

# Pre-Work| Syllabus

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

Dates: August 20 – October 9

Zoom Meeting – October 9

### Title:

Awareness: Personal and Interpersonal

### Intention of Session:

1. Introduction to course and your instructors and intentions
2. Introduction of participants—create community
3. Begin introducing tools to know self: Awareness Wheel

### Pre-work:

#### Reading:

1. Purchase and read as much as possible “How To Be An Adult: A Handbook On Psychological And Spiritual Integration” by David Richo
2. Purchase “The Five Invitations: Discovering What Death Can Teach Us About Living Fully” by Frank Ostaseski and read beginning, pgs 1-14.
3. Read Chapter Two of The Subtle Art of Not Giving a F\*ck by Mark Manson (provided)
4. Read first few pages of The Road Less Traveled by M. Scott Peck (provided)
5. Read “I Never Promised You A Rose Garden” by Rachel Naomi Remen (provided)
6. Download and print out “Awareness Wheel Practice” handouts for session.

#### Internet study:

1. Go to You Tube and watch “It’s not about the nail”  
<https://www.youtube.com/watch?v=-4EDhdAHrOg>

#### Mindfulness Practice: To be done both before and after Webinar

1. Watch video on “Mindfulness”.
2. Begin a Mindfulness practice which we will continue in different forms through the entire ten months. Before the first meeting begin sitting quietly each day at least 10 minutes attending to your breath and noticing your thoughts, always coming back to your breath. Practice non-judgment, don’t evaluate how you think you are doing.

#### Third Thing:

1. **"The Invitation" by Ohriah Mountain Dreamer**
2. **"Second Life" by David Whyte**

## **Zoom Session Agenda**

1. **Third thing: The Invitation by Oriah Mountain Dreamer**
2. **Course process**
3. **Introductions**
4. **Awareness Wheel lecture**
5. **Process**
6. **Debrief**
7. **Closing reflection: "Second Life" by David Whyte**