Month Six | Syllabus

Soul of Wellness: Who Am I And What Do I Want

Dates: February 11 – March 11 (Reflection paper due March 4)

Open House March 25

Title:

Forgiveness

Intention of Session:

1. **Define forgiveness**
2. **Work on both forgiving and asking for forgiveness**
3. **What are blocks to forgiveness practices**
4. **Explore dilemmas around forgiveness**

Post Zoom Reflections:

1. **Set the intention each morning to be willing to be vulnerable and journal (or at least reflect on) how that day went.**
2. **Spend the month acutely aware of moments of shame, shame avoidance, other's reckoning with shame and consider being willing to name it. Journal your observations and thoughts.**
3. **In your reflection paper, consider what are your shame triggers – when do you feel outside, separate, unworthy, unlovable?**
4. **In your reflection paper, consider the times in your life that willingness to be vulnerable and authentic resulted in deep connection.**

Pre-work:

Reading:

1. **"The Sunflower: On the Possibilities and Limits of Forgiveness" by Simon Wiesenthal**
2. **Reflection:**
    a. **Begin to reflect on forgiveness issues in your life—both forgiving and asking for forgiveness.**
    b. **Which is most difficult for you and why? Are there issues of guilt, shame and vulnerability at work here?**
    c. **Who can forgive you for wrongs you have committed to others?**

Mindfulness Practice: To be done both before and after Webinar

1. **Listen daily to Jack Kornfeld's meditation on Forgiveness: https://jackkornfield.com/audio-forgiveness-meditation/**

Third Thing:

1. **"Up" by Margaret Atwood**

Zoom Session Agenda

1. **"Up" by Atwood**
2. **Lecture**
3. **"Rosie" story**
4. **Inquiry**