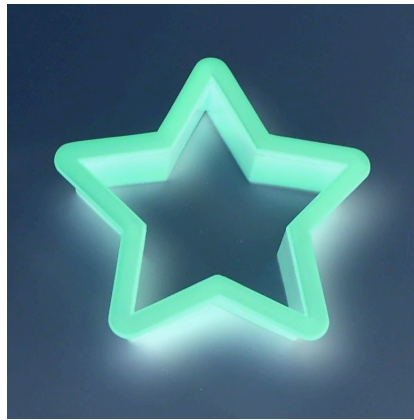


The Wisdom of Transformation: Rewriting the Story of Your Life

Outline



Week 1: The Five Reasons We Need Stories

- Our stories are the connective tissue that reminds us to be human.
- Our stories provide our memory, foundation and “moral compass.”
- Our stories protect us from the lowest aspects of our own nature.
- How do you currently need stories in your life?

Week 2: The Six Ways We Use Stories

- We're all using stories all the time, usually without awareness.
- How we use stories determines how successful we will be at making changes in our lives.
- Why meditation can be helpful in making changes
- How meditation works

Week 3: How Our Minds Exacerbate Suffering

- We all want to make positive changes
- How we stand in our own way
- How we can get beyond these obstacles
- Stopping suffering

Week 4: True Emptiness & Rewriting the Story of Your Life

- True Emptiness
- Curbing Reactivity
- Rewriting Your Story