

Month Nine | Syllabus

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

Dates: June 18-June 25

“Practicum” – Share your Harvest Writings of Year

Title:

Impermanence and Loving the End of Things: Closure

Intention of Session:

1. Wrap up the year together
2. Harvest our learnings
3. Saying goodbye
4. Going forward into the future

Post Zoom Reflections

1. Reflect on what hope means to you and what is the nature of your wants, hopes moving forward. Are they external to you and thus out of your control or internal and within your control?
2. Work with your own resilience by becoming conscious when reactive of your explanatory style and using funnel or self-disputing as clarifying exercises.
3. When on a cow trail check in to see what mind trap might be present (or maybe you have a brand new one) and try applying its opposite.
4. Notice how often your reactions are based upon your beliefs rather than the triggering event itself.

Pre-work:

1. Write some final thoughts reviewing your journey this past year, thinking about who you are and what you want.
2. At the final session, we will go through the entire year's content with an opportunity to respond with a word or phrase. In preparation take a look at the course topic summary and note one or two major learnings from each session that you will carry forward with you. Bring this to the final Webinar.
3. It's mid-year. Take a look at the intentions you wrote in January and the sacred questions you might have formulated along the way. How is it going? Approach this with curiosity, not judgement.
4. Fill out the vision worksheet and bring to the final session.

5. What are you going to carry into the future as a practice or a realization that you think will get you more of what you want?
6. Do you hold who you are differently than when you started this process a year ago?

Third Things:

1. The Journey by Mary Oliver
2. Dear Heart Preface by Joyce Rupp

Mindfulness Practice: To be done both before and after Webinar

1. Continue your favorite mindfulness practice.

Zoom Session Agenda

1. Learnings
2. Poem of the Journey
3. Visioning
4. Closing