

# Month Six | Syllabus

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

Dates: February 13-March 13 (Reflection paper due March 6)

### Title:

Forgiveness

### Intention of Session:

1. Define forgiveness
2. Work on both forgiving and asking for forgiveness
3. What are blocks to forgiveness practices
4. Explore dilemmas around forgiveness

### Post Zoom Reflections:

1. Set the intention each morning to be willing to be vulnerable and journal (or at least try to reflect on) how that day went.
2. Spend the month acutely aware of moments of shame, shame avoidance, other's reckoning with shame and consider being willing to name it. Journal your observations and thoughts.
3. In your reflection paper, consider what are your shame triggers – when do you feel outside, separate, unworthy, unlovable?
4. In your reflection paper, consider the times in your life that willingness to be vulnerable and authentic resulted in deep connection.

### Pre-work:

Reading:

1. "The Sunflower: On the Possibilities and Limits of Forgiveness" by Simon Wiesenthal
2. Reflection:
  - a. Begin to reflect on forgiveness issues in your life—both forgiving and asking for forgiveness.
  - b. Which is most difficult for you and why? Are there issues of guilt, shame and vulnerability at work here?
  - c. Who can forgive you for wrongs you have committed to others?

Mindfulness Practice: To be done both before and after Webinar

1. Listen daily to Jack Kornfeld's meditation on Forgiveness:  
<https://jackkornfield.com/audio-forgiveness-meditation/>

Third Thing:

1. "Up" by Margaret Atwood

## Zoom Session Agenda

1. "Up" by Atwood
2. Lecture
3. "Rosie" story
4. Inquiry