

November 10, 2019

Dear Colleagues,

Welcome to week 13 of the Integrative Inquiry/mindful compassion leadership course! I trust this email finds you as well as can be.

This week, we are inviting you to focus on envisioning the life you would love living. It is an opportunity to tune up your awareness as you reflect holistically on what you would love to be, do, or create X number of years from now. For some of you, this might even include noting what you love about your life now; as such, you will have an opportunity to deepen your gratitude practice.

There are a number of different approaches you can take with the practice for this week. First, you can select the number of years you want to work with and you can even do this in increments. For example, you can begin with 1, 2, or 3 years from now or another meaningful segment of time where you are anticipating some personal or professional transition in your life; you can imagine what will be written about you when you reach retirement age; or you can imagine what will be written about you when you transition your life (e.g. no longer are embodying this form you call your body).

You will be the only one who reads this vision for your life so the invitation is to really go there with what you envision your life being becoming. For student success advocates, this is considered an important exercise in cultivating the malleable skillset of Positive Future Self.

There is a specific process we are inviting you into as you engage in this visioning process. It was developed and tested by the Life Mastery Institute. The 20-minute course video introduces that process to you.

And we will continue with other steps of that process in our in-class online meeting, which will be held on Thursday, November 14th from 12-1 pm pacific time. You can access that live on-line course at (<https://SDSU.zoom.us/j/187491131>)

If you can't make this live on-line class time, the recording will be posted at <https://rushingtoyoga.org/webinar-compassionate-leadership/> the day following the live class. All of the previous in-class online recordings are posted on this site for easy access.

As always, please don't hesitate to let me know if you have any questions or concerns. I can be reached at rushingtoyoga@gmail.com or mbrescia@sdsu.edu

I am honored and happy to be of service.

In joy,

Marilee and Carol