

Month Three | Syllabus

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

Dates: November 14-December 12 (Reflection paper due December 5)

Title:

Relational Neurobiology

Intention of Session:

1. Demonstrate the neurological basis of the awareness wheel and fusion
2. Introduce reflection, relationship and resilience as essential skills
3. Continue the exploration of "Who am I".

Post Zoom Reflections:

1. Use spiritual inquiry when reactive through the day
2. Journal at the end of the day new insights
3. Meet once with a skype partner (breakout partner if it works) for a practice of spiritual inquiry
4. Send a reflection paper on the impact the month's learning

Pre-work:

This is a lot of reading and it is a busy time of year with holidays. So to prioritize: Read the section from *Mindsight*, watch the three videos and listen to the meditation. Then read the four sections from *Mind*. Finally read the *Blink* section and the two short articles on self-organizing systems.

Reading:

1. From "*Mindsight: The New Science of Personal Transformation*" by Dan Siegel
 - a. Pgs 3-44
2. From "*Mind: A Journey To The Heart Of Being Human*" by Dan Siegel:
 - a. Pgs 1-16
 - b. Pgs 26-61
 - c. Pgs 85-98
 - d. Pgs 123-144
3. From "*Aware: The Science and Practice of Presence*" by Dan Siegel
 - a. Pgs 183-230
4. From "*Blink: The Power Of Thinking Without Thinking*" by Malcolm Gladwell

- a. Pgs 189-244
5. Read the two articles on self-organizing systems
 - a. The Irresistible Future of Organizing by Wheatley
 - b. Self-Organizing Systems by Golden
6. Begin reading “Soul Without Shame: A Guide To Liberating Yourself From The Judge Within” by Byron Brown with the expectation you will be done by February.

Internet study:

1. Watch these three online videos of Dan Siegel discussing mind, the three R’s, and brain structure and function
 - a. <https://www.takingcharge.csh.umn.edu/your-mind-relationships-interview-dr-dan-siegel>
 - b. <https://www.youtube.com/watch?v=Nu7wEr8AnHw>
 - c. <https://www.youtube.com/watch?v=LiyaSr5aeho>

Mindfulness Practice: To be done both before and after Webinar

1. Go to Dan Siegel’s site:
http://www.drdansiegel.com/resources/wheel_of_awareness_thanks/
 - a. You will need to sign in and give an email address
 - b. Listen to the longer meditation a few times
 - c. Then continue to use the longer meditation or move to the shorter meditation and listen regularly during the month. Notice the dramatic increase in aspects of consciousness compared to the awareness we started with. Is this useful to you? Simply notice your reactions and spend some time with the extra dimensions.

Third Thing:

1. “Autobiography in Five Short Chapters” by Portia Nelson
2. “Everything Is Waiting For You” by David Whyte

Zoom Session Agenda

1. Poem: Autobiography in Five Short Chapters by Portia Nelson
2. Lecture
3. Inquiry
4. Poem: Everything Is Waiting For You” by David Whyte