

# Evolutionize Your Life

**Note:** For each session, make sure you **first listen to the MAIN TEACHING AUDIO** by clicking on the large **PLAY BUTTON** at the top of the session page. A few days after the course is launched, you will also see a button to click for a **TRANSCRIPT** of the main teaching audio. The weekly **Q&A AUDIO** will also eventually appear as a clickable icon along the top, as will the **TRANSCRIPT**.

## **1: YOUR LARGER STORY: Big History and the power of an evolutionary Worldview**

<http://evolutionaries.com/evolutionize-your-life/session-1>

## **2: PHYSICAL INSTINCTS: Our reptilian brain's hunger for safety, sustenance, and sex**

<http://evolutionaries.com/evolutionize-your-life/session-2>

## **3: SOCIAL INSTINCTS: Our old mammalian brain's longing for bonding, status, and play**

<http://evolutionaries.com/evolutionize-your-life/session-3>

## **4: INTERPRETIVE INSTINCTS: Our neocortex's drive for meaning, morality, and making sense**

<http://evolutionaries.com/evolutionize-your-life/session-4>

# *Exercises*

**Session 1:** <http://evolutionaries.com/evolutionize-your-life/session-1>

**Exercise 1a:** YOUR GREAT SELF

**Exercise 1b:** FAVORITE QUOTATION

**Session 2:** <http://evolutionaries.com/evolutionize-your-life/session-2>

**Exercise 2a:** EYL JOURNAL: Physical Instincts

**Exercise 2b:** INTEGRITY CIRCLES (red, yellow, green)

**Session 3:** <http://thegreatstory.org/eyl-session-3-exercises.pdf>

**Exercise 3a:** SOLICITING FEEDBACK

**Exercise 3b:** GIVING CREDIT

**Exercise 3c:** HEART-TO-HEART

**Exercise 3d:** SONGS AND RITUALS

**Session 4:** <http://thegreatstory.org/interpretation-exercises.pdf>

**Exercise 4a:** NOTICING, NOT THINKING

**Exercise 4b:** RE-STORYING YOUR PAST

**Exercise 4c:** THIS IS WHAT'S REAL . . . NOW WHAT'S POSSIBLE?

**Exercise 4d:** GETTING REAL (with yourself and another) WITHOUT SHAME

**Exercise 4e:** OWNING YOUR WAKE

# Online Resources

## SESSION 1: “Your Larger Story”

- **MAIN AUDIO:** <http://evolutionaries.com/evolutionize-your-life/session-1>
- **MAIN RESOURCE PAGE:** “What Is the Great Story?” [http://thegreatstory.org/what\\_is.html](http://thegreatstory.org/what_is.html)
- **AUDIO:** “Humanity’s Rite of Passage into Adulthood” by Dowd / Barlow (30 min) [http://evolutionaryevangelists.libsyn.com/index.php?post\\_id=519038](http://evolutionaryevangelists.libsyn.com/index.php?post_id=519038)
- **ONLINE TEXT:** “Evolution and the Revival of the Human Spirit” by Dowd (8 pp) <http://evolutionarychristianity.com/blog/general/evolution-and-the-revival-of-the-human-spirit/>
- **MUSIC VIDEO:** “The Play” by Peter Mayer (5 min) [http://www.youtube.com/watch?v=ADI\\_q5u9dIU](http://www.youtube.com/watch?v=ADI_q5u9dIU)
- **MUSIC VIDEO:** “We Are All Connected” by Symphony of Science (4 min) [http://www.youtube.com/watch?v=XGK84Poeynk&feature=player\\_embedded](http://www.youtube.com/watch?v=XGK84Poeynk&feature=player_embedded)
- **BONUS AUDIO INTERVIEW:** David Christian (60 min) <http://evolutionaries.com/evolutionize-your-life/bonus-session-1>

## SESSION 2: “Physical Instincts”

- **MAIN AUDIO** - <http://evolutionaries.com/evolutionize-your-life/session-2>
- **MAIN RESOURCE PAGE:** “Evolutionary Brain Science and the Physical Challenges of our Reptilian Brain” <http://thegreatstory.org/evolved-brain.html>
  - “Evolutionize Your Life” VIDEO by Michael Dowd (30 min)
  - “Your Brain’s Creation Story” AUDIO by Connie Barlow (30 min)
- **ONLINE TEXT:** “The DNA of Big Integrity” <http://thegreatstory.org/dna-integrity.pdf>
- **MUSIC VIDEO:** “The Poetry of Reality” by Symphony of Science (3 min) <http://www.youtube.com/watch?v=9Cd36WJ79z4>
- **BONUS AUDIO INTERVIEW:** Deirdre Barrett (52 min) and Q&A (37 min) <http://evolutionaries.com/evolutionize-your-life/bonus-session-2>

### **SESSION 3: “Social Instincts”**

- **MAIN AUDIO:** <http://evolutionaries.com/evolutionize-your-life/session-3>
- **MAIN RESOURCE PAGE:** “Evolutionary Brain Science and the Social Challenges of our Old Mammalian Brain” <http://thegreatstory.org/evolved-brain-mammal.html>
- **AUDIO:** “Evolution and Infidelity” by Barlow and Dowd (32 min) <http://thegreatstory.org/audio/evolution-and-infidelity.mp3>
- **MUSIC VIDEO:** “The Unbroken Thread” by Symphony of Science (4 min) <http://www.youtube.com/watch?v=hOLAGYmUQV0>
- **MUSIC VIDEO:** “Thank God for Evolution” by The Cosmic All Stars (3 min) <http://www.youtube.com/watch?v=TRI3mSb8fMY>
- **BONUS AUDIO INTERVIEW:** Christopher Ryan (68 min) <http://evolutionaries.com/evolutionize-your-life/bonus-session-3>

### **SESSION 4: “Interpretive Instincts”**

- **MAIN AUDIO:** <http://evolutionaries.com/evolutionize-your-life/session-4>
- **MAIN RESOURCE PAGE:** “Evolutionary Brain Science and the Interpretive Challenges of our New Mammalian Brain” <http://thegreatstory.org/evolved-brain-monkey.html>
- **AUDIO:** “An Evolutionary Understanding of Gaming Addiction” by Shane Dowd (34 min) <http://thegreatstory.org/audio/evolution-and-infidelity.mp3>
- **MUSIC VIDEO:** “Ode to the Brain” by Symphony of Science (4 min) <http://www.youtube.com/watch?v=JB7jSFeVz1U>
- **MUSIC VIDEO:** “Holy Now” by Peter Mayer (3 min) <http://www.youtube.com/watch?v=TRI3mSb8fMY>