

...IN INTERPERSONAL RELATIONSHIPS
LEVEL ONE - VIRTUE



WISDOM WORKS

6 CLASSES
\$150

WITH RABBI MORDECAI FINLEY
TUES. JAN 6 - FEB 10 @ 10:30AM PST

THIS WISDOM WORKS "FIRST COURSE" FOCUSES ON HELPING GOOD PEOPLE CREATE RELATIONSHIPS WITH REDUCED CONFLICT, SUCCESSFUL PROCESSING AND THE BASIC SKILLS OF INSIGHT INTO ONESELF IN THE "RELATIONSHIP. WE BEGIN WITH VIRTUE - RESTRAINING (NOT REPRESSING) NEGATIVE SPEECH AND BEHAVIOR SO THAT WE CAN BECOME VIRTUOUS PEOPLE - GOOD PEOPLE WITH GOOD HABITS. THE CLASS THEN MOVES INTO RATIONALITY, MEANING A RATIONAL UNDERSTANDING OF OUR INNER LIVES, WITH APPROPRIATE AND RATIONAL NEEDS, EXPECTATIONS, ENTITLEMENTS AND DEMANDS. WE CONCLUDE WITH AN INTRODUCTION TO REASONING WELL WITH OTHERS, INCLUDING PROBLEM SOLVING, REDUCING CONFLICT, GETTING AND GIVING APOLOGIES, AND LEARNING THE RULES OF VENTING. AT EACH LEVEL, WE DISCUSS TRAINING IN AND PRACTICING THE TEACHINGS.

PEOPLE REPORT THAT THE TEACHING IN THIS CLASS CAN CHANGE RELATIONSHIPS DRAMATICALLY FOR THE BETTER IN A SHORT AMOUNT OF TIME - IF PEOPLE TRAIN AND PRACTICE THE TEACHINGS.

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