

# Month Three | Syllabus

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

Dates: October 20-November 24 (Reflection paper due) Webinar November 17

### Title:

Spiritual Inquiry

### Intention of Session:

1. Learn about the process of “holistic spiritual inquiry” for noticing and exploring reactivity, especially “how old do you feel?”.
2. Bring understanding to the original wound of separation and response of “I’m unlovable”, “I’m unworthy”, “I’m disrespected.”
3. Then using the noticing as a path for healing; bring compassion to yourself.
4. Learn practices that increase acknowledgement of the support and love that are always present.

### Pre-work:

#### Reading:

1. Miranda Macpherson: “The Approach”
2. Miranda Macpherson: “Holistic Self- Inquiry”
3. Miranda Macpherson: “Guidelines for Meditation Practice”.
4. “The Second Invitation: Welcome Everything, Push Nothing Away” pg 73-114 by Frank Ostaseski in The Five Invitations
5. Finish “How to be an Adult” if you haven’t

#### Video:

1. Watch video/meditation on “Spiritual Inquiry”. Use the meditation on the video at least once.

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

1. Listen to Miranda Macpherson’s “Mountain of Presence” meditation daily--intention to begin each day with ego relaxation, aware of support, present, open

#### Third Thing:

1. “Buddha’s Dogs” by Susan Browne
2. “Tired of Speaking Sweetly” by Hafiz

## Session

1. Poem: Buddha's Dogs by Susan Browne
2. Teaching on Spiritual inquiry as a method for "ego relaxation" and guided meditations of spiritual inquiry
3. Zoom session with spiritual inquiry in dyads
4. Reflection on process together
5. Poem: Tired of Speaking Sweetly" by Hafiz

## Post Assignment:

1. Use spiritual inquiry when reactive through the day and journal at the end of the day new insights
2. Meet once with skype partner for a practice of spiritual inquiry
3. Send a reflection paper on the impact of the month's learning due