

Principles of Clarity (TMC87)

Spring Quarter, 2019

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Class Meetings: Thursdays, 9:30 – 10:50 am, Women’s Center at UCSD

Purpose: The principles taught in this class are based on Mindfulness, Positive Psychology and Cognitive Therapy (as well as Buddhism and Neuroscience). The focus is on how to live a life where our actions are aligned with our core values, get straight to the heart of a matter, identify the issues, discriminate between real threats vs. the “stories” we tell ourselves, move away from “shoulds”, take responsibility for our choices, not go into “victim mentality”, communicate needs effectively, bring love, mindfulness and compassion to all situations, and live wholeheartedly, without apology. *The goal is to give you the tools you need to feel empowered and to live a life you love, with purpose and clarity.*

Format: Each week, there is a short lecture on a given topic. Then, in a “workshop” format, the instructor presents questions to the group about how they see a given situation, asking people to share the “stories” they have created - that limit them, and then to think of clear and fresh ways to “debunk/defuse” the limiting story. Before each session, the instructor sends written assignments (for example, writing out a statement of core values), to be brought to the class. Students are asked to refer to the written assignments during the class.

Grading: Grading is Pass/Not Pass, and is based on attendance, class discussion and participation. I keep track of attendance, by asking you to email if you are missing a class. I allow one absence to still pass the class, but please try to make them all!

1) April 4: Mindfulness Lecture

YOUR RELATIONSHIP WITH YOURSELF

2) April 11: Who Are You?: How do you Talk/Think about Yourself?

3) April 18: Accepting All of You: the Good, the Bad and the Ugly

4) April 25: Manifesting What you Want: Tackling Worry, Doubt and Fear

5) May 2: Emotional Resilience: Practicing Non-Identification

YOUR RELATIONSHIP WITH OTHERS

6) May 9: Who Are They (i.e., Other People)?

7) May 16: Working it Out with Other People (Part 1)

8) May 30: Working it Out with Other People (Part 2)

9) June 6: Summary, Tips for Practicing Clarity and Meditation

NOTE: This is a 9-week or 10-week course depending on my travel schedule, which often has me gone for a week during the quarter. That is why there is currently no Week 10 on the syllabus. We will add it, if we need a make-up day. I expect everyone to attend ALL lectures (if you get sick, or have an emergency, please let me know and I will understand)

NOTE: This class is, in part, about learning how to be open and truthful. It can get therefore get emotional sometimes, with people sharing heavy stories and/or issues. Please know that you are never *required* to share anything in this class, but you should be prepared that others will. Also, know that mental health resources (CAPS) are available on the UCSD campus, if you think you might benefit from a visit: 858-534-3755.