

Month Seven | Syllabus

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

Dates: March 14-April 4 (Reflection paper due March 28) Webinar: April 4

Title:

Change, Presence, Listening and Compassion Fatigue

Intention of Session:

1. Learn the stages of change and how to manage them
2. Learn presence and listening
3. Learn about empathy, compassion and sympathy
4. Learn about compassion fatigue

Pre-work:

Reading:

1. Finish Frank Ostaseski's Fifth Invitation "Cultivate Don't Know Mind"
2. Read the short piece "The Four Addictions" from Angeles Arrien's The Four-Fold Way.

Video:

1. Watch the presentation on "Change"
2. Watch the presentation on "Listening"
3. Watch the presentation on "Compassion Fatigue and Presence"
4. Consider and journal on the reflection questions at the end of each.

Internet study:

1. Watch Brene Brown's video on Empathy (we will call this compassion):
<https://www.youtube.com/watch?v=1Evwgu369Jw>

Mindfulness Practice: To be done both before and after Webinar

1. Listen to Tara Brach's "Arriving in Mindful Presence" and then extend your practice another 5-15 minutes of following the breath,

Third Thing:

1. "Live and Help Live" introduction, Kitchen Table Wisdom, Rachel Naomi Remen, MD
2. Story: "The Gift of Healing", Kitchen Table Wisdom, Rachel Naomi Remen, MD

Session

1. Story: "Live and Help Live" introduction, Kitchen Table Wisdom, Rachel Naomi Remen, MD
2. Lecture
3. Inquiry
4. Story: "The Gift of Healing", Kitchen Table Wisdom, Rachel Naomi Remen, MD

Post Assignment:

1. Work this month with presence and compassion: How presence? How compassion?
2. What changes are you going through at this time in your life? What stage of change are you in?
3. Are you suffering from compassion fatigue? How might you come to a different relationship with the suffering of others while still remaining compassionate?
4. Listen to someone fully with the intention to understand consciously several times this couple of weeks.
5. Allow what you discovered in the "basement" to settle. Journal your thoughts.