

Course Syllabus & Schedule

Prework

Immediate access after registering

Audio Class: *How Your Brain Works Against You In a Crisis – and What to Do About It*

The part of your brain that's designed to respond to threats also stimulates the fear that keeps you stuck in an endless loop of anxiety and tension. Fortunately, there is a simple way to intervene and switch on the part of the brain that can calm you down and help you think more clearly. And you can access it at will with a simple breathing and relaxation method I call "the Practice."

Audio Class: *How the Practice Works to Restore Inner Peace*

When stress is chronic, the brain becomes more sensitive to it. Over time, this develops into a pattern that encourages overreactions to even minor stressors. Intervening on these reactions with the Practice regulates your emotions and restores your sense of empowerment, which are two crucial elements of inner peace.

Week 1: *Your Reactive Autopilot*

September 20th – 25th

Sunday: Audio Class

We will approach the problem of long-term stress internally, with awareness tools that address our habitual reactions to stress. Dislodging a long-standing habit pattern is obviously hard to do, but research on habit formation provides us plenty of reassurance that we can change *any* habit with the right kind of consistent effort.

- **Monday: *Lasting Change Doesn't Come Easy – Take These Steps to Ensure Your Success*** email lesson
- **Tuesday: *Science Tells Us Why the Practice Works to Restore Inner Peace*** email lesson
- **Wednesday: *Why Uncertainty Is So Stressful*** email lesson

- **Thursday: *Identifying Your Habits of Emotional Reactivity*** reflective exercise
- **Friday: *Group Coaching Call (9 a.m. Pacific time)***

Week 2: How to Integrate the Practice

September 27th – October 2nd

Sunday: Audio Class

If you anchor the Practice to your routine activities throughout the day, you will experience more of its benefits – a relaxed body, calm emotions and a quiet mind. Doing the Practice at routine times also breaks the cycle of unchecked background stress that builds as the day wears on. The greatest challenge you'll face is remembering to do the Practice when you're having an emotional reaction. But if you make the Practice habitual, you'll be much more likely to remember to do it when stress hits.

- **Monday: *Why Determination to Change Isn't Enough*** email lesson
- **Tuesday: *Tips for Integrating the Practice*** email lesson
- **Wednesday: *How to Maintain Self-Awareness When You're Reacting*** email lesson
- **Thursday: *Exploring Your Reactions & How to Intervene with the Practice*** reflective exercise
- **Friday: *Group Coaching Call (9 a.m. Pacific time)***

Week 3: Slowing Down the Runaway Train of Reactivity

October 4th – 9th

Sunday: Audio Class

A pattern of reactivity is often driven and amplified by distorted memories woven into a narrative. Even if the memories are accurate, the explanation or “story” that strings them together is often anything but, simply because it's based on speculation rather than the facts. In this class, you'll learn how to press the “pause” button on these destructive storylines. This will slow down that runaway train of reactivity so you can be aware that you have a choice not to take action until you're calm enough to make a good decision.

- **Monday: *How Accurate Are Our Memories of Painful Events?*** email lesson
- **Tuesday: *Why Slow & Steady Wins the Race*** email lesson

- **Wednesday: *Yes, You Do Have a Choice – Even Under Stress*** email lesson
- **Thursday: *Identifying Your Story*** reflective exercise
- **Friday: *Group Coaching Call (9 a.m. Pacific time)***

Week 4: *Wisdom at the Wheel*

October 11th – 17th

Sunday: Audio Class

The first thing you likely notice about wise people is how calm they are. They take the time to consider things before they act, even in situations that are really painful. Wisdom is about having the wherewithal to make practical, self-valuing choices that are reasoned, constructive responses to the facts in present time. These are the choices that will keep you on a trajectory toward inner peace for the long run. The good news is, connecting to the wisdom within naturally occurs by using the Blueprint's tools.

- **Monday: *Connecting to the Wisdom Within Requires a New Approach to Emotional Pain*** email lesson
- **Tuesday: *What is Wisdom? Science Gives Us Some Insights*** email lesson
- **Wednesday: *Why Does Emotional Pain Hurt So Much?*** email lesson
- **Thursday: *Dealing with a Painful Situation*** reflective exercise
- **Friday: *Group Coaching Call (9 a.m. Pacific time)***

Week 5: *Grace Under Fire*

October 18th – 24th

Sunday: Audio Class

The survival part of your brain doesn't want you to be wise and circumspect. It wants you to react and save yourself! This is the reason painful or frightening circumstances trigger *reactive emotions*. But no matter how intense the firing line becomes, wisdom is always within reach. It simply requires acknowledging your authentic pain as the ally you need to weather the toughest times in your life.

- **Monday: *Authentic Pain Is Your Strongest Ally.*** email lesson
- **Tuesday: *How to Listen to Your Authentic Pain*** email lesson

- **Wednesday: *Why Authentic Pain is Vital to a Peaceful Life*** email lesson
- **Thursday: *That Trigger Event that Really Got You Going*** reflective exercise
- **Friday: *Group Coaching Call (9 a.m. Pacific time)***

Week 6: *Surfing Your Emotional Wave*

October 26th – 30th

Sunday: Audio Class

In the final week of the program, we'll explore how emotional reactions operate. Each trigger event—each *emotional wave*—represents a distinct choice. You can choose to add false certainty and emotional charge to your issues, giving them more and more power with each reaction. Or you can choose to practice awareness. When you're aware, your perception of reality can't help but be more objective as your wave concludes and you get clarity about your true feelings.

- **Monday: *How Emotional Reactions Operate in Real Time*** email lesson
- **Tuesday: *You Can't Control Your Emotional Wave. Here's What to Do Instead.*** email lesson
- **Wednesday: *How to Know Your Wave Has Concluded*** email lesson
- **Thursday: *Let's Unpack Your Last Trigger Event*** reflective exercise
- **Friday: *Group Coaching Call (9 a.m. Pacific Time)***

Saturday, October 31st Final Audio Class: *Your Blueprint for Inner Peace*

As you become more self-aware when you're under stress, you'll be able to recognize the stark contrast between the consequences of reacting and the benefits of responding instead. In this class I'll share the stages of successful transformation, and how to move forward now that the class is finished. I'll also offer some guidance for establishing the Inner Peace Blueprint™ as your blueprint for the way you live your life.

If you have questions, please feel free to email us at info@onebodyinc.com. Or attend our Zoom open house on Friday, September 18th at 1 p.m. Pacific Time/4 p.m. Eastern. Watch your inbox for details.