

Month Two | Syllabus

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

Dates: November 13- December 11 (Reflection paper due December 4)

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.

Post Zoom Reflections:

1. Begin each day setting intention consciously about how to live that day in line with your deepest values, wants. Write it down.
2. At the end of each day, track those times when you lived in line with your deepest values, wants. Where did you miss the mark? How much time was spent on automatic pilot? How can what you have learned about accountability affect your reflections?
3. Watch again the online video “It’s Not About The Nail” (<https://www.youtube.com/watch?v=-4EDhdAHRog>) again. How does the victim/accountability loop apply? What nails do you have that others see so clearly and you stridently resist knowing about or changing?
4. Write a reflection paper about your experience over the month with these practices.

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

Zoom Session Agenda

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