

Month Seven | Syllabus

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

Dates: March 11-April 13 (Reflection paper due April 6)

Open House March 16

Title:

Change, Presence, Listening and Compassion Fatigue

Intention of Session:

1. Learn the stages of change and how to manage them
2. Learn presence and listening
3. Learn about empathy, compassion and sympathy
4. Learn about compassion fatigue

Post Zoom Reflections:

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. How are the forgiveness issues in your life related to shame and vulnerability?
4. How has the discussion and processes today impacted your forgiveness issue?
5. Write a reflection paper on these issues or whatever is up for you.

Pre-work:

Reading:

1. Finish Frank Ostaseski's Fifth Invitation "Cultivate Don't Know Mind"
2. Read the short piece "The Four Addictions" from Angeles Arrien's The Four-Fold Way.

Video:

1. Watch the presentation on "Change"
2. Watch the presentation on "Listening"
3. Watch the presentation on "Compassion Fatigue and Presence"
4. Consider and journal on the reflection questions at the end of each.

Internet study:

1. Watch Brene Brown's video on Empathy (we will call this compassion):
<https://www.youtube.com/watch?v=1Evwgu369Jw>

Mindfulness Practice: To be done both before and after Webinar

1. Listen to Tara Brach's "Arriving in Mindful Presence" and then extend your practice another 5-15 minutes of following the breath,

Third Thing:

1. "Live and Help Live" introduction, Kitchen Table Wisdom, Rachel Naomi Remen, MD
2. Story: "The Gift of Healing", Kitchen Table Wisdom, Rachel Naomi Remen, MD

Zoom Session Agenda

1. Story: "Live and Help Live" introduction, Kitchen Table Wisdom, Rachel Naomi Remen, MD
2. Lecture
3. Inquiry
4. Story: "The Gift of Healing", Kitchen Table Wisdom, Rachel Naomi Remen, MD