

## Fall 2023: Tuning the Soul: Consciousness as Music of Awareness

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I have been a Concert-Artist piano technician for 53 years. When tuning a piano by ear, significant attention must be paid to the temperament (or reference octave) of the tuning, as the balance of the tuning depends on that reference. In the world today, there are persons where one can experience a powerful felt presence. One can feel that some do not have good intentions, and some are entirely for the good. This course is designed to explore and develop competence in the “Temperament of the Soul.” Students will explore the basis of each “note” and relationships between notes in the reference of the Tuned Soul, that makes such people as the Dalai Lama and Pope Francis such potent presences in the world today, and of World Teachers, whose felt presences can *still be perceived*, many years after their passing as human beings.

### 1. Week 1: Introduction & Ice Breaker

- a. Meet & Stories of other class members
- b. Grounding exercises
- c. Exploring the “felt” sense (John Welwood)

### 2. Week 2: What is Temperament

- a. Balance and Tension between Intervals
- b. Equal Temperament: Anthony’s Taxonomy of Awareness
- c. Inhabiting the Body (John Welwood)

### 3. Week 3: Theory, Application & Practice

- a. Flow (Dōgen Zenji, M. Csikszentmihalyi)
- b. Ethics (Golden Rule)
- c. Empathy (Brené Brown: Heals Shame)
- d. Compassion (HHDL)

### 4. Week 4: Theory, Application & Practice

- a. Peace of Mind (Tranquility)(HHDL)
- b. Flexibility of Awareness (context & taxonomy)
- c. Humor (spontaneity)(Improv)
- d. Bravery (Brené Brown: Worthiness)

### 5. Week 5: Theory, Application & Practice

- a. Relationship (Interpersonal Neurobiology)(*Meaning* arises out of *interaction*. Iain McGilchrist)(with *self, others, the Divine*)(D. Schore)
- b. Family (J. Gottman/ V.Satir)
- c. Community (Stuart Brand)
- d. Cosmos (Chinese Organismicity)

### 6. Week 6: Resonant, Radiant, References

- a. We are *all* Field Generators
  - i. Physics: How fields work
  - ii. Resonances
    1. Flying together
    2. Joy
- b. World examples: present day field generators:
  - i. HH Dalai Lama
  - ii. Pope Francis
- c. World examples: World Teachers as field generators
  - i. Jesus of Nazareth
  - ii. Confucius
  - iii. Buddha: Gautama Shakyamuni