

The Art of Mindful Living
ART 310.014, 310.015
Fall 2007
T/TH 9:25-10:40; T/TH 10:50-12:10

Instructor: Dr. Leslie Newman
Arts and Ideas Department
e-mail. lnewman@unca.edu
cel. 828-551-5573
Office hour: Tues 1-2pm- NH 120 and by appointment

1. Course Description:

The Art of Mindful Living is a course about Awakening to the Self. The class explores the relationship of past family-of-origin, societal and relational experiences and their effects on our present lives. In this class, students examine and clear historical wounding and the beliefs created from them, so they may live more fully present. Simultaneously, students learn and practice meditation to help open awareness and provide tangible experience of Mindful/Awakened consciousness. From this centered, peaceful inner realm, they transform their lives. Through creative-expressive-art they communicate their experiences and new aware nesses. This class asks who are we, and how can we consciously create our lives from an Awakened awareness

2. Learning Intentions: Students who successfully complete The Art of Mindful Living will:

1. Have increasing experiences of Awake/present-focused awareness in their daily lives.

To achieve this they will:

- develop a daily practice (build up to a 20mins) of stillness/meditation

2. Discover “what gets in the way” of mindful/present-focused awareness.

To achieve this, the student will:

- explore their historical wounding
- demonstrate their understanding of the defenses they use to mask their wounds
- demonstrate their understanding of the limiting images/beliefs
- practice the skills to bring themselves out of defense and back to Center

3. Understand and experience increasing ability to live from their Authentic Self.

To achieve this, students will:

- explore and understand themselves regarding the following topics: Healthy Ego, Basic Needs, Assertiveness, Fear, Anger, and Guilt.
- discover their values and increasingly living from them
- increase their confidence by directing their own learning.

4. Utilize the Creative Arts as a means of communicating their Awakening experiences

To achieve this, students will:

- explore Drama, Writing, Crafting, Movement/Dance and Music individually and in groups

3. Required Texts:

The Undefended Self. Thesanga, Susan. (ISBN 0-9614777-4-1)

How To Be An Adult. Richo, David. (ISBN 0-8091-3223-0)

4. Student Assessment

Grading	Points	%	
Class participation	90	20%	
Quizzes	70	16%	
Homework	90	20%	
Journal	35	8%	
Midterm paper	65	15%	October 2
Final Project	100	20%	Due the last week of class
Total Points	450	100%	

5. Grading Scale:

423-450: A	391.5-404.5: B+	346.5-359.5: C+	301.5-314.5: D+	269.5: F
405-422.5: A-	378-391: B	333-346: C	288-310: D	
	360-377.5: B-	315-332.5: C-	270-287.5: D-	

6. Description of Assessment

Class Participation Self-Assessment:

You will evaluate your class participation at the end of each class. Some classes will naturally involve less conversation and more didactic experience. Nonetheless you can evaluate your inner state of "wakeful-present-focused awareness" and your engagement with the class. **At the end of each class, I ask that you turn into me a ½ piece of paper with your name, section #, date and score (from 1-3). Note: Scores can be overridden by me.**

Criteria:

- 3- really "awake"--Hummin'. On time for class, prepared for discussion, actively engaged and searching deeper within you, and offering comments that move the class deeper into the material.
- 2- fairly "awake". On time for class, prepared for discussion, shares, but not fully "going for it" staying on the surface, or only responding when called upon.
- 1- "asleep" on "auto-pilot". Late for class, mind wandering, doing other work, distracted not sharing, or sharing tangentially, (moving us off topic).

Quizzes

Three quizzes will be given throughout the semester in order to provide us with informative feedback on teaching and learning.

Written homework:

Written homework is designed for you to take the reading and class material deeper. Written homework with an (*) **next to it, will be handed in to me** and you will receive feedback on your responses, then we will workshop the assignment in the following class and you will have the opportunity to edit and re-submit the assignment to improve your grade. Other written homework should be completed in your journal and will be checked for completion.

You are responsible for completing the assignments **even if you miss a class**. If you miss a class, turn in your homework to my mailbox (NH 120) on or before the date due for full credit. Late homework will receive ½ grade deduction for each day late. **Homework is due at the beginning of class.**

Written homework Guidelines-

1. Preparation: Before sitting to write the homework, breathe deeply, relax and center yourself. Take a few minutes to meditate on the question. Remember, there are no right answers, only true ones--the ones that come from your own experience. Do your best to bring yourself fully to each assignment.

2. Structure: Please write no less than 3 and no more than 5 pages for each assignment.
 - a. I ask that you turn in a hard-copy of your homework to me
 - b. Please type your name at the top of each page and include page numbers
 - c. Type the question out before your response (don't include in the page count)
 - d. **double-space** your responses
 - e. Proofread your work for **content** (clarity of your ideas, structure and flow between them, illustrative examples, etc.) and **form** (grammar, organization, sentence and paragraph construction).

In Class Writing workshop: When you present your work in class, do your best to remain open and receive the feedback from the Listener/s as a gift. Listen with a relaxed, awake, mind. As Listener, bring your full presence and attention to the Presenter. Have compassion for their efforts and their work. Listen with a non-judgmental/Observer attitude. Then, allow yourself to speak when you genuinely have something to offer. Note if your motivation to speak serves your Ego or if you are wearing a Mask (to look good, smart etc.) if so...hold your comment.

You may re-submit work-shopped assignments to improve your grade. Re-writes are due in the following Tuesday class at the beginning of class.

Absences

You are responsible for all class material and homework. Please get the contact information for two classmates so that if you must miss a class, you can get the notes and make-up the work.

Name _____ Phone _____ E-mail _____

Name _____ Phone _____ E-mail _____

Journal

I ask that you keep a personal review journal throughout the course. The journal is not graded, rather checked periodically and points recorded in a pass/fail manner for completion. I will discuss guidelines and journaling assignments in class.

Meditation

I ask that you to meditate daily for the next 16 weeks (we will work up to a 20 min. practice). This is not graded. However, your commitment to practice is a key to your engagement with the course material.

COURSE OUTLINE

Note: This outline may change as our Creation takes form. Make sure your UNCA e-mail is current. I will notify you of changes there. Homework is Due on the date indicated.

Prep for class 1

Read

UDS-Preface

UDS-Ch 1 Accepting our Dualities

HTBA- Forward and Introduction

Written- (to be completed in your journal-**not to be handed in, be prepared to discuss in class**)

UDS Ch 1- all chapter questions—

Week 1

21-Aug

UDS-Preface

UDS-Ch 1 Accepting our Dualities

HTBA- Forward and Introduction

Written- (to be completed in your journal-**not to be handed in, be prepared to discuss in class**)

UDS Ch 1- all chapter questions—

23-Aug

HTBA- Forward & Intro

HTBA Ch-1/Growing Pains

Group Activity: Communicating yourself to others.

Week 2 Journals Checked- please bring them to class

28-Aug

UDS- Ch 2 Choosing to Unify Our Selves

Written- UDS Ch 2 questions 1 and 4 (writing assignments will be presented on Thursday)

30-Aug

Workshop-Unifying Ourselves

HTBA-Ch 2 Assertiveness

Drama: Assertive/Passive/Aggressive

Week 3

4-Sep

Read UDS Ch3 Developing the Observer

Written: 2, 3

UDS Ch4 Embracing the Child, Adult, and Transpersonal Selves

Written UDS Ch 4 (1,2 in Journal) 3

6-Sep

HTBA-Ch 3 Fear

Group Activity: Witness/Asker/Experiencer--What's here now?

Week 4

11-Sep

UDS Ch 5 How we Re-Create the Past

Quiz 1

*Written: 1, 2 (3 in Journal) 4, 5

13-Sep

HTBA Ch 4 Anger

Writing Workshop: Images/Beliefs

Week 5 The Human Energy Field

18-Sep

Journals Checked

Read: Hands of Light Reading packet

Movement: Color breathing 1-3

20-Sep

Movement Activity: Color Breathing 4-7

Dance: Chakra Dance

Week 6 Defenses and the Energy Field

25-Sep

Hands of Light Packet

Written: (to be completed in your journal) After centering yourself and opening your chakras, stand in front of a mirror and draw your energy field. Notice which chakras and levels feel opened and clear and which may have some blocks. Describe your experience. Did anything surprise you?

27-Sep **Energy Defenses**

HTBA Ch 5 Guilt

Drama: How do you hide?

Group Activity: Guilt; what's eating you?

Week 7

2-Oct

MIDTERM PAPERS DUE TODAY

UDS Ch 6 Understanding the Mask

*Written: 1,2 (3 in Journal) 4,5, 6

4-Oct

Creative Arts: Mask making

10-Oct

Fall Break NO CLASS

Week 9 The Lower Self

16-Oct

Quiz 2

Journals Checked

UDS Ch 7 Facing the Lower Self

Written: 1ab (3, In journal), 4ab

18-Oct

HTBA Ch 7 Boundaries

Musical Meditation: Experiencing the Lower Self

Week 10 The Higher Self

Final Groups Assigned

23-Oct

UDS Ch 8 Meeting the Higher Self

Written: 1,2, 3, 4

25-Oct

HTBA Ch 6 Values

Creative Arts: Mandala; the circle of life

Week 11 Negative Intent and the LS

30-Oct

UDS Ch 9 Releasing LS Attachments

*Written: For the things you create in your life, but say you don't want, what are you trying to teach yourself through these creations?

1-Nov
HTBA Ch 10 Befriending Shadow
Writing Workshop: Owning the Lower Self

Week 12 Clearing the Way
Group Project Approvals Due

6-Nov
Journals Checked

UDS Ch 10 Transforming the Lower Self
Written: 1,2, (3 in your journal) 4

8-Nov
HTBA Ch 9 Flexible Integration
Group Activity: Reclaiming Pprojection; seeing through the mirror

Week 13 You and your HS

13-Nov
Quiz 3
UDS Ch 11 Creating from the Higher Self
*Written: 1,2,4,5

15-Nov
HTBA Ch 13 Unconditional Love
Wring Workshop: If I were god.

Week 14

20-Nov

Film: Ground Hog Day

Please complete this assignment in your journal and come prepared for class discussion
Written: 1. Give examples from the movie of the main character's (Phil Connor) Lower Self, Mask, and Defense.

2. How does he transform his Lower self and live, undefended, from his Higher Self?

22-Nov

Thanksgiving-no class

Week 15

27-Nov

Journal Checked
Final Presentations

29-Nov

Final Presentations