

SPD 521: Self- Awareness  
 3 cr/ 4.5 ceu  
 T Th 1.30- 3.45pm Fall 2011

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Required Texts	<p>Levey, Joel, and Levey, Michelle. <i>Living in Balance: A Dynamic Approach for Creating Harmony &amp; Wholeness in a Chaotic World</i>. Berkeley, CA: Conari Press, 1998.</p> <p>Palmer, Helen. <i>The Enneagram: The Definitive Guide to the Ancient System for Understanding Yourself and the Others in Your Life</i>. San Francisco: Harper &amp; Row, 1991.</p>
Other Required Reading	<p>Websites:  <a href="http://en.wikipedia.org/wiki/Meyers-Briggs">http://en.wikipedia.org/wiki/Meyers-Briggs</a>  <a href="http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/the-16-mbti-types.asp">http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/the-16-mbti-types.asp</a></p>
Recommended Reading (On reserve in library)	<p>Daniels, David and Price, Virginia. <i>The Essential Enneagram: The Definitive Personality Test and Self-discovery Guide</i>. New York: Harper Collins, 2000.</p> <p>Progoff, Ira. <i>At a Journal Workshop: The Basic Text and Guide for Using the Intensive Journal</i>. New York: Dialogue House, 1975.</p> <p>Zweig, Connie, and Wolf, Steven. <i>Romancing the Shadow: Illuminating the Dark Side of the Soul</i>. New York: Random House., 1997.</p> <p>Website: (This is a free on-line MBTI.)  <a href="http://www.humanmetrics.com/cgi-win/JTypes2.asp">http://www.humanmetrics.com/cgi-win/JTypes2.asp</a></p>

**Course Description**

This is a survey course in the practical application of self-awareness and spiritual principles to promote and restore wholeness, balance, and optimal functioning in the student's life. We study various systems and techniques of self-awareness and explore the integration of spiritual principles into each of them.

### **Learning Objectives**

1. Examine and apply various awareness techniques to gain insight into one's attitudes, beliefs, and ways of being.
2. Recognize the symptoms of stress and being out of balance; apply healthy responses that reduce stress and restore balance.
3. Integrate spiritual principles into one's everyday life so as to maintain balance and to honor all facets of one's nature.

The above learning objectives partially fulfill the following program outcomes for the Master of Divinity:

MD-3 Recognize and practice personal habits that provide for a healthy ministry.

The above learning objectives partially fulfill the following program outcomes for the Certificate in Unity Ministry:

C-3 Recognize and practice personal habits that provide for a healthy ministry.

The above learning objectives partially fulfill the following program outcomes for the Master of Arts in Religious Studies:

MA-3 Create and maintain a personal spiritual practice.