

**A New Way of Seeing Everything:  
Designing and Creating the World Together  
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<http://www.seeing-everything-in-a-new-way.com/>

**OLLI – Winter Term 2016**

***Be kind – everyone you meet is fighting a hard battle.***

-- Plato

**Course Description:**

The rational cognitive capacity of humans is only the tip of the iceberg. Human reason is informed and shaped by a vast network of real-time and stored responses based on memory and environmental cues. If, as contemporary research and theories suggest, our reason is shaped by our unconscious, how may we direct our actions and our attention to shape our unconscious? What landmarks or signposts can we use to guide our direction? How may our decisions lead to a more fulfilling life and a better world?

In this seminar-style class, participants will hear and discuss contemporary theories on consciousness and the mind, reflect on what mental models underlie our strategies for organizing our lives and responding to the inevitable challenges and disappointments we experience, and intentionally practice a way of seeing and doing that has been the hallmark of humankind's evolutionary flourishing. Class readings include excerpts from Plato, Aristotle, Adam Smith, John Locke, Albert Einstein, Max Planck, Jonathan Haidt, Michael Graziano, Bruce Lipton, Candace Pert, Martin Nowak, and Michael Tomasello.

**Assumptions about the human species:**

- We are ultra social
- We are learning animals
- We are driven by desire (for safety/comfort, for making things better)
- We have a deep-seated need to be right (moral sensibility ... belonging)
- We are designed to function best when we are happy
- Practicing free will is a human strategy

**Class format:**

- Safe
- Exploratory
- Listening and Questioning
- Practicing
- Having fun