OLLI South 2019 Winter Session
Syllabus for Managing the Maverick Mind
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Week 1 – January 16th
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 – January 23rd
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 – January 30th
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 – February 6th
Wherever You Go There You Are Reading: Pages 135 – 169
Part 2 The Mountain Mediation thru the end of Part 2
DVD Lecture 13: Insight – Clearing the Mind

Week 5 – February 13th
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 – February 20th
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