

Session I - Choice

Summary - In this session we survey the basic concepts of the course, while getting to know one another along the way. We introduce the concept choosing as an essential human activity. We define the concepts of value and worth.

Goals - To experience ourselves as choosers and to understanding the meanings of value and worth as they are used in this course

Session 2 - The Value Paradigm

Summary - In this session we become more familiar with the value paradigm, learning how to recognize it by its inner voice, the inner critic, and its outer behavior, the vicious circle. We begin exploring how to escape from the value paradigm once we have recognized it. We define the worth paradigm

Goals - To be able to notice when the value paradigm is operating in our lives and to know what to do when we notice this.

Session 3 - The Worth Paradigm

Summary - In this session we become more familiar with the worth paradigm and we learn how to summon our inner witness. We examine the role of the inner witness in cultivating our awareness of our own thoughts and feelings. We begin to look at the connections between thoughts, feelings and behaviors. We will look at ideals and see that they can only exist in the worth paradigm. If there is time, we will use the worth paradigm to identify our own ideals and then we will chart a path toward those ideals.

Goals - To learn to bring our inner witness into our relationships and to use it as a tool for self-awareness. To identify our next step toward our own ideals.

Session 4 – Creativity & Review

Summary - In this session we will learn how the creative process operates in our unconscious mind and how both the value paradigm and the worth paradigm affect this process. We will also review all that we have learned and consider how to bring it into our own lives.

Goals - To experience ourselves as creative beings.