

## Dana's Keynote: "Sermon Notes"



### The Frame: C.S. Lewis and Tolkien

"Myths get in the way of understanding the truth."

-- Lewis

"Myths help us to understand truths that already exist."

-- Tolkien

### Part 1: Nervous vs. Endocrine System

Nervous System	Endocrine System
Digital: A specific message to a specific place  <ul style="list-style-type: none"> <li>• Electrical</li> <li>• Action Message</li> <li>• Targeted</li> <li>• Instant response</li> <li>• Over quickly</li> </ul>	Analog: A social network  <ul style="list-style-type: none"> <li>• Chemical</li> <li>• Feeling Message</li> <li>• Slow response</li> <li>• Lingers</li> </ul>

### Part 2: Problems of Practice

What are our rational (true/nervous system) problems of practice?

What are our emotional (mythical/endocrine system) problems of practice?

Which PoPs are the most challenging?

### Part 3: Hormones

Selfish Hormones	Selfless Hormones
Endorphins <ul style="list-style-type: none"> <li>• Mask pain</li> <li>• Euphoria</li> </ul> Dopamine <ul style="list-style-type: none"> <li>• Reward-seeking</li> <li>• Goal attainment</li> <li>• Addiction</li> </ul> <p style="text-align: center;"><b>ACHIEVE GOALS</b></p>	Serotonin <ul style="list-style-type: none"> <li>• Perceived like or respect</li> <li>• Social status</li> <li>• Masks dopamine</li> </ul> Oxytocin <ul style="list-style-type: none"> <li>• Bonding</li> <li>• Generosity</li> <li>• Trust</li> </ul> <p style="text-align: center;"><b>WORK AS A TEAM</b></p>