

Month Two | Syllabus

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

Dates: September 22-October 20 (Reflection paper due) Webinar October 6

Title:

Accountability: Personal and Group

Intention of Session:

1. Introduce accountability
2. Introduce basic concepts from personal psychology
3. Weave the above together with the awareness wheel
4. Why does this matter?
5. Develop the relationship between these psychological tools and managing spiritual pain

Pre-work:

Reading:

1. Read the three provided copies from “The Subtle Art of Not Giving a ...” on being special (pgs 41-62, values (pgs 62-89), and choice (pgs 90-102). Journal thoughts and questions about the material. Also, how does this writing relate to the three PowerPoint lectures?
2. Read “The First Invitation: Don’t Wait” pgs 17-75 in Osteskeski’s Five Invitations. We will spend time on Hope and Forgiveness later, so pay attention and save those thoughts for those future sessions. Mainly, spend some time with the issue of impermanence. We all know intellectually this is true, but do we hold it in our embodied and emotional selves as real. Do we live as if this is true? As Stephen Jenkinson would say “Can you love anything fully without loving the end of it?” Consider where in your life are the greatest fears about impermanence; relationships, physical or cognitive ability, material possessions...
3. Read the provided copy of pgs 3-25 in The Power of Personal Accountability: Achieve What Matters to You by Mark Samuel and Sophie Chiche.
4. Keep reading How To Be An Adult, if you haven’t finished it yet.

Video: Watch in the following order

1. “Curves of Intention” and journal answers to the questions at the end.
2. “Comfort Zone” and journal answers to the questions at the end.

3. "Accountability" and journal answers to the questions at the end.

Internet study:

1. Continue to check your Enneathought each day against these new concepts. I won't continue to remind you but would encourage you to make this a habit.

Mindfulness Practice: To be done both before and after Webinar

1. Move from following the breath to Kristin Neff's short meditation on self compassion. Notice how easily this might be used at any point during your day when things are a little tough in a short mindfulness break.

Third Thing:

1. "The Night House" by Billy Collins
2. "The Tao #74" and "A Spiritual Journey" by Wendell Berry

Session

1. Third thing: The Night House by Billy Collins
2. Lecture/Conversation: Pulling it all together and how it relates to spiritual pain
3. Skype session with partner
4. Gathering the Threads
5. Closing reflections: The Tao 74 and A Spiritual Journey by Wendell Berry

Post Assignment:

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 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.