

# Month Three | Syllabus

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

Dates: November 11-December 9 (Reflection paper due December 2)

Open House November 25

### Title:

Relational Neurobiology

### Intention of Session:

1. Demonstrate the neurological basis of the awareness wheel and fusion
2. Introduce reflection, relationship and resilience as essential skills
3. Continue the exploration of "Who am I".

### Post Zoom Reflections:

1. Do the suggested inquiry with a partner sometime in the next couple of weeks.
2. Practice spiritual inquiry on your own: what is here and who is here.
3. Write a reflection paper on the impact of inquiry.

### Pre-work:

This is a lot of reading and it is a busy time of year with holidays. So to prioritize: Read the section from *Mindsight*, watch the three videos and listen to the meditation. Then read the four sections from *Mind*. Finally read the *Blink* section and the two short articles on self-organizing systems.

### Reading:

1. From "Mindsight: The New Science of Personal Transformation" by Dan Siegel
  - a. Pgs 3-44
2. From "Mind: A Journey To The Heart Of Being Human" by Dan Siegel:
  - a. Pgs 1-16
  - b. Pgs 26-61
  - c. Pgs 85-98
  - d. Pgs 123-144
3. From "Aware: The Science and Practice of Presence" by Dan Siegel
  - a. Pgs 183-230
4. From "Blink: The Power Of Thinking Without Thinking" by Malcolm Gladwell
  - a. Pgs 189-244

5. Read the two articles on self-organizing systems
  - a. The Irresistible Future of Organizing by Wheatley
  - b. Self-Organizing Systems by Golden
6. Use the New Year's Process worksheet to set some intentions for 2023.

#### Internet study:

1. Watch these three online videos of Dan Siegel discussing mind, the three R's, and brain structure and function
  - a. <https://www.takingcharge.csh.umn.edu/your-mind-relationships-interview-dr-dan-siegel>
  - b. <https://www.youtube.com/watch?v=Nu7wEr8AnHw>
  - c. <https://www.youtube.com/watch?v=LiyaSr5aeho>

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

Go to Dan Siegel's site: <https://drdansiegel.com/wheel-of-awareness/>

- a. You will need to sign in and give an email address
- b. Listen to the 20 minutes meditation a few times
- c. Then continue to use this longer meditation or move to the shorter 7 minute meditation and listen regularly during the month. Notice the dramatic increase in aspects of consciousness compared to the awareness we started with. Is this useful to you? Simply notice your reactions and spend some time with the extra dimensions.

#### Third Thing:

1. "Autobiography in Five Short Chapters" by Portia Nelson
2. "Everything Is Waiting For You" by David Whyte

#### Session

1. Poem: Autobiography in Five Short Chapters by Portia Nelson
2. Lecture
3. Inquiry
4. Poem: "Everything Is Waiting For You" by David Whyte

#### Post Assignment:

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?**