

Syllabus: TAS-105 I of the Storm

Course Overview

Course Instructor

Name: Rev. Shirley Knight
Office Hours: Tuesdays and Thursdays 8:30 a.m. to 3 p.m.
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Course Description

Improve self-awareness, increase emotional intelligence and become more effective at relationships including the relationship with Self. This class is based on the book, *The I of the Storm* by Rev. Dr. Gary Simmons. This is not a book-study. It is an exploratory series of activities to help us uncover triggers and learn new responses. Instead of reacting unconsciously, we can respond from compassion, balance and harmony.

Learning Objectives

Upon completion of this course learners will be able to:

- Use conflict as opportunities for healing.
- Identify feelings and needs.
- Begin identifying and releasing ineffective patterns.
- Express and experience greater emotional health and wholeness.

Text

- *The I of the Storm: Embracing Conflict, Creating Peace* by Gary Simmons
- Handout packet provided by instructor.

Bibliography

- *Nonviolent Communication: A Language of Life* by Marshall B. Rosenberg
- The Quantum Process course by Revs Gary and Jane Simmons and Rima Bonario
- *You Can't Sleep Through Your Awakening* by Jane Simmons
- The Upset Resolution Course by Nathaniel Newby [unpublished]
- *The Connection Practice* by Rev. Ritamarie Johnson

Module 1

Monday

Learning Objectives

By the end of the class, learners will be able to:

- Identify inharmonious feelings and understand faux feelings (thoughts masquerading as feelings).
- Create the Shadow Card and understand who you are not.
- Create your Being Card identifying who you came here to be.
- Practice self-compassion and harmony.

Module 1: Assignments

Recommended Reading

- *The I of the Storm*
 - Chapter 1 “No One is Against You”
 - Chapter 2 “The I of the Storm”

Complete activities during class pages 1–16 in the handout packet.

Module 2

Tuesday

Learning Objectives

By the end of this class, learners will be able to:

- Review Upset Intensity and activating compassion.
- Use the feelings list to give empathy.
- Understand the Pathway to Peace.
- Identify effective requests.

Module 2: Assignments

Recommended Reading

- *The I of the Storm*
 - Chapter 3 “Enemy Mine”
 - Chapter 4 “Making Friends with Conflict”

Select a mild upset to use with the Pathway to Peace in class.

Module 3

Wednesday

Learning Objectives

By the end of the class, learners will be able to:

- Feel more confident using the Pathway to Peace when recalling a situation.
- Understand the steps for the Pathway to Peace in the moment.
- Practice redoing memories.

Module 3: Assignments

Recommended Reading

- *The I of the Storm*
 - Chapter 5 “The Four Winds of Conflict”
 - Chapter 6 “Communion”

Module 4

Thursday

Learning Objectives

By the end of the class, learners will be able to:

- Talk about domains of human concerns and upsets as a violation of standards.
- Recognize resistance with awareness of its effects.
- Talk about the four winds of conflict.

Module 4: Assignments

Recommended Reading

- *The I of the Storm*
 - Chapter 7 “See it Right, Not Make it Right”
 - Chapter 8 “Living on Purpose”

Think about a time when your trigger became your testimony, an obstacle became an opportunity, a challenge led to greater self-awareness.

Module 5

Friday

Learning Objectives

By the end of the class, learners will be able to:

- Relate how completing conversations leads to nonresistance.
- Express peace as the absence of noise.
- Express appreciation using feelings and needs.

Module 4: Assignments

Recommended Reading

- *The I of the Storm*
 - Chapter 9 “Nonresistance if Fertile!”
 - Chapter 10 “The Power of Center”
 - Chapter 11 “A Call to Make Peace”