

# Month One | Syllabus

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

### Title:

**Awareness: Personal and Interpersonal**

### Intention of Session:

1. Introduction to course
2. Introduction of participants
3. Begin introducing tools to know self through a simple and powerful tool called the awareness wheel

### Pre-work:

**Purchase and read “How To Be An Adult: A Handbook On Psychological And Spiritual Integration” by David Richo**

**Purchase “The Five Invitations: Discovering What Death Can Teach Us About Living Fully” by Frank Ostaseski and read through the First invitation pgs 1-14.**

**Watch online Awareness Wheel description:**

[http://www.bridgingagap.com/Bridging%20the%20Gap%20Videos/Relationship\\_Videos/Entries/2007/1/26\\_5\\_Awareness\\_Wheel\\_\(8%3A27\).html](http://www.bridgingagap.com/Bridging%20the%20Gap%20Videos/Relationship_Videos/Entries/2007/1/26_5_Awareness_Wheel_(8%3A27).html)

**Sign up for the Enneathought a Day** by going to

<https://www.enneagraminstitute.com/type-descriptions/> and then open the section called “Learn” and sign up to get the daily email.

**Go to You Tube and watch “It’s not about the nail”**

<https://www.youtube.com/watch?v=-4EDhdAHrOg>.

**Read Chapter Two of The Subtle Art of Not Giving a F\*ck by Mark Manson (provided)**

**Read first few pages of The Road Less Traveled by M. Scott Peck (provided)**

**Read “Second Life” by David Whyte (provided)**

**Begin a Mindfulness practice which we will continue in different forms through the entire ten months. Before the first meeting begin sitting quietly each day at least 10 minutes attending to your breath and noticing your thoughts, always coming back to your breath. Practice non-judgment, don’t evaluate how you think you are doing.**

## **Session:**

- 1. Third thing: The Invitation by Oriah Mountain Dreamer**
- 2. Course process**
- 3. Introductions**
- 4. Awareness Wheel lecture**
- 5. Process**
- 6. Debrief**
- 7. Closing reflection: "I Never Promised You a Rose Garden" by Rachel Naomi Remen**

## **Post Assignment:**

- 1. Stop 2 times each day and run through the Awareness Wheel in that moment.**
- 2. For five to ten minutes each day sit and be mindful of the breath and then go through the Awareness Wheel for that moment.**
- 3. Journal each day what you notice.**
- 4. Submit a reflection paper expressing your learnings, frustrations and questions.**
- 5. Do the pre-work for the next session found online.**