




Session One: Who Am I And What Do I Want

No matter what type we are, we can observe the following about Inner Work: "We will succeed in our Work if we are willing to know the truth about what is really occurring in us."



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The Invitation

Oriah Mountain Dreamer

those you
 are telling and
 is true
 I want to know you can
 disagree with me
 to be true
 if you can bear the accusation
 of
 betrayal

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Course Information

- Books
- Monthly study materials
- Month meetings
 - Lecture/Discussion—synthesis not repeat
 - Reading, videos, mindfulness exercises important
 - An inquiry or process each month
- Structure
 - Monthly meeting is beginning of each month's work
 - Post Zoom reflections, pre-work, meeting
 - Reflection paper due each month a week before the meeting
 - We make suggestions of paper topics but really it is where are you at that time.
 - If we haven't responded to a reflection paper in a week, assume we didn't get it or you didn't get our response. Please let us know. We get as much out of the process as you.
- Voluntary "Open House" almost every month.
- Community Forum Online

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Schedule

- ▀ 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: Shame and Vulnerability
- ▀ Session Seven: Forgiveness
- ▀ Session Eight: Change and Impermanence
- ▀ Session Nine: Resilience and Hope
- ▀ Session Ten: "Who am I Really" And Closure

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Way In

- ▀ Everyone will have a different avenue into their own process.
- ▀ Recognizing this, there will be reading, poetry, stories, examples from our lives, lectures, process, inquiry, meditation, mindfulness.
- ▀ Any process, reading, lecture examined fully will lead you in.

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Introductions

- ▀ Your name
- ▀ What do you want from this year




About us

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Awareness Wheel

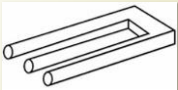
- Introduction
 - The Five Illusions
 - Pain and suffering
 - The River
- Inside vs Outside
- Automatic reactions-Cow trails
- Fused—"They/It own(s) you"
- Awareness wheel
- Communication
 - Fused
 - Differentiated



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Five Illusions

- Solid identity separate from all others
- Something/someone out there can satisfy my longings and needs
- I need to be in control
- I am entitled
- It's about the other person



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PAIN IS BIOLOGIC




- ❖ Pain is an unpleasant sensory and/or emotional experience.
- ❖ Physical pain is a body experience.
- ❖ Emotional pain can be primary or secondary to another dimension of total pain.

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SUFFERING IS LINGUISTIC AND UNIVERSAL

Suffering occurs when we assign meaning to the experience of physical or emotional pain...




OR

When we generate physical or emotional pain from our thoughts or stories.

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ALL SUFFERING IN LIFE COMES FROM...




RESISTING LIFE AS IT IS, PROBLEMS

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Koan

Pain in life is inevitable...


Suffering is optional?...



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Being With Suffering


- Lean into the pain
 - Willingness
 - Consciousness
- Create/be in a space/container where the suffering can happen
 - Presence
- Suffering connects us
 - Not your suffering and my suffering but our suffering
 - We all have problems



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Stages


- Acceptance
 - 5 stages
- Lean into the pain
 - Surrender
- Transformation



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Awareness Wheel

- Inside vs Outside
- Automatic reactions--Cow trails
- Fused—"They/It own(s) you"
- Awareness wheel
- Communication
 - Fused
 - Differentiated



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It's Not About The Nail



- Many levels
- Spiritual suffering
 - Causes
 - Responses
- Enneatype


What nails do you have in your head?
It's always about the nail



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Second Life

My uncourageous life
doesn't want to go,
doesn't want to speak,
doesn't want to carry on,
wants to make its way
through stealth,
wants to assume
the strange and dubious honor
of not being heard.



David Whyte

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