

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>

5: CO-CREATIVE INSTINCTS: Our prefrontal cortex's zeal for wholeness, transcendence, and contribution

<http://evolutionaries.com/evolutionize-your-life/session-5>

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

Session 5: <http://thegreatstory.org/eyl-wk-5-exercises.pdf>

Exercise 5a: MENAGERIE OF THE MIND

Exercise 5b: PEACE WITH DEATH DAY

Exercise 5c: LETTERS OF GRATITUDE

Exercise 5d: DISCERNING YOUR CALLING

Exercise 5e: DOING THE HARDER THING

Exercise 5f: MENTORING

Exercise 5g: QUESTIONS FOR REFLECTION

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
- **AUDIO:** “Humanity’s Rite of Passage into Adulthood” by Dowd / Barlow (30 min) 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
- **MUSIC VIDEO:** “We Are All Connected” by Symphony of Science (4 min) 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=KiypaURysz4>

SESSION 5: “Co-Creative Instincts”

- **MAIN AUDIO:** <http://evolutionaries.com/evolutionize-your-life/session-5>
- **MAIN RESOURCE PAGE:** “Evolutionary Brain Science and the Co-Creative Opportunities of Our Prefrontal Cortex” <http://thegreatstory.org/evolved-brain-porpoise.html>
- **AUDIO:** “Passing It Forward: Attending to Your Evolutionary Legacy” by Barlow and Dowd, with Craig Hamilton and Jon Cleland-Host (69 min) <http://thegreatstory.org/audio/eyl-wk-5-collage.mp3>

- **TEXT:** “**Thank God for Death**” blogpost by Michael Dowd <http://evolutionarychristianity.com/blog/general/thank-god-for-death-could-anything-be-more-sacred-more-necessary-more-real/>
- **VIDEO series:** “**Toward an Honorable Relationship to Time and Death**” (7 short videos) <http://thegreatstory.org/evolved-brain-porpoise.html>
- **TEXT:** “**Empathic Civilization and Age of Empathy**” blogpost by Michael Dowd <http://thankgodforevolution.com/node/1990>
- **MUSIC VIDEO:** “**A Glorious Dawn**” by Symphony of Science (4 min) <http://www.youtube.com/watch?v=zSgiXGELjbc>
- **MUSIC VIDEO:** “**My Soul**” by Peter Mayer (5 min) <http://www.youtube.com/watch?v=sXxfA3pyZgl>