

Course Reading List

LoE200: *Deeper Inquiry*

Week 1

Shadow Dancing 1

Reading review: *The Language of Emotions* Chapter 15 (Hatred)

Owning Your Own Shadow by Robert Johnson

In Meeting the Shadow:

- Introduction, Chapter 1 (Robert Bly)
- Chapter 7 (William Miller) in *Meeting the Shadow*

Shadow Dancing 2

Reading review: *Owning Your Own Shadow* by Robert Johnson

In Meeting the Shadow:

- Chapter 8 (Harville Hendrix)
- Chapter 42 (Fran Peavey)

Shadow Dancing 3

Reading review: *In Meeting the Shadow:*

- Introduction to Part 10 (pages 270-273)
- Chapter 59 (Robert Bly)
- Chapter 60 (Nathaniel Branden)
- Chapter 65 (Deena Metzger)

Week 2

Navigating 1

Reading re-review: *The Language of Emotions* Chapter 12 (Anger), especially pages 181-189 on **rage**

Navigating 2

Reading re-review: *The Language of Emotions* Chapter 19 (Panic & Terror), especially pages 290-293, **A Tale of Two Kitties**

Week 3

Three Stages 1

Reading review: *The Language of Emotions* Chapter 7 (Unintentional Shamans)
And pages 187-189 (Rage and the Journey to Stage Three), pages 231-234 (Hatred and the Journey to Stage Three), and Chapter 23 (Suicidal Urges)

Three Stages 2

Reading review: *The Language of Emotions* Chapter 8 (The Resolution of Trauma)

Three Stages 3

Reading review: *The Language of Emotions* Chapter 6 (Avoidance, Addiction, and Awakening) and Chapter 14 (Guilt & Shame)

Week 4

Honoring 1

Reading review: *The Language of Emotions* Chapter 8 (The Resolution of Trauma)

Honoring 2

Reading review: *The Language of Emotions* Chapter 28 (Emotion Shrines)