

Month One | Syllabus

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

Dates: October 9 – November 13 Refection Paper due November 6

Title:

Accountability: Personal and Group

Intention of Session:

1. Introduce accountability
2. Introduce basic concepts from personal psychology
3. Weave the above together with the awareness wheel
4. Why does this matter?
5. Develop the relationship between these psychological tools and managing spiritual pain

Post Zoom Reflections:

1. We want you to become familiar with the usefulness of the Awareness Wheel. For the first week after the webinar, stop 2 times each day and run through the Awareness Wheel in that moment.
2. As a daily mindfulness practice begin, for five to ten minutes each day: sit and be mindful of the breath and then go through the Awareness Wheel for that moment. Once you have listened to Kristin Neff's meditation, you can choose either hers or the Awareness Wheel for the rest of the month.
3. Journal each day what you notice.
4. Submit a reflection paper by November 6th expressing your learnings, frustrations, and questions.

Pre-work before the next Webinar:

Reading:

1. Read the four posted readings from "The Subtle Art of Not Giving a ..." on happiness (31-40), being special (pgs 41-62), values (pgs 62-89), and choice (pgs 90-102). Journal thoughts and questions about the material. Also, how does this writing relate to the three PowerPoint lectures?
2. Read selection "Why People Don't Heal and How they Can" by Caroline Myss.
3. Read "The First Invitation: Don't Wait" pgs 17-75 in Osteskeski's Five Invitations. We will spend time on Hope and Forgiveness later, so pay attention and save those

thoughts for those future sessions. Mainly, spend some time with the issue of impermanence. We all know intellectually this is true, but do we hold it in our embodied and emotional selves as real. Do we live as if this is true? As Stephen Jenkinson would say “Can you love anything fully without loving the end of it?” Consider where in your life are the greatest fears about impermanence; relationships, physical or cognitive ability, material possessions...

4. Read the provided copy of pgs 3-25 in The Power of Personal Accountability: Achieve What Matters to You by Mark Samuel and Sophie Chiche.
5. Keep reading How To Be An Adult, if you haven't finished it yet.

Video: Watch in the following order

1. “Curves of Intention” and journal answers to the questions at the end.
2. “Comfort Zone” and journal answers to the questions at the end.
3. “Accountability” and journal answers to the questions at the end.

Internet study:

1. Go to the Enneagram Institute's website and sign up for the Enneathought per day: <https://subscriptions.enneagraminstitute.com/subscribers/create>. Begin checking your email daily for the next 10 months.

Mindfulness Practice: To be done both before and after Webinar

1. Move from mindfully sitting and following the breath to Kristin Neff's short meditation on self-compassion. Notice how easily this might be used at any point during your day when things are a little tough in a short mindfulness break.

Third Thing:

1. “The Night House” by Billy Collins
2. “The Tao #74” and “A Spiritual Journey” by Wendell Berry

Zoom Session Agenda

1. Third thing: The Night House by Billy Collins
2. Lecture/Conversation: Pulling it all together and how it relates to spiritual pain
3. Inquiry
4. Gathering the Threads
5. Closing reflections: The Tao 74 and A Spiritual Journey by Wendell Berry