

Syllabus: SPD-110 Self-Awareness

Course Overview

Course Instructor

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Course Description

Self-awareness is necessary for optimal balance and functioning in life. To be self-aware is to realize the dimensions of self and the states of those dimensions. Human beings are more than the physical body; they also have spiritual and soul (psyche) dimensions which are equally if not more important than the body. Students will explore the dimensions of self by studying various systems and techniques for self-awareness. They will become more conscious of: their attitudes, beliefs and ways of being; symptoms of stress and imbalance; healthy responses to stress and imbalance; and how to integrate spiritual principles to maintain balance and honor all facets of their being

Course Learning Objectives

Upon completion of this course, learners will be able to:

- Identify and articulate current belief systems regarding key areas of life such as but not limited to health, finances, and relationships.
- Express personal values and integrity.
- Articulate and engage in areas of emotional literacy
- Increase effective communication skills to enhance relationships.
- Evaluate personal stressors and formulate mediation strategies.
- Recognize obstacles to self-esteem and self-love and develop strategies for increasing consciousness in these areas.
- Develop awareness of cultural background and conditioning and how it impacts our worldview.

Required Text / Readings

- Butterworth, Eric. 1982. *In the Flow of Life*. Unity Village Publisher, Unity Books.
 - Hendricks, Gay. 2000. *Conscious Living: Finding Joy in the Real World*. San Francisco: Harper San Francisco.
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Recommended Text / Readings

- Hay, Louise 1984. *You Can Heal Your Life*. Santa Monica: Hay House.

Schedule

- **Class 1**
 - Welcome + Grounding + Introductions
 - Review Heart Agreements
 - Self-Awareness Scale
 - Openness to Discovery
 - Discerning Beliefs
 - Readings
 - In the Flow of Life: pgs 1-46/Ch.1-2
 - Conscious Living: pgs 1-55
 - **Class 2**
 - Welcome + Grounding + Check-In
 - Identify factors that lead to conscious living
 - Reflect on releasing shame and guilt
 - Embracing our deservability and wholeness in life
 - Recognize our choice to live in the present moment.
 - Discovering our essence and learning how to shift.
 - Readings
 - In the Flow of Life: pgs 47-80/Ch.3-4
 - Conscious Living: pgs 56-118
 - **Class 3**
 - Welcome + Grounding + Check-In
 - Identify when you are in or out of the flow of life.
 - Notice when you are moving into blame or criticism of yourself or others.
 - Explore factors in self-esteem.
 - Readings
 - In the Flow of Life: pgs 81-98/Ch.5
 - Conscious Living: pgs 119-145
 - **Class 4**
 - Welcome + Grounding + Check-In
 - Identify our patterns of giving and receiving.
 - Recognizing our motivations for giving.
 - Discovering the limiting fears that impact self-esteem.
 - Identifying our commitments to Love.
 - Recognize we get what we are committed to and identify what we truly want in our lives.
 - Readings
 - In the Flow of Life: pgs 99-133/Ch.6-7
 - Conscious Living: pgs 146-207
 - **Class 5**
 - Identify our belief about aging.
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- Engage in practices that reduce stress.
 - Discover how the body produces stress.
 - Readings
 - In the Flow of Life: pgs 135-152 /Ch.8-9
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