Month Two | Syllabus

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

Dates: October 12 -November 9 (Reflection paper due November 2)

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**