

Overview

Soul of Wellness: Who are you and what do you want?

The session topics will be as follows:

Session One: Introduction and the Awareness Wheel

Session Two: Basic Personal Growth and the Victim/Accountability Wheels

Session Three: Holistic Inquiry

Session Four: Interpersonal Neurobiology

Session Five: Relationship

Session Six: Shame and Vulnerability

Session Seven: Forgiveness

Session Eight: Change and Impermanence

Session Nine: Resilience and Hope

Session Ten: Death and Closure

Books required:

The Five Invitations: Discovering What Death Can Teach Us About Living Fully by Frank Ostaseski

How to Be an Adult: A Handbook for Psychological and Spiritual Integration by David Richo

Soul Without Shame: A Guide To Liberating Yourself From The Judge Within by Byron Brown

The Sunflower: On the Possibilities and Limits of Forgiveness by Simon Wiesenthal

Incoming assumptions about this class:

1. Our intention is to support you where you are. We want to create a community where all can grow and learn in a compassionate container, trusting that we each will find our own wisdom and resilience.
2. We are all adults. What you put into this next 10 months is what you'll get out of it. That said, life goes on and some months you'll have the time and energy to do everything offered and other months you won't. You are the arbiter of your own experience. We are not keeping track.
3. We have developed and organized this course along the lines of things we have explored, thought about, and taught over the past 40 years. We are not some guru (unless defined as "Geee, you are you"). We see this class as providing an opportunity for us all to learn, grow, and

explore with one another and a group of other thinkers we'll be reading and studying. We commit to simply being who we are, where we find ourselves in our own ongoing process, teaching from our own experience, and willing to mentor others on the path.

4. There is a requirement for a "reflection paper" each month. We see those as reports from your learning edge. The reflection paper can be about the assignment from the last session or the material that you are reading for the next one, whatever is "up" for you as you write. It could be a paper in the classic sense (not over a page) but could also be a poem, drawing, list, photograph, or simply a question you have decided to live. Our only expectation is that you find application of the material in your own past and current experience. The reflection paper provides a base for our giving feedback, suggestions for more practice or a new direction, and encouragement. Without a reflection paper we are unable to engage in any meaningful ongoing mentoring conversation. We commit to each of us responding to each reflection paper. In our experience this is the most gratifying aspect of the class for us as well as you.
5. We will be available for ongoing conversation between sessions, but also have a life separate from this class. So, we will respond to all questions and it may take a day or two.
6. All sessions will be recorded so if you are unable to attend because of an emergency, you can listen later. Otherwise, attendance at the regular monthly meetings is required. Each session will include a breakout with another participant to practice holistic inquiry. In the past when a participant missed a session, they often arranged with another participant to do the inquiry together at a different time. If you are unable to attend, please let us know in advance so we can make adjustments for the breakout sessions.
7. We will schedule an "open house" session for questions and conversation mid-month when possible. These are completely voluntary. You will get an invitation in your email for those. We have found this time to be an opportunity for longer conversations about the material, your process and to develop community. Many have treasured these sessions.
8. Our track will be structured in the following way. There will be readings, videos and mindfulness practices to engage in during the two to three weeks before each session. Each session will then be synthesis and practice with the material you have already digested. Lectures during sessions will not simply be a rehash of what you have already studied, so it is valuable to do the pre-work. After the Webinar there will be practice and settling in with the material for about a week. Then you will start doing the pre-work for the next session. The reflection paper is due no later than the week before the next session.

Important dates:

Zoom meeting dates:

2021

October 9 8:30-11:30 AM Pacific time

November 13 10:30 AM- 1:00 PM Pacific time

December 11 10:30 AM- 1:00 PM Pacific time

2022

January 8 10:30 AM- 1:00 PM Pacific time
February 12 10:30 AM- 1:00 PM Pacific time
March 12 10:30 AM- 1:00 PM Pacific time
April 9 10:30 AM- 1:00 PM Pacific time
May 21 10:30 AM- 1:00 PM Pacific time
June 18 10:30 AM- 1:00 PM Pacific time
June 25 8:30-11:30 AM Pacific Time

Open House dates (Saturday 8-9 AM Pacific time):**2021**

October 23
November 27
December 18

2022

January 29
February 26
April 23
May 7
June 12 (note Sunday)