

Transforming Soul and Society
YEAR TWO, Full Weekends and Alternate Saturdays
Sample Outline for Previous Themes and Readings

Note: Book listed is the book to have read for discussion that weekend.

Week 1

Emerging Stories: Our Personal Stories, Origin Stories and the Universe Story

Content Question: What do we mean by story and why is it so important for each of us? How do we awaken to the oneness of all creation—unity of self, community and cosmos?

Readings:

- *When Women Were Birds: 54 Variations on Voice*, Terry Tempest Williams (+ her interview from Women's Press as handout)

Week 2

Evolutionary Spirituality: Awakening Consciousness

Content Question: What do we mean by evolutionary spirituality and why does it matter for me personally?

Readings:

- *Evolutionaries*, Carter Phipps

Week 3

Mindful Living: Engaged Presence & Sacred Activism

Content Question: What does it mean to fully explore my soul, my connection to the rhythms of the Divine and my expression of that in the world?

Readings: So Far From Home, Margaret Wheatley

Week 4

Transformative Relationships: Building Authentic Communities

Content Question: What does it mean for me to honor myself and others—to be authentic and responsive in all my relations?

Readings:

- *Ancestral Grace*, Diarmud O'Murchu

Week 5

Spirited/Centered Leadership: Compassionate Empowerment

Content Question: What does it mean for me to lead in my own areas of family, work and world at this time?

Readings:

- *Women's Spirituality and Transformative Leadership: Where Grace Meets Power*, ed. Schaaf, Lindahl, Hurty and Cheen.
- McKinsey articles on Centered Leadership

Spiritual Guidance Training

Focus and Readings for 5 Saturdays

Saturday 1

Focus: Spiritual Guidance

Content Questions: *What is spiritual guidance? How might we describe it? How has it evolved? Why is compassion its key?*

Reading: *The Twelve Steps to Compassion*, Karen Armstrong

Practices: these are central to our work each Saturday

- Practicum Groups for skills building
- Fish Bowl for observing facilitators

Saturday 2

Focus: Presence, Deep Listening and Questioning

Content Questions: *What skills are needed for effective spiritual guidance? How do we attune ourselves through practice to using those skills well?*

Reading: *Listening and Caring Skills*, John Savage

Saturday 3

Focus: Power and Boundaries

Content Question: How do we use our “power” wisely as spiritual guides and promote healthy boundaries with our clients?

Readings: *Holy Listening: The Art of Spiritual Direction*, Margaret Guenther

Saturday 4

Focus: Loss and Grief

Content Question: How do we help people deal with the inevitable loss and grief in each of our/their lives? How do we manage our own fears in this process?

Readings: *The Places That Scare Us*, Pema Chodron

Consultation Groups: conversation re: issues/questions from internship clients added in last 2 Saturdays

Saturday 5

Focus: Body Memory and Emotions

Content Question: How can we help our clients become more conscious of the feeling and intuition that resides in their bodies? How embody their spirituality?

Readings: *The Art of Listening in a Healing Way*