

# Month Nine | Syllabus

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

Dates: April 27-May 25 (Reflection paper due) Webinar May 11

### 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. At least three times, at the end of the day, reflect on the adversities you have encountered. Write out for at least one of them the adversity, your beliefs about cause and implications, and the consequences (emotions, reactivity). Then use one of the skills to deepen your understanding of your habitual patterns and to broaden and refine your beliefs.
2. Notice a mind trap and recognize how it fits within habitual cow trails in your reactive life.
3. What did you find in the basement of your being? How does this inform the question of who you are really?
4. Write a reflection paper about your learnings.