

Month Seven | Syllabus

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

Dates: February 23-March 23 (Reflection paper due) Webinar March 9

Title:

Forgiveness

Intention of Session:

1. Define forgiveness
2. Work on both forgiving and asking for forgiveness
3. What are blocks to forgiveness practices
4. Explore dilemmas around forgiveness

Pre-work:

Reading:

1. "The Sunflower: On the Possibilities and Limits of Forgiveness" by Simon Wiesenthal
2. Reflection:
 - a. Begin to reflect on forgiveness issues in your life—both forgiving and asking for forgiveness.
 - b. Which is most difficult for you and why? Are there issues of guilt, shame and vulnerability at work here?
 - c. Who can forgive you for wrongs you have committed to others?

Mindfulness Practice: To be done both before and after Webinar

1. Listen daily to Jack Kornfeld's meditation on Forgiveness:
<https://jackkornfield.com/audio-forgiveness-meditation/>

Third Thing:

1. "Up" by Margaret Atwood

Session

1. "Up" by Atwood
2. Lecture
3. "Rosie" story
4. Inquiry

Post Assignment:

- 1. Reflect on the forgiveness issues in your life. Where have you been unwilling to let go of wrongs done to you? Where has shame and a fear of vulnerability kept you from asking for forgiveness?**
- 2. Reflect on your deepest values. Do your ongoing forgiveness issues violate these values? How can you move from being victimized to being accountable? What might you do now?**
- 3. Write a reflection paper on these issues.**