

2016 U3A Course Outline – The Everyday Experience of Mind and Soul

Chapter 1 Proper Use of the Mind?

Chapter 2 My Mind and I

Chapter 3 The Function of the Mind

Chapter 4 The Importance of Stress

Chapter 5 Love as an Idea

Chapter 6 Recognising the Unknown

Chapter 7 Hidden Mind

Chapter 8 Feelings and Emotions

Chapter 9 The Magic of Social Engagement

Chapter 10 Shared Meaning

Chapter 11 Everyday Love

Chapter 12 Attention

Chapter 13 Too Much Self

Chapter 14 Suffering

Chapter 15 Courage to Change

Chapter 16 Values

Chapter 17 A Need for Beauty

Chapter 18 Story and Song

Chapter 19 The Soul at Play

Chapter 20 The Feeling of Meaning