

## Welcome to the Orientation of the Integrative Inquiry (Mindful Compassion Leadership) Course!

20 August 2019

Dear Colleagues:

I am so honored and so excited you have committed your time and energy to this inner journey of the transforming leadership course!

Before you access the course, which can be found at <http://rushingtoyoga.org/14-week-integrative-inquiry-compassion-course/>, please be sure you have completed the waiver form (which is attached for your convenience and return it via email) and the pre-assessment questionnaire ([https://sdsu.co1.qualtrics.com/jfe/form/SV\\_b7Tbmy1SZ4wGiNL](https://sdsu.co1.qualtrics.com/jfe/form/SV_b7Tbmy1SZ4wGiNL)

Once a week, typically on Mondays (but sometimes on Tuesdays depending on life's happenings), you will receive an email from me announcing the next week's integrative inquiry material with an invitation to focus in on something particular, or I may simply share a story from my own experience with the week's material. The invitation is for you to then engage with the week's material and practices, completing them before we meet online in accordance to our online schedule found at <http://rushingtoyoga.org/webinar-compassionate-leadership/>

You are welcomed to access the course and practice the practices whenever it is convenient for you to do so, simply noticing with a lot of kindness/self-compassion toward yourself how you approach the experience. Discovering what you notice in the experience itself, without being attached to the judgement around how you are approaching the course and what you are observing is key to this inner inquiry journey. By attachment to judgment, I mean noticing the experience you are having as true for you and then thinking it will always be true for you without first inquiring into what you are noticing right now, such as “wow, I can't wait to see what is in store for me this week” or “Ugh, I have to get to this week's stuff” or “Yuck, that was no fun” or “this was amazing.” Attaching to the judgment of the experience means that whatever you are noticing right now jumps to a decision that what I am noticing right now means that it will always be “that” way – whatever “that” is or was .... Wild, huh? The mind just does that...

Also, there is no right or wrong way to approach this course. All I will be doing is introducing ways to deepen your noticing what your noticing without attachment to judgment of what is being observed, while also offering a gentle tenderness or grace to what you are noticing and how you are noticing it. How fun is “that”?

You will get much more information about how the course is organized this week as you access the 2 Orientation videos for this week, which are found on your website. We will be sending an email at a later date that provides you ListServ instructions. Here is where you can join the online community via email to discuss ideas, challenges, discuss the co-creation of the container for discovery, and perhaps find a practice buddy.

You will also be invited to engage in reflective journaling. Research has shown that reflective journaling is particularly impactful with improving overall well-being. When engaging in reflective journaling, you will read the journal prompt, set a 2-minute timer, and begin writing whatever comes to mind. For 2 minutes (until you hear the sound of the timer going off), you will write whatever is coming to mind. You don't have to worry about proper grammar or spelling or complete sentences... just write what is coming to mind, even if it begins with..."I don't even know what to write here...". Avoid self-editing or critiquing what you write... see if you can just allow the pen on paper to flow (or allow the fingers on the keyboard to flow in response to what you are noticing in the mind). After you complete the journal entry, you are invited to re-read it. See if you can avoid changing anything that you notice you are judging about what you wrote.

Please let me know - at any time - if you have any questions or concerns about the course or anything else related to this course. My contact information is listed below.

e. [mbrescia@sdsu.edu](mailto:mbrescia@sdsu.edu)

c. 01-619-733-3278 (also works on WhatsApp)

If you have any technology questions (concerns about using the course site or trouble with accessing anything on it), please contact Carol Smith at [carol-a-smith@earthlink.net](mailto:carol-a-smith@earthlink.net), as I will not be helpful with technology questions.

Wishing you playful curiosity and joy,

Marilee and Carol