

## **BIEB 194: Finding your Guidance Groove: Tools for Using Your Personal Guidance and Intuition to Inform the Choices in Your Life**

**Professor:** Dr. Carolyn Kurle ([ckurle@ucsd.edu](mailto:ckurle@ucsd.edu))

Summer Session II, T/Th 930-10:50 am, August 2-September 1, 2022

**Zoom:** [https://ucsd/zoom.us/j/97768041043](https://ucsd.zoom.us/j/97768041043); all meetings will be via Zoom.

**Description:** We will read and discuss the forthcoming book by UCSD Biology Professor Dr. Kurle called *The Guidance Groove: How to Stop Living in Unproductive Grooves, Connect with Inner Guidance, and Increase Your Authenticity and Ease*.

The book is a roadmap for people who are used to making decisions while relying mostly on the mental stories they have accumulated over years of personal, familial, and societal programming, but who intuitively feel and know there is a different way. We will discuss how to approach choices in your life in a way that looks beyond false mental constructs and draws on data from your own personal intuition and wisdom.

We'll examine what it means to be stuck in the false stories stemming from four Unproductive Grooves—Inadequacy, Obligation, Scarcity, and Unworthy—across multiple life arenas (family, friends, school/work/life, community, intimate partnerships), how to escape from the automatic thinking that perpetuates the Unproductive Grooves, and how to find, value, and listen to your own personal guidance. In this way, you can approach all choices from a place of heightened authenticity and freedom which increases personal happiness, ease, and joy.

**Textbook:** The Guidance Groove book is available on Canvas via PDF and everyone will be responsible for presenting a chapter for discussion. *Please do not distribute the book to others.*

**Please be prepared to be vulnerable and open to sincere, honest sharing with Dr. Kurle and the other members of the seminar. We will create a safe, encouraging, kind, and loving space to share our experiences of recognizing and breaking free of Unproductive Grooves and navigating choices from a place of sincerity, clarity, and guidance. Thank you for committing to this.**

**Websites:** [GuidanceGroove.com](http://GuidanceGroove.com), [Canvas.ucsd.edu](http://Canvas.ucsd.edu)

**Grading:** Our seminar will only be powerful if everyone is committed to participating, sharing of themselves, and learning about themselves and the others in the seminar. Thus, grading is based solely on strong participation. *If you do not actively participate in every discussion, then you will not receive a good grade.*

**100 points:** 10 points per section for active participation. You can earn full credit for each session if you show up and participate actively. To participate actively means you generously share of yourself, ask questions, answer questions, contribute to discussion, provide your own unique perspective on the material, participate in written assignments, and lead at least one discussion during the quarter. You will be required to be brave, and I have full faith that everyone can do this and that it will be worthwhile.

## Schedule

<b>Date</b>	<b>Seminar Topic</b>	<b>Required Reading</b>
August		
2	1. Overview of The Guidance Groove concept, create community, get to know everyone	No reading required Watch short video at <a href="http://guidancegroove.com">guidancegroove.com</a>
4	2. An Invitation to live within your Guidance Groove	Guidance Groove, Chapter 1
9	3. Unproductive Grooves: What prevents you from living in your Guidance Groove?	Guidance Groove, Chapter 2
11	4. The Inadequacy Groove	Guidance Groove, Chapter 3
16	5. The Obligation Groove	Guidance Groove, Chapter 4
18	6. The Scarcity Groove	Guidance Groove, Chapter 5
23	7. The Unworthy Groove	Guidance Groove, Chapter 6
25	8. Release into the Guidance Groove	Guidance Groove, Chapter 7
30	9. Determinants of well-being	Brown and Rohrer 2020 paper
September		
1	10. Final thoughts, sharing written work, wrap up	No reading required