The Resonant Life

A Seven Week Mindfulness-Based Character Strengths Course

Overview

The Resonant Life is a program of inner development that brings together two well-established realms of practice:

Mindfulness—the capacity to become more fully aware of present experience.

Character Strengths—positive qualities that allow us to respond to life wisely and effectively.

Each week includes meditation, discussion, exercises, personal reflection, and home practices designed to become part of everyday life.

The course integrates these two disciplines in complementary ways:

Strong Mindfulness
Character strengths helping us establish and sustain a mindful life.

Mindful Strengths Use
Mindfulness helping us recognize which strengths are called for in each situation and express them with greater balance and wisdom.

Each moment of life is an invitation.

Something is always arriving—an experience, a person, a beautiful bird, a difficulty, a thought, a joy, an unexpected obstacle.

Mindfulness allows us to receive what is here and now.

There is always choice in how to respond. In this choice, we connect with something inside us as it applies to this moment.

An active repertoire of character strengths allows us to respond better to the needs of the moment.

Practices

Participants will experience a wide variety of traditional mindfulness practices. These include mindful breathing, listening and speaking... deepening the senses... walking meditation... loving-kindness practice... everyday awareness.

Participants will also learn the new VIA language of character. Practices here include strengths-spotting and appreciation... identifying signature strengths... balanced strengths use... goal setting... mindful strengths exercises... practical applications for problem solving and daily living.

Themes

Week 1 – Awakening from Autopilot

Everything begins with awareness. Notice the difference between living automatically and consciously receiving the present moment.

Week 2 – Discovering Your Signature Strengths

Recognize the qualities that are naturally strongest within you and learn how they can become your most authentic ways of responding to life.

Week 3 – Obstacles as Invitations

Challenges, setbacks, and uncomfortable emotions are not interruptions—they are part of life's ongoing conversation. Learn how mindfulness and character strengths help us use obstacles as opportunities for growth.

Week 4 – Living in Resonance

Strengthen mindful awareness throughout ordinary life. Explore how each moment calls for different qualities, and how conscious strengths use creates resonant responses.

Week 5 – Relationships as Living Conversations

Every relationship is a field of mutual influence. Learn to listen more deeply, appreciate strengths in yourself and others, and respond in ways that enhance connection and trust.

Week 6 – Wise and Balanced Strengths

Every strength can be underused, overused, or expressed in balance. Mindfulness helps us sense what this particular moment truly calls for, allowing our strengths to be expressed with wisdom rather than through habit.

Week 7 – Becoming the Practice

Learn to participate more fully in life as your authentic self. Continue cultivating practices that help awareness naturally flower into wise action, resilience, personal meaning, and compassionate engagement with the world.

Benefits

Participants frequently report:

- greater awareness and presence
- deeper appreciation of their own character
- increased resilience during difficulties
- improved relationships
- reduced stress and reactivity
- more balanced and skillful decision making
- increased engagement with work, family, and community
- a growing harmony between who they are and how they live

Life is always speaking.

Mindfulness teaches us to listen.

Character strengths help us answer well.

Over time, this ongoing rhythm of receiving and responding becomes less a practice and more an enrichment of experience.