

# Overview

## **Soul of Wellness: Who are you and what do you want?**

### **The session topics will be as follows:**

Session One: Introduction and the Awareness Wheel

Session Two: Basic Personal Growth and the Victim/Accountability Wheels

Session Three: Holistic Inquiry

Session Four: Interpersonal Neurobiology

Session Five: Relationship

Session Six: Resilience and Hope

Session Seven: Shame and Vulnerability

Session Eight: Change and Impermanence

Session Nine: Forgiveness

Session Ten: “Who am I Really” And Closure

### **Books required:**

The Five Invitations: Discovering What Death Can Teach Us About Living Fully by Frank Ostaseski

How to Be an Adult: A Handbook for Psychological and Spiritual Integration by David Richo

The Sunflower: On the Possibilities and Limits of Forgiveness by Simon Wiesenthal

### **Incoming assumptions about this class:**

1. We are all adults. What you put into this next 10 months is what you'll get out of it. That said, life goes on and some months you'll have the time and energy to do everything offered and other months you won't. You are the arbiter of your own experience. I am not keeping track.
2. I have developed and organized this course along the lines of things I have explored, thought about, and sometimes taught over the past 40 years. That's it. I am not some guru (unless defined as “Geee, you are you”) or even particularly an expert. I see this class as providing an opportunity for us all to learn and grow and explore with one another and a group of other thinkers we'll be reading and

studying. I commit to simply being who I am, where I find myself, teaching from my own experience.

3. While there are some requirements for “reflection papers”, I see those as reports from your learning edge. It could be a paper in the classic sense but could also be a poem, drawing, list, photograph, or simply a question. My only expectation is that you find application of the material in your own past and current experience.
4. I will be available for ongoing conversation, but also have a life separate from this class. So I will respond to questions and it may take a day or two.
5. All sessions will be recorded so if you are unable to attend because of an emergency, you can listen later.
6. I will attempt to have a session for questions and conversation mid-month in the form of a Webinar. These are completely voluntary. You will get an invitation in your email for those.