

# Month Eight | Syllabus

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

Dates: April 4-May 2 (Reflection paper due April 25) Webinar May 2

### 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

### 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.

#### 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

## Session

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

## Post Assignment:

1. Write some final thoughts reviewing your journey this past year, thinking about who you are and what you want.
2. At the final session, we will go through the entire year's content with an opportunity to respond with a word or phrase.
3. Here's a summary list of the content/processes for the year. 1. Awareness wheel, cow trails, automatic reactions. 2. Accountability vs. victim mentality, Intention: learn/grow vs. protect/defend, comfort zone 3. Process of Holistic Spiritual Inquiry 4. Neurobiology – neurobiological basis of cow trails, hardwired for connection, Dan Siegel meditation – relationship, resilience, reflection, foundation of personality 5. Relationship – Pinch- crunch model, Interpersonal gap, Personal filters, 6. Shame/Vulnerability – realizing the story that separates us allows us courage to be vulnerable 7. Forgiveness 8. Change – Wall of fear, Listening, Going to your basement 9. Resilience – Explanatory style, mind traps Bring this to the final Webinar.
4. What are you going to carry into the future as a practice or a realization that you think will get you more of what you want?
5. Do you hold who you are differently than when you started this process a year ago?