

# Month Eight | Syllabus

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

Dates: April 5-May 10 (Reflection paper due May 3)

Open house April 19

### Title:

Resilience and Hope: Power and Limitations of Our Beliefs

### Intention of Session:

1. Look at and understand the power of belief with respect to causation and implications
2. Begin to relax our set beliefs and open to a larger context
3. Increase our resilience by expanding how we explain adversity in our lives
4. Enable us to open more fully into accountability and getting more of what we want
5. Develop a realistic and useful definition of hope

### Post Zoom Reflections:

1. Work this month with presence and compassion: How presence? How compassion?
2. What changes are you going through at this time in your life? What stage of change are you in?
3. Are you suffering from compassion fatigue? How might you come to a different relationship with the suffering of others while still remaining compassionate?
4. Listen to someone fully with the intention to understand consciously several times this couple of weeks.
5. Allow what you discovered in the “basement” to settle. Journal your thoughts.

### Pre-work:

#### Reading:

1. Re-read pages 43-55 in *The Five Invitations* “The Maturation of Hope”
2. Die Wise by Stephen Jenkinson “The Tyrant Hope” pgs 117-136
3. Loving What Is by Byron Katie pgs 1-31 and 80-103. This is optional but gives another set of questions and construct to develop resilience.
4. “I Never Promised You a Rose Garden” from “Kitchen Table Wisdom” by Rachel Naomi Remen

#### Video:

1. Watch presentation on Resilience / ABC Model
2. Watch presentation on Mind Traps
3. Watch presentation on Explanatory Style
4. Watch presentation on Working with Beliefs.

**Internet study:**

1. Watch TED talk by Andres Shatte “What matters next: Connection”

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

1. We have explored a number of practices into mindfulness. For the remainder of our time together, pick one practice which supported you and continue to engage with it.

**Third Thing:**

1. “At the Teahouse, 6 AM” by Holly Hughes
2. “Wait Without Hope” by TS Eliot

## **Zoom Session Agenda**

1. Poem: At the Teahouse, 6 AM by Holly Hughes
2. Lecture on Hope and Resilience
3. Inquiry
4. Poem: Wait Without Hope by TS Eliot