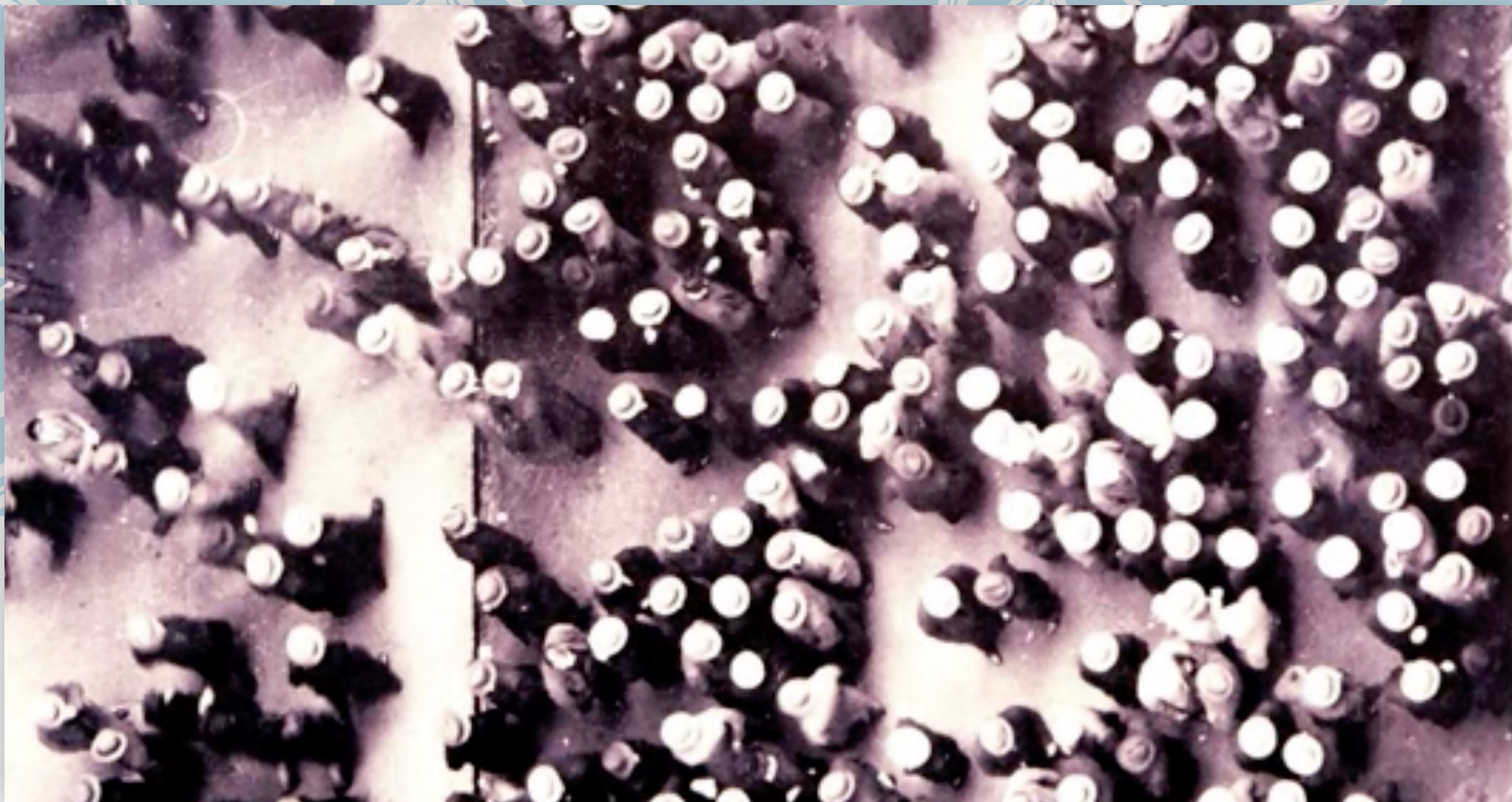
WHAT HAVE WE LEARNED

CLINICAL
SUPPORTIVE
LEGAL, ET AL.

STUDIES IN
PRODUCTIVITY
HIGHLIGHTS OF THE LITERATURE
SERIES II







THE
SCANTON
WAY TO
IMPROVED
PRODUCTIVITY

By **BRUCE E. MOORE**
and **THOMAS L. ROSS**

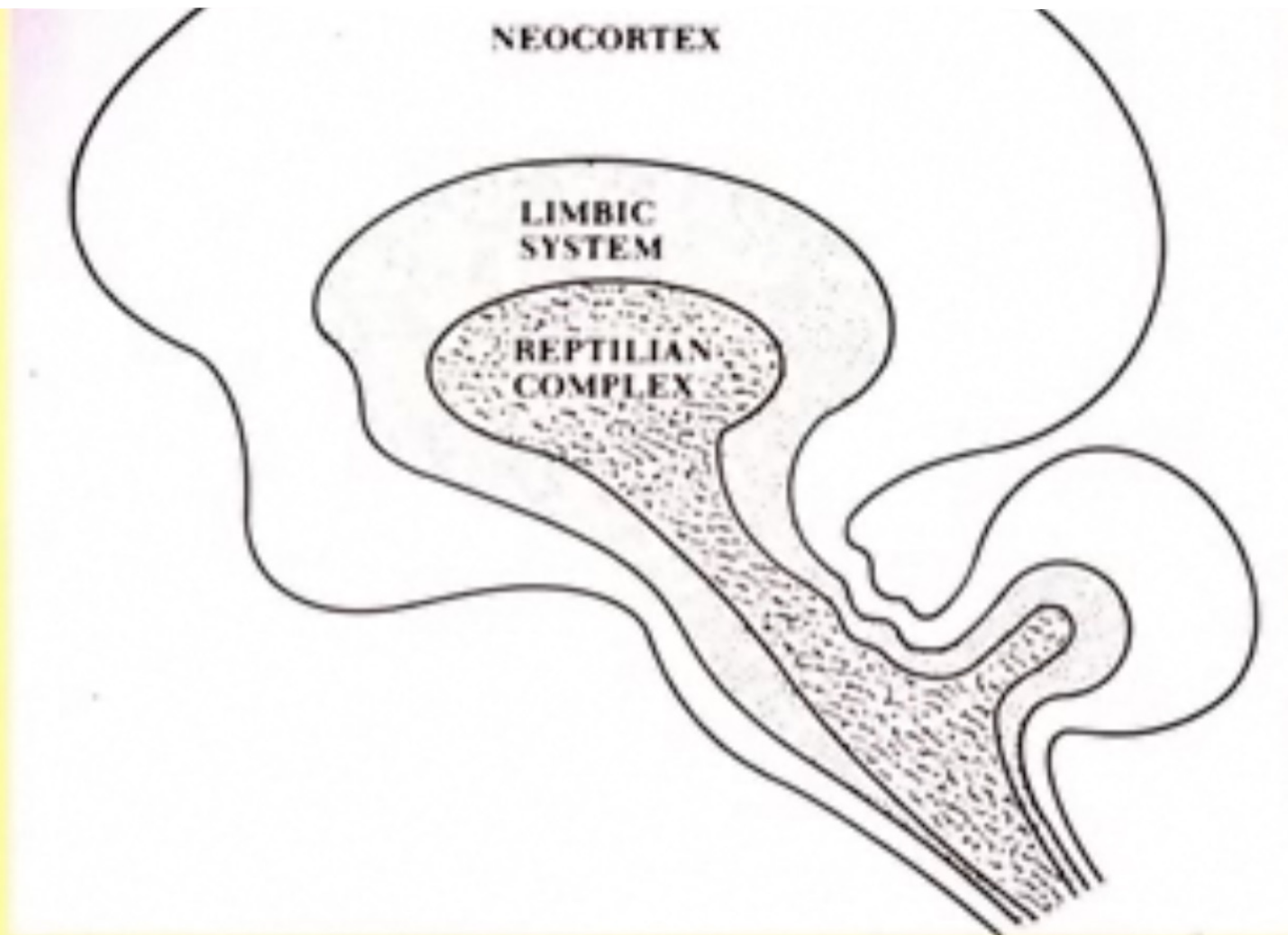
PRODUCTIVITY/QWL
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STYLES IN
PRODUCTIVITY





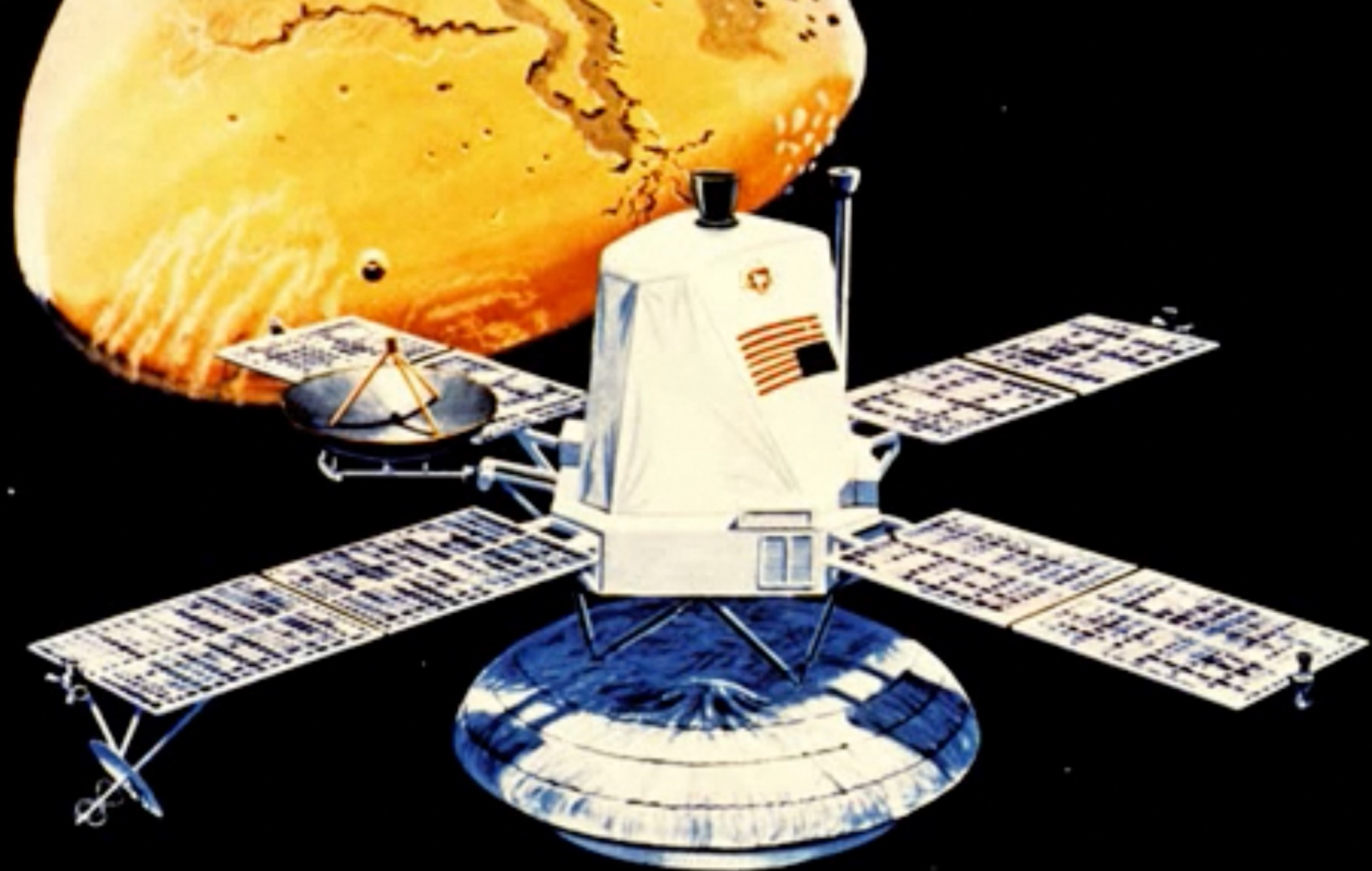


The Intellect—The growing power of an evolving mind:



“Computer Tower” (detail)







TIME

THE WEEKLY NEWSMAGAZINE

Is
God
Dead?

B. F. Skinner:

How to condition a pigeon

How to condition a child:

KEVIN BRAYMAN, COURTESY TIME MAGAZINE



B. F. Skinner and his conditioned pigeons

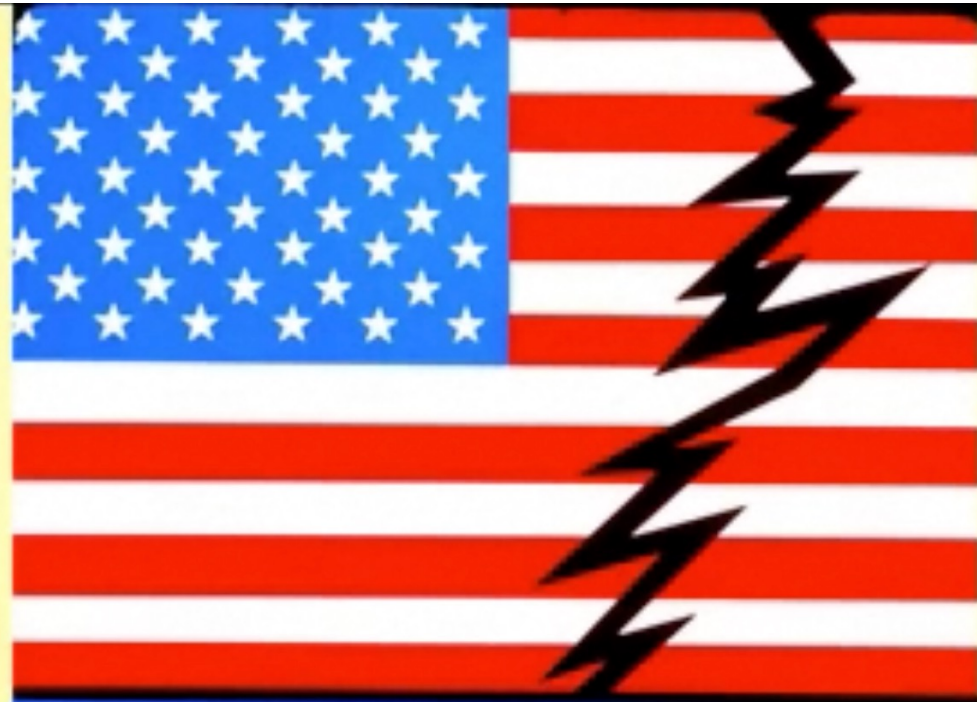


COURTESY OF JOHN GRAY



GROSZ,
Remember Uncle August
the Unhappy Inventor, 1919



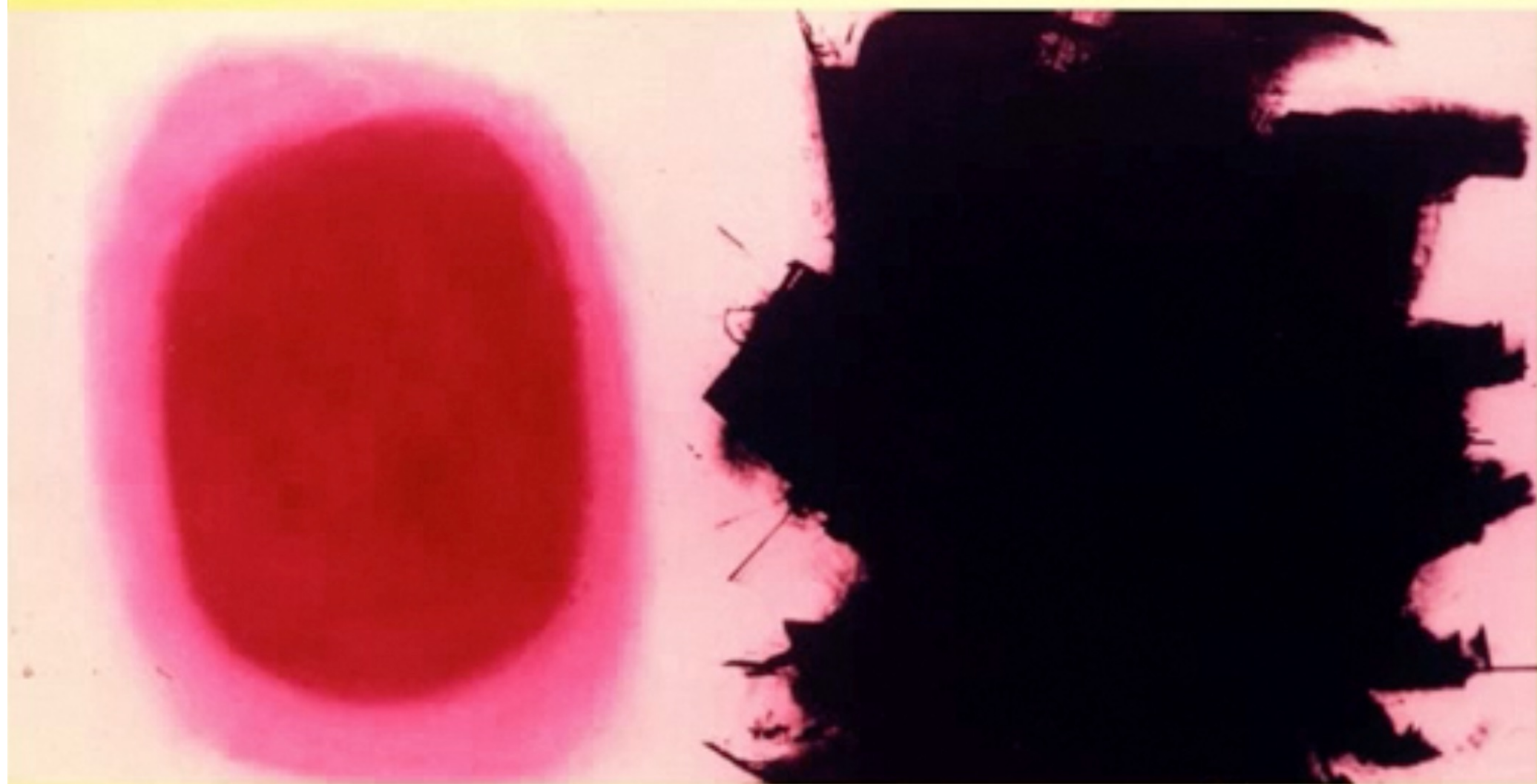


**THE STREETS OF OUR COUNTRY
ARE IN TURMOIL, THE UNIVERSITIES
ARE FILLED WITH STUDENTS
REBELING AND RIOTING.
COMMUNISTS ARE SEEKING TO
DESTROY OUR COUNTRY. THE
REPUBLIC IS IN DANGER FROM
WITHIN AND WITHOUT. WE NEED
LAW AND ORDER OR OUR NATION
CANNOT SURVIVE...**

ADOLPH HITLER 1932

Survive

- ▶ From the Latin, *super*: above
 - ▶ *Vivere*: to live
- ▶ *To survive: To live above and beyond
(others)*



The divided mind: Self/Other

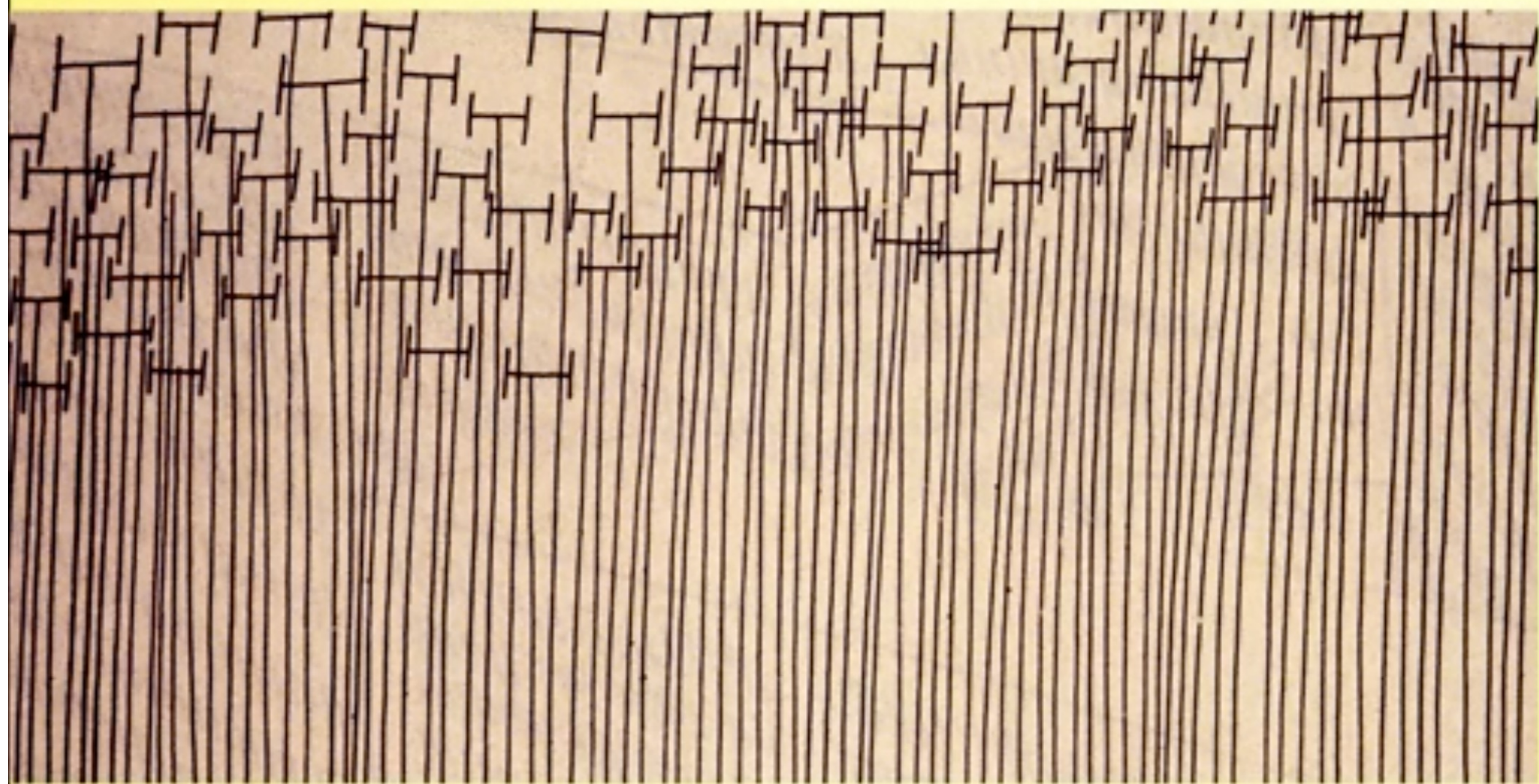








The Evolution of Culture:
The Garden Lost



Folon, "Horizon"



Chicago jet crash, 273 killed

Rescue workers report there are no survivors

Nuclear reactor 'was out of control for 16 hours,' NRC aide reveals

Carter faces a high price for SALT pact approval

Black man hanged despite appeals

Energy crisis: I

Venezuela ups oil price 18% and may add extra charges

Jobless rate up — a signal of recession

Billy clubs, police dog used to subdue a suspect

48-day United Airlines strike in the critical stage

Schlesinger predicts doubled oil barrel prices by 1990

House kills McCloskey's attempt to cut government subsidies for ship builders

Richard Chase describes grim details of 'vampire' murders in court

Tiny victims of seal harvest a big part of the coat industry

Human or mechanical error? Chief nuke 'villain' unresolved

Violence by neo-Nazis worries Jews in Spain

City of

Gas, food prices explode upwards

Stubborn blazes burning in Idaho; Cajon fire cools

Complaints pouring in from irate gas patrons

Bankruptcy

Human error and technical problems, but U.S. won't close nuclear power plants

Television news crew films police slaying of man who refused to drop gun

Most suspect met boys through Buddy Program

A buffalo hunt in Colorado

DRUNKS

Terrorist bombs leave nine dead, rubble heaps in Madrid

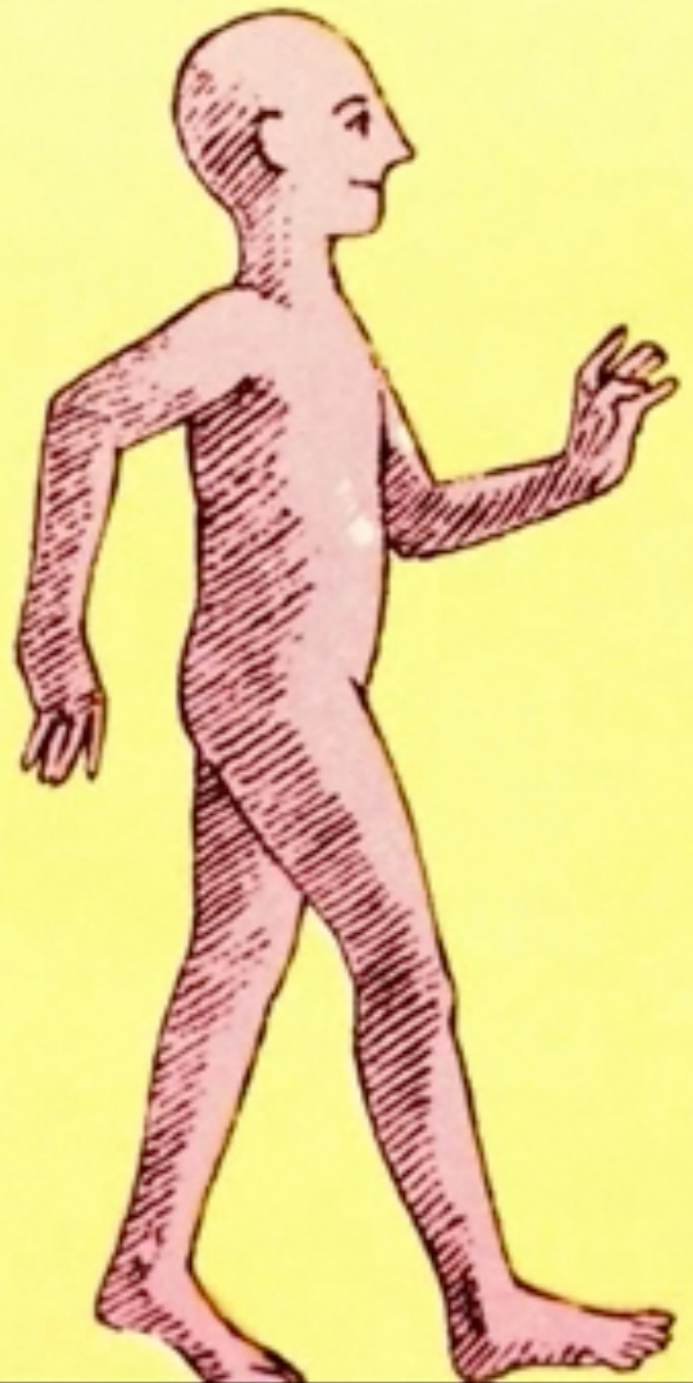
Female security guard is stabbed, slain in Santa Clara

ding
ves
ates

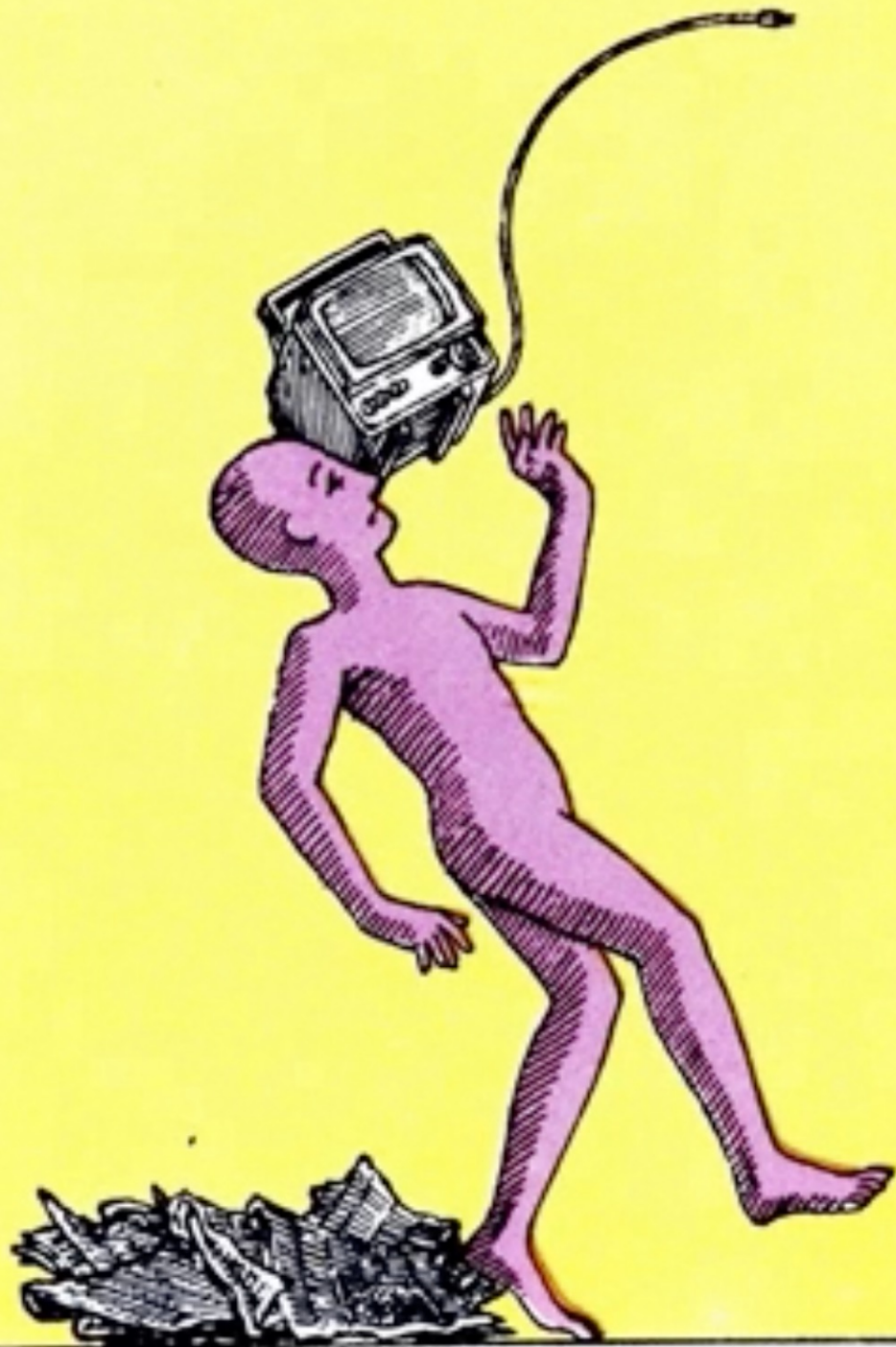
abducted
banker's
body found

Survival to be topic

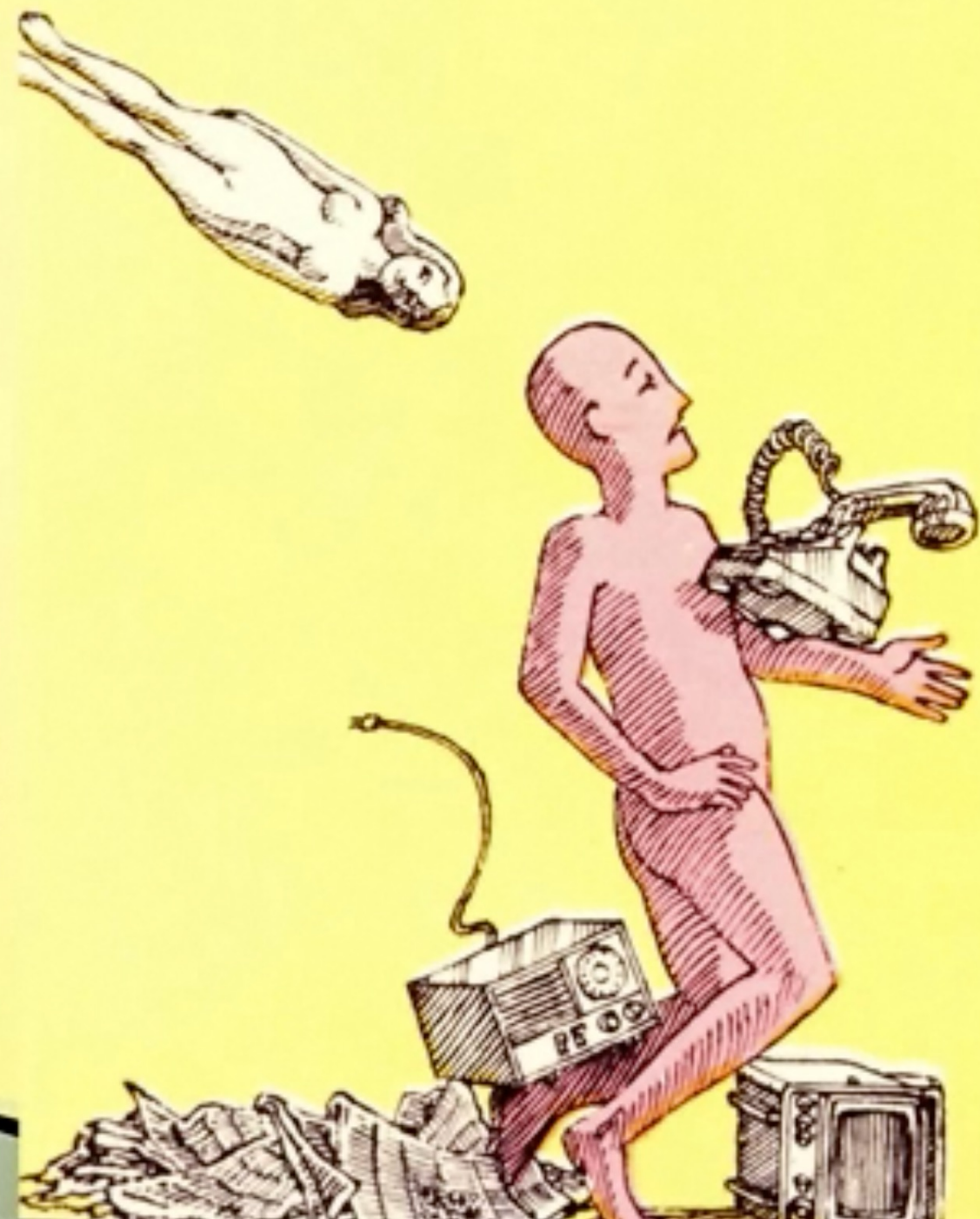




























Bosch, "Hell" (detail)

The impact on body and mind







Avoidance

From the Latin—a: *away from*
void: *void, emptiness*

To avoid the emptiness













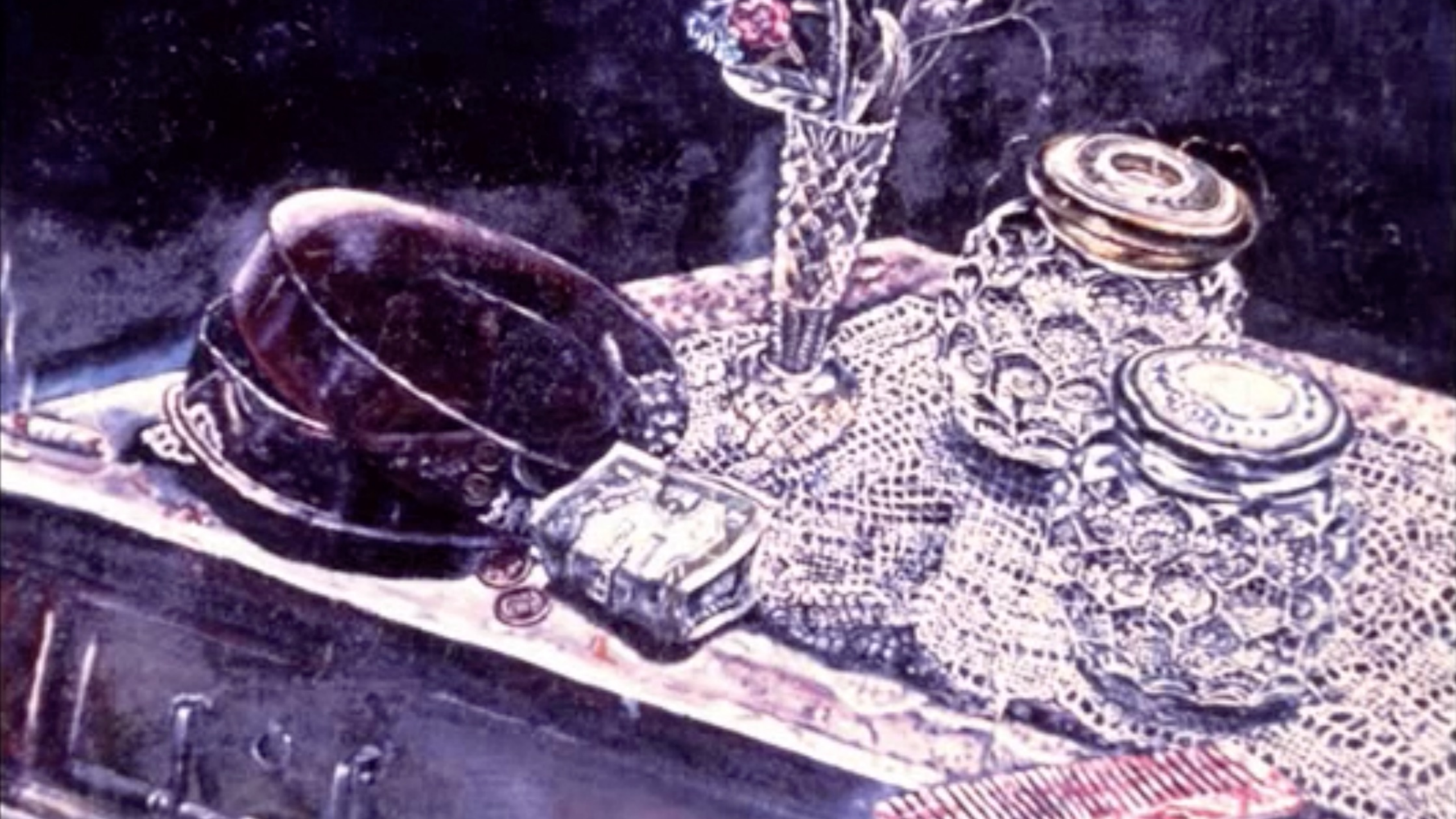
"National Pastime" (detail)



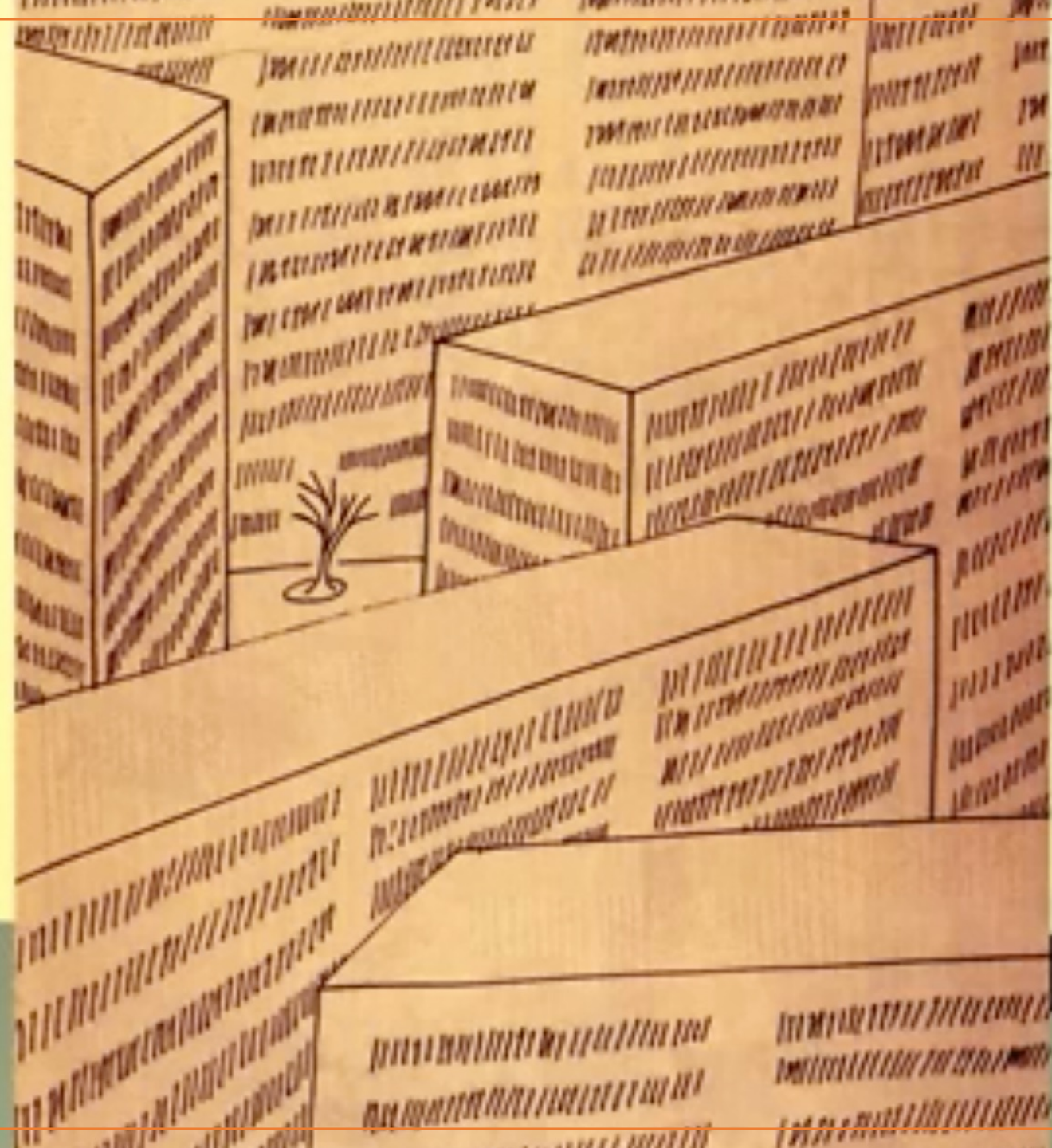








Loneliness





























THE EVOLUTION OF STRESS

End of Part One

The Turning

PART 2
THE WAY

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.



The Inward Way

Being quiet . . .



Redon, "Silence"



Retreat from the culture:
Shahn, "*Fourth of July Orator*"

Being alone . . .

Alone

- ▶ From Middle English—*all*: All one
 - ▶ *All (wholly) one*









“The way is narrow that leads to Life . . .”

Trusting . . .





Meditation . . .



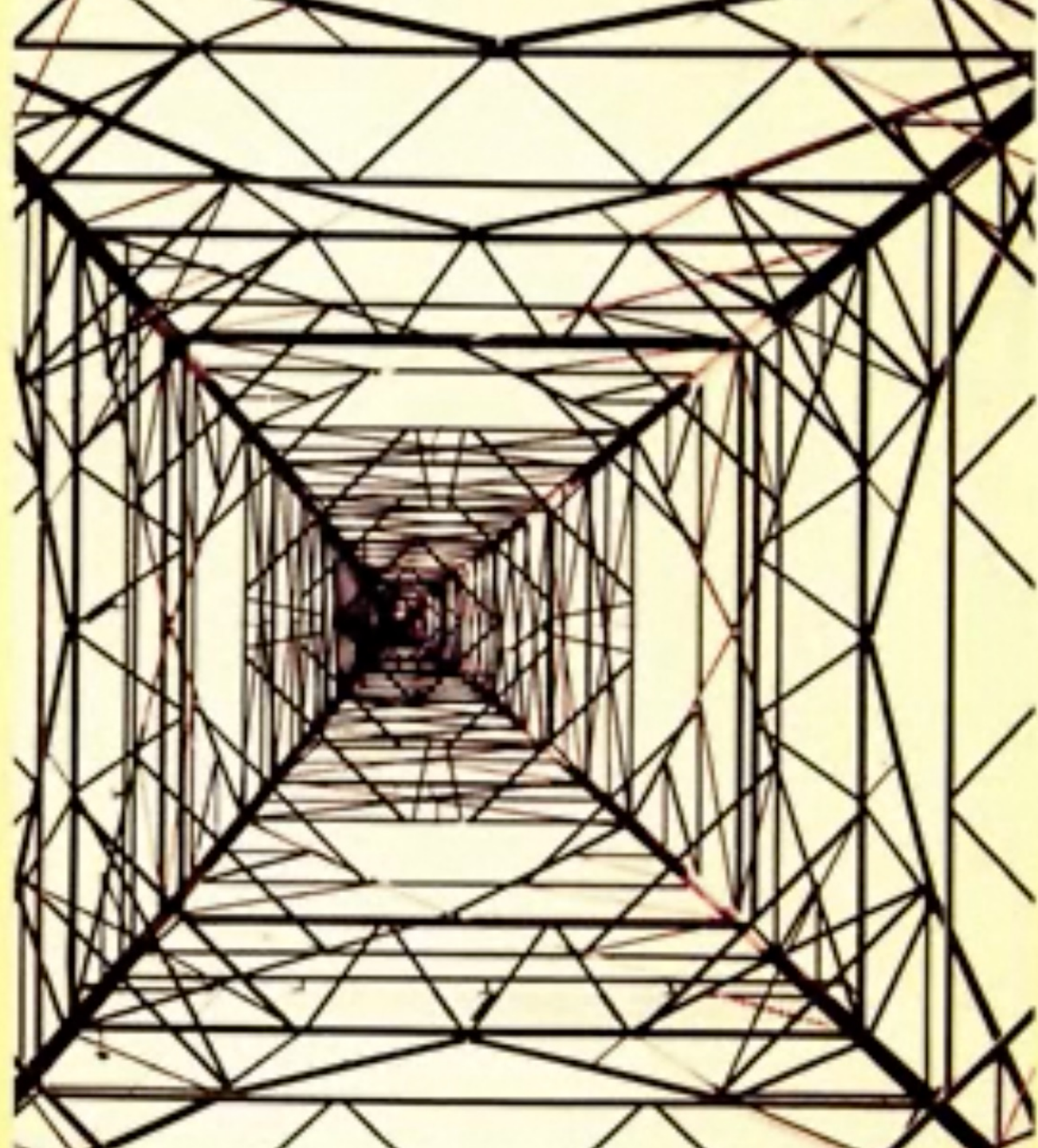




A leap into the unknown . . .







Listening to the dream . . .





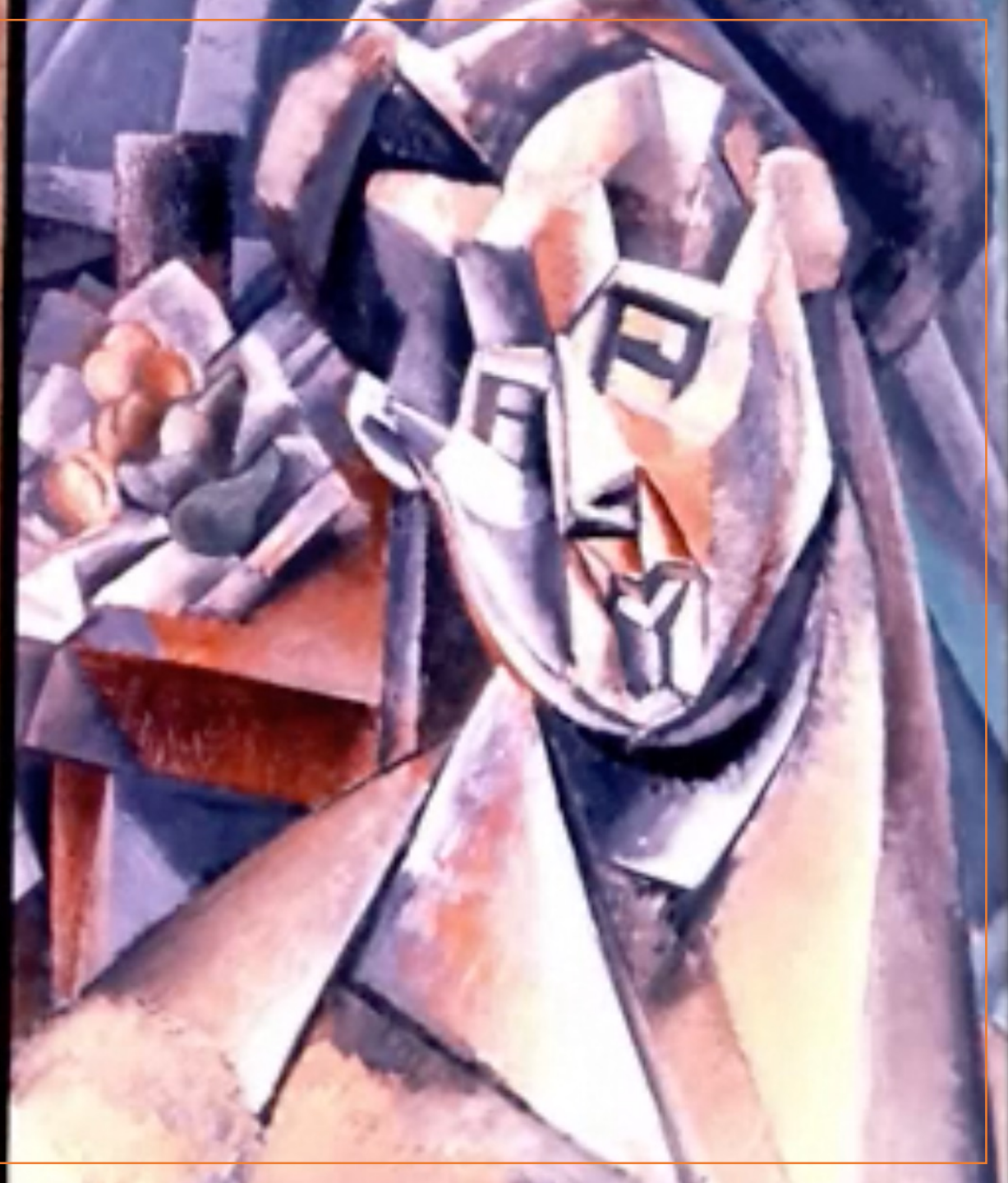




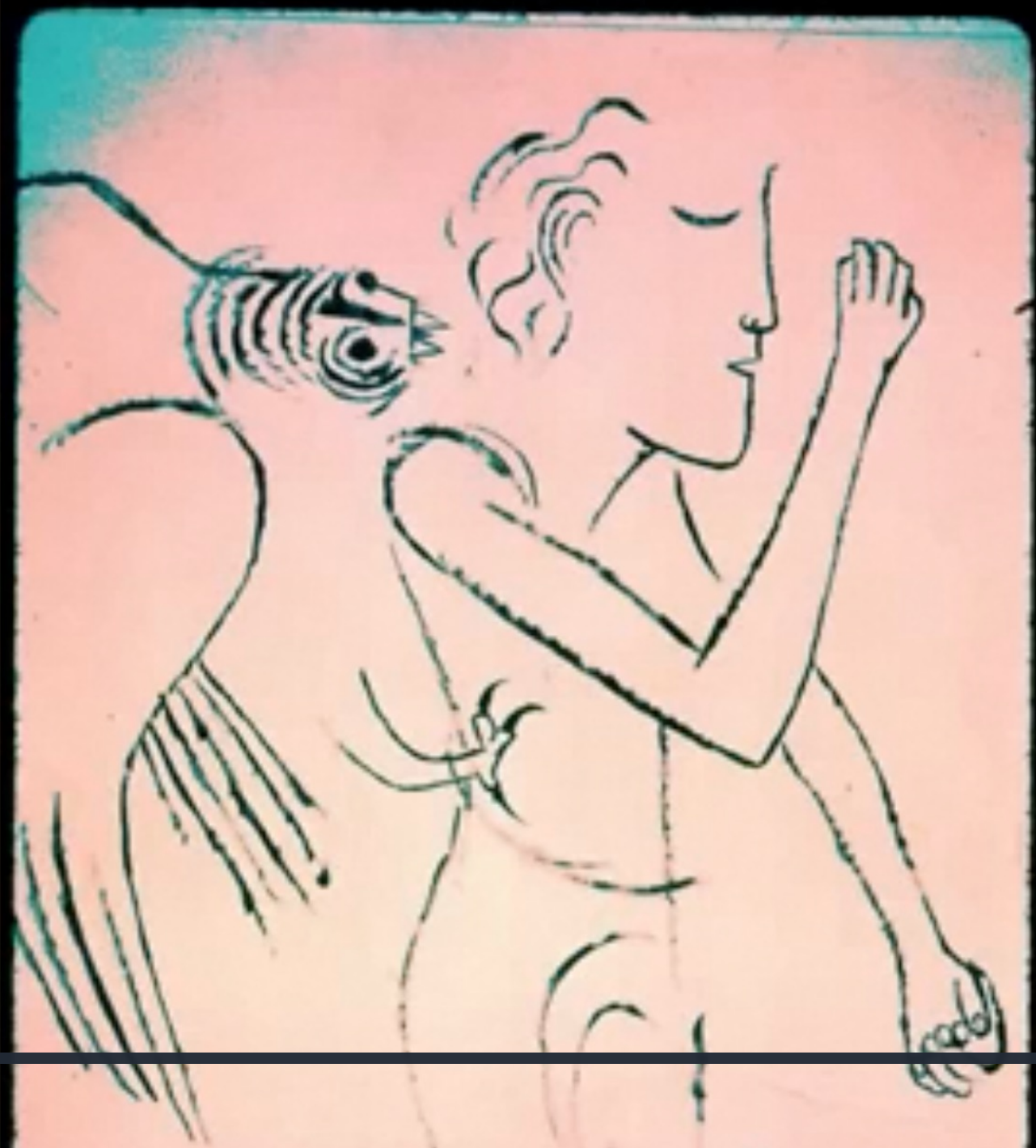
Seeing



Which part of me is me?
—a *four year old*

















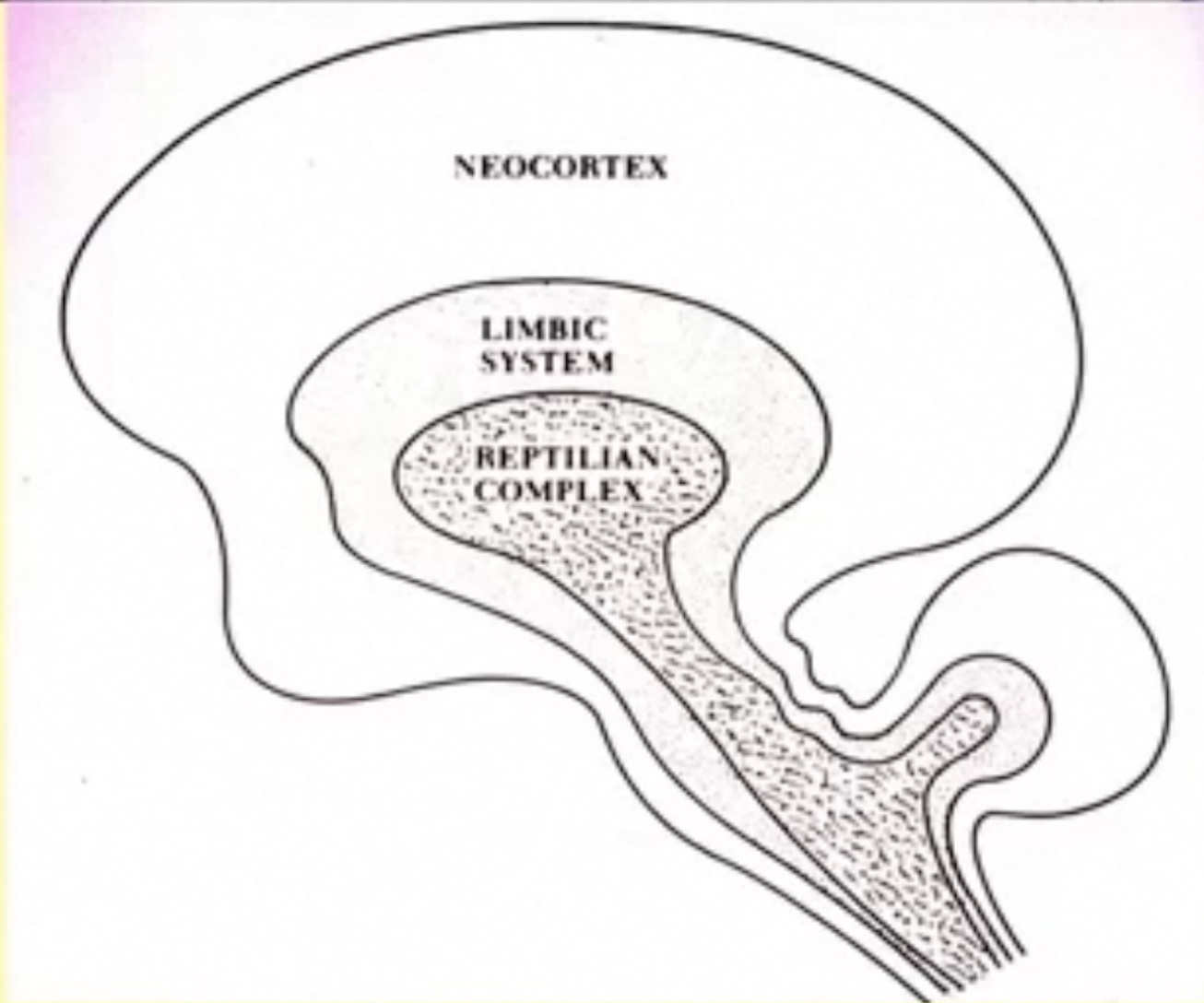
Juan, *"Into the World Came a Soul Named Ida"* (detail)





Juan, *"There is a Man in God"* (detail)





Seeing the inheritance—The gift of instinct:





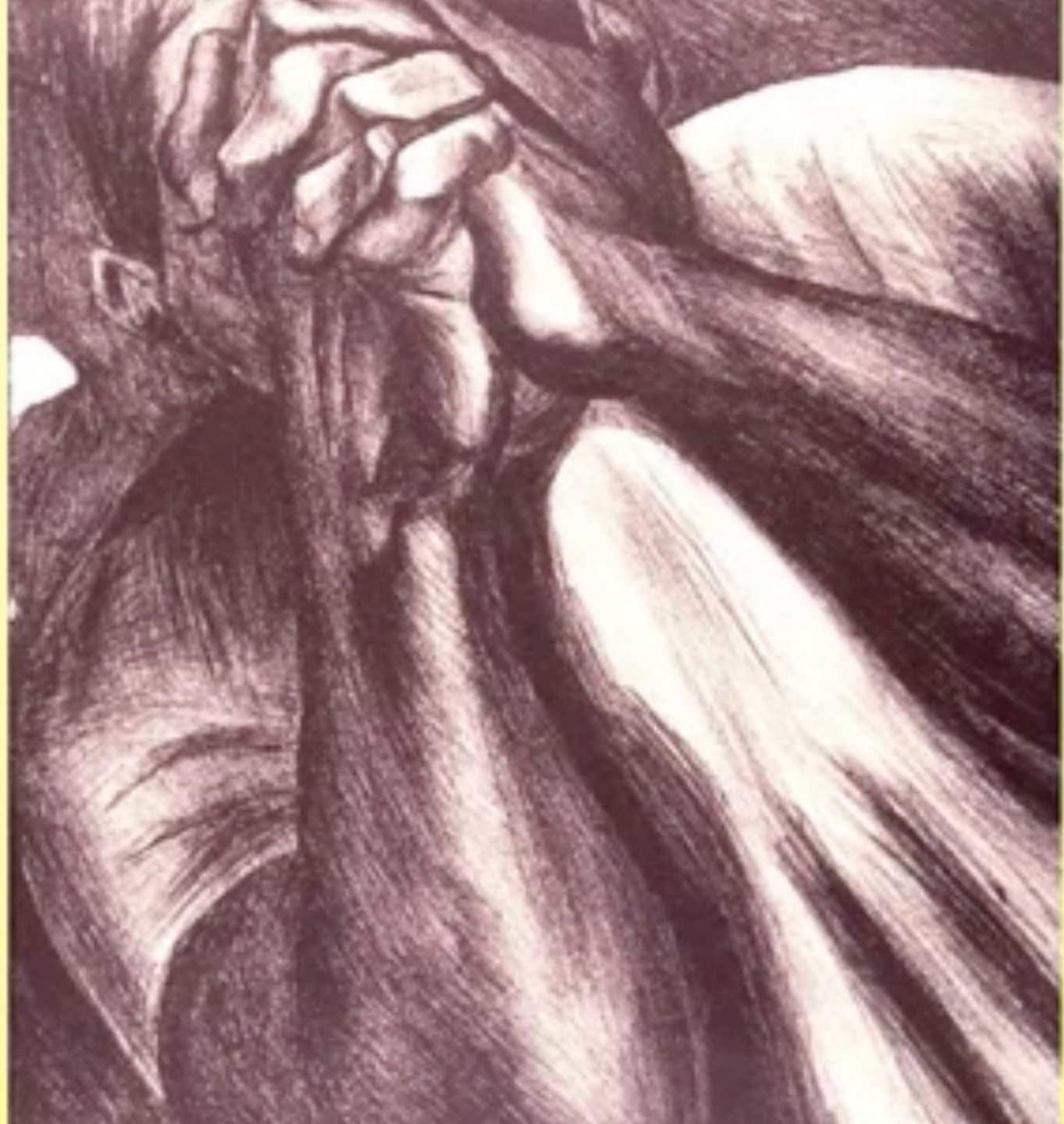






The mask falls . . .

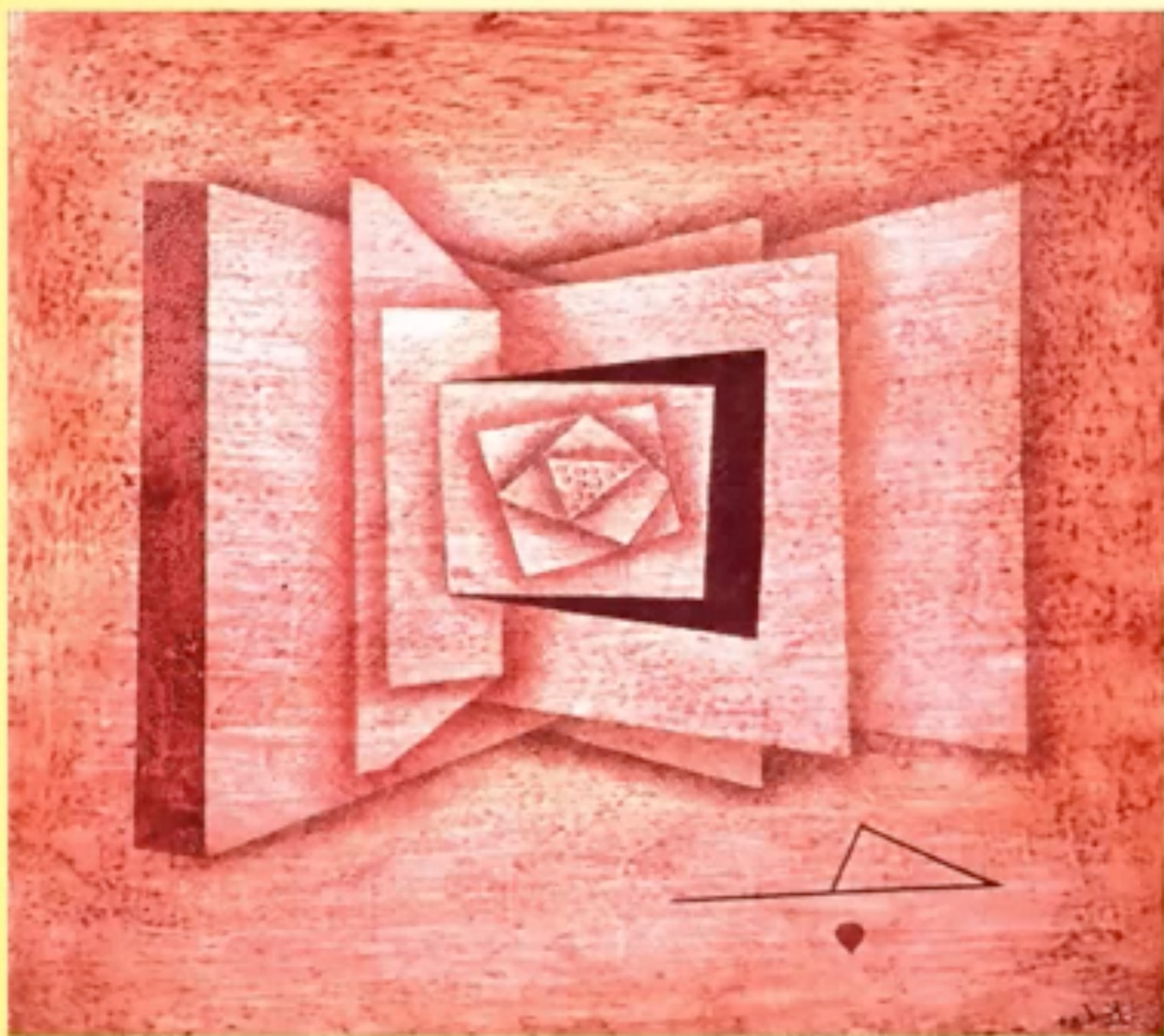
Grief . . .



Rebirth







Klee, "The Open Book"



Redemption

- ▶ From the Latin, *Re*: Back
 - ▶ *Emerere*: To buy
- ▶ *To buy back. To recover ownership.*





Reconciled

- ▶ From the Latin, *Re*: Again
- ▶ *Conciliare*: Brought together
- ▶ *Brought together again*

**“The wolf lives with the lamb, the panther
lies down with the kid, the calf and the lion
cub feed together . . .”**







Love

- ▶ From the Latin,
libere
- ▶ *To free*







Towbin, *"To be nobody else"* (detail)











I AM







We can never be born enough. We are human beings for whom birth is a supremely welcome mystery, the mystery of growing; the mystery that happens only and whenever we are faithful to ourselves.

e e cummings







Go shining