

OLLI Boulder 2019 Spring Session  
Syllabus for Managing the Maverick Mind  
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Week 1 – April 2<sup>nd</sup>

*Wherever You Go There You Are* Reading: Introduction and Pages 1 – 32  
Part 1 thru the segment *You Can't Stop the Waves but You Can Learn to Surf*  
DVD Lecture 2: Mindfulness – the Power of Awareness  
DVD Lecture 6: Breathing – Finding a Focus for Attention

Week 2 – April 9<sup>th</sup>

*Wherever You Go There You Are* Reading: Pages 33 – 99  
Balance of Part 1 *The Bloom of the Present Moment*  
DVD Lecture 3: Expectations – Relinquishing Preconceptions  
DVD Lecture 7: Problems - Stepping-Stones to Mindfulness

Week 3 – April 16<sup>th</sup>

*Wherever You Go There You Are* Reading: Pages 100 – 134  
Part 2 thru the segment *A What-Is-My-Way? Meditation*  
DVD Lecture 9: Mind – Working with Thoughts

Week 4 – April 23<sup>rd</sup>

*Wherever You Go There You Are* Reading: Pages 135 – 169  
Part 2 *The Mountain Meditation* thru the end of Part 2  
DVD Lecture 13: Insight – Clearing the Mind

Week 5 – April 30<sup>th</sup>

*Wherever You Go There You Are* Reading: Pages 171 – 232  
Part 3 thru the segment *Eachness and Suchness*  
DVD Lecture 14: Wisdom – Seeing the World as It Is  
DVD Lecture 20: Anger – Cooling the Fires of Irritation

Week 6 – May 7<sup>th</sup>

*Wherever You Go There You Are* Reading: Pages 233 – 270  
Part 3 *What Is This?* to the end of the book before the practices  
DVD Lecture 24: Life – Putting it All in Perspective