

The Tao of Emotional and Spiritual Maturity

General Outline of Topics Covered

Saturday

- 1. Prologue**
 - a. Integration is the key to healthy living systems**
 - b. Evolution, complexity, and consciousness**
 - c. In humans, the evolution of consciousness is participatory**
- 2. Understanding the four-fold brain**
- 3. The primacy of the heart**
- 4. The prefrontal cortex and its mature functions**
 - a. Mature integrative behavior**
 - b. Conscious spiritual development**
- 5. The characteristics of mature integrative behavior**
 - a. Mind/body integration and regulation**
 - b. Emotional integration and regulation**
 - c. Response flexibility**
 - d. Attuned communication**
 - e. Intuition**
 - f. Fear modulation**
 - g. Insight**
 - h. Empathy**
 - i. Morality**
- 6. Parent and child – four modes of attachment: secure, dismissive, anxious, abusive**
- 7. Memory, trauma, and PTSD**
- 8. Three realms of therapeutic integration**
 - a. Narrative integration**
 - b. Emotional integration**
 - c. Mindful integration**

Sunday

- 1. The mind and the brain**
- 2. Modes of awareness**
 - a. Conscious and preconscious awareness**
 - b. Reactive and non-reactive awareness**
 - c. Simple and infused awareness**
- 2. The nature of conscious spiritual development**
- 3. Intention and intimacy**
- 4. Freeing and activating the attention**
 - a. Noticing awareness**
 - b. Placing awareness**
 - c. Resting awareness**
 - d. Infusing awareness**
- 5. Cultivating the Heart and the Positive Emotions**
- 6. Tenderness and presence**
- 7. Compassion, integration, and healing: four dimensions of integration**
 - a. Integrating our mental/emotional state**
 - b. Integrating the inner child**
 - c. Integrating relational conflict and guilt**
 - d. Integrating our compassion for others**