

THE SHAPING OF YOUR SOUL

OVERVIEW OF TOPICS

1 INTRODUCTION

Free Module | Provides overview of The Shaping of Your Soul resources

2 THE JOURNEY INWARD

Six Modules | Explores six aspects of life that influence the shape of a soul

I recommend you complete #1 and then #2. After that, proceed with any of the series below in any order you like. Please note: the numbers below indicate production order. If you don't see the series in The Urban Retreat website, that means the series is still in production and will be released in the order indicated below.

3 THE JOURNEY WITH OTHERS

Four Modules | Explores topics integral to relationships & an outward mindset

4 THE JOURNEY OF COGNITIVE CHANGE

Three Modules | Explores practices useful for changing habits of thinking

5 UNDERSTANDING MIND-BODY CONNECTION

Three Modules | Provides body info & practices necessary for mood health

6 CULTIVATING EMOTIONAL RESILIENCE

Four Modules | Information & practices that cultivate emotional reserve

7 THE JOURNEY TOWARD GOD

Four Modules | Information & practices integral for connection with God

8 THE JOURNEY TOWARD THE COMMON GOOD

Four Modules | Shifts focus to outward mindset & caring for systems in world