



**SPD 521: Self- Awareness**  
**3 cr/ 4.5 ceu**

Faculty	Robert Brumet MS
Office Hours	9.30- 10.30am on M T W Th ; 3.45-4.15 pm on T Th Other times by appointment.
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Required Reading	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.  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 & Row, 1991.
Recommended Reading	Websites:  <a href="http://en.wikipedia.org/wiki/Myers-briggs_(pgs_1-5)">http://en.wikipedia.org/wiki/Myers-briggs_(pgs_1-5)</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>

**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.

#### Assignments:

1. Complete an in-class quiz on the enneagram on 11/10.
2. Complete MBTI before 11/12 (only if you do not know your Myers-Briggs type.)
3. Write a reflection paper (approx 2000 words/ 8 pages) which describes your experience using the Intensive Journal process (in this course) and what you have learned from its use. Due 11/10.
4. Write a paper (approx 2000 words/ 8 pages) in which you identify your enneagram type - and wing, if known- and explain how you arrived at your conclusion. Give examples of this type at work in your life experience- current or past. Give examples of how the stress and growth points have expressed in your life. Describe how this information has been/can be used for personal and spiritual growth. Due 12/01.
5. Write a reflection paper (approx 3000 words/ 12 pages) on the topic of Balance and Awareness, and based upon questions handed out in class 11/19. Due 12/10.

#### Selected Bibliography:

Baron, R. and Wagele, E. *The Enneagram Made Easy: Discover the Nine Types of People*. New York: Harper Collins, 1994

Bennett- Goleman, Tara. *Emotional Alchemy: How the Mind Can Heal the Heart*. New York: Random House, 2001.

Brown, Molly. *The Unfolding Self: The Practice of Psychosynthesis*. New York: Allworth Communications Inc., 2004.

Brumet, Robert. *The Quest for Wholeness: Healing Ourselves, Healing our World*. Unity Village, MO: Unity Books, 2002.

Goleman, Daniel. *Emotional Intelligence: Why It Can Matter More Than IQ*.

New York: Random House, 1995.

Jaxon-Bear, Eli. *The Enneagram of Liberation: From Fixation to Freedom*. Bolinas CA: Leela Foundation, 2001.

Johnson Robert. *Owning Your Own Shadow: Understanding the Dark Side of the Psyche*. New York: Harper Collins, 1991.

Levoy, Greg. *Callings: Finding and Following an Authentic Life*. New York: Random House, 1997.

Maitri, Sandra. *The Spiritual Dimension of the Enneagram: Nine Faces of the Soul*. New York: Tarcher/ Putnam, 2000.

Menahem, Sam. *When Therapy Isn't Enough: The Healing Power of Prayer & Psychotherapy*. Winfield IL: Relaxed Books, 1995.

Nouwen, Henri. *The Wounded Healer*. New York: Doubleday, 1972.

Oswald, R. and Kroeger, O. *Personality Type and Religious Leadership*. New York: Alban Institute, 1988.

Palmer, Parker. *A Hidden Wholeness: The Journey Toward an Undivided life: Welcoming the Soul and Weaving Community in a Wounded World*. San Francisco, CA: Jossey-Bass, 2004.

Riso, Don, and Hudson, Russ. *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*. New York: Random House, 1999.

Riso, Don, and Hudson, Russ. *Discovering Your Personality type: The Essential Introduction to the Enneagram*, Boston: Houghton Mifflin, 2003.

Seaward, Brian. *Achieving the Mind-Body-Spirit Connection: A Stress Management Workbook*. Sudbury, MA: Jones and Bartlett Publishers, 2005.

Seaward, Brian. *Quiet Mind, Fearless Heart: The Taoist Path Through Stress and Spirituality*. Hoboken, NJ: John Wiley & Sons, 2005.

Zweig, C., and Abrams, J., eds. *Meeting the Shadow: The Hidden Power of the Dark side of Human Nature*. Los Angeles: Jeremy Tarcher, 1991.

Contact the faculty member for a copy of the complete syllabus.

