

# Month Four | Syllabus

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

Dates: December 9-January 13 (Reflection paper due Jan 6)

Open House December 23

### Title:

Relationship: The Hardest Spiritual Work

### Intention of Session:

1. Learn some models for common pitfalls and their avoidance in relationship
2. Continue to use and develop the awareness wheel in relationship
3. Learn and work with our early models for relationship
4. Continue to grow in our awareness that we are all inter-related
5. Become aware that our deepest spiritual work is done within relationship

### Post Zoom Reflections:

1. Write a list of intentions for 2019 incorporating your deepest values and wants.
2. What happens when you begin to notice that your mind (maybe how you have always identified yourself) is so interdependent and absolutely dependent on that interdependence.
3. Write a reflection paper about what you have noticed when adding the concepts of interpersonal neurobiology to the awareness wheel, comfort zone, accountability, and power of intention. How do you think the development of an Enneatype relates to neurobiology?

### Pre-work:

#### Reading:

1. "How to be an Adult in Relationships: The Five Keys to Mindful Loving" by David Richo pgs 9-51.
2. "Being a Brain-wise Therapist: A Practical Guide to Interpersonal Neurobiology" by Bonnie Badenoch pgs 52-75.
3. "Hold Me Tight: Seven Conversations for a Lifetime of Love" by Sue Johnson, pgs 13-27 (Love—A Revolutionary New View) and 252-266 (Ultimate Connection—Love as the Final Frontier)
4. "The Verdict Is In: The Case For Attachment Theory" by Sroufe and Siegel

5. Frank Ostaseski's next invitation "Bring Your Whole Self" in The Five Invitations.

**Video:**

1. Watch "The Interpersonal Gap". It is about 15 minutes long with a 10 min process at the end, so be sure to allow enough time.
2. Watch "The Pinch Model".

**Mindfulness Practice: To be done both before and after Webinar**

1. Listen each day to Miranda Macpherson's grounding meditation. If you would like you may increase the time by 5 minutes simply sensing your breath and noticing your thoughts as they arise and then coming back to the breath or use any of the awareness practices. Again, practice non-judgment, have compassion for yourself.

**Third Thing:**

1. "The Lanyard" by Billy Collins
2. "The Bridge" from Friedman's Fables by Edwin H. Friedman

## **Zoom Session Agenda**

1. Poem: "The Lanyard" by Billy Collins
2. Lecture
3. Inquiry
4. Story: "The Bridge"