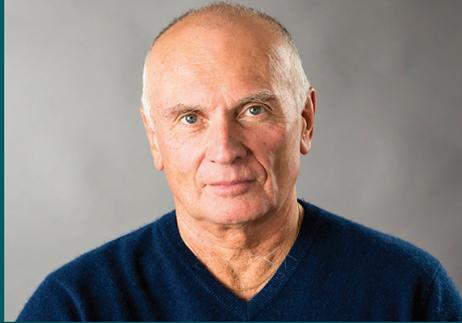




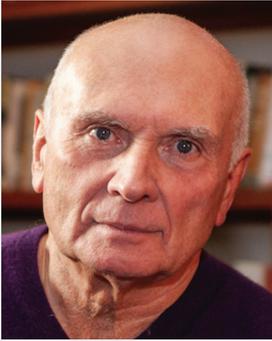
My Gifts

by Dr. Paul Dunion, Transformational Faculty Member



- My gifts include my talents, skills, and strengths. (Intellectual, manual, emotional, relational.)
- Live the question of where and with whom can my gifts best be identified and developed?
- Quite often our gifts live very close to what we love.
- Remaining faithful in identifying and stewarding our gifts, can leave us receptive to our calling, which often points us to where we belong and whom to serve.
- Remain mindful of the Developmental Paradox: “I’m no longer interested in developing good character, as long as that implies in any way that my Buddhahood is not already at hand.” (Sheldon Kopp)
- Remaining curious about any possible impediment (some wounding) regarding identifying and accessing my gifts.
- Remaining curious about whom and where my gifts can best serve.
- Pull back from getting overly identified with my gifts, especially when experiencing success, or receiving acknowledgement and acclaim.

MY GIFTS



PAUL DUNION, Mobius Transformational Faculty, Senior Expert, and track leader at the Next Practice Institute, earned his Doctoral degree in Counseling and Consulting Psychology from the University of Massachusetts at Amherst and his M.A. in Philosophy from the University of Connecticut. He taught Philosophy for thirteen years at the University of Connecticut and Three Rivers Community College.

He has been in private practice for the past thirty-seven years. As a holistic psychological healer, employing an existential modality as well as a somatic approach to treating trauma, Paul is trained in EMDR and is a graduate of the Somatic Experiencing Institute.

From its early beginnings, Paul represented the State of Connecticut at the national gatherings of the mytho-poetic men's movement, sponsored by Wingspan. As the founder of Boys to Men, he created a mentoring community for teenage boys. He is the co-founder of COMEGA (Connecticut Gathering of Men), having served over 6,000 men since 1992, which continues to offer biannual retreats. In 2013, Paul established the Croton Mystery School and designed its curriculum with a focus on teaching students how to make peace with life's mystery and unpredictability. He has offered over 200 workshops on topics related to Human Potential. Currently, Paul offers supervision for younger psychotherapists.

Paul has published six books: *Seekers – Finding Our Way Home* (2016); *Dare to Grow-Up – Become Who You Are Meant to Be* (2016); *Path of the Novice Mystic – Maintaining a Beginner's Heart and Mind* (2013); *Shadow Marriage – A Descent into Intimacy* (2006); *Temptation in the House of the Lord* (2004); and his latest offering *Wisdom – Apprenticing to the Unknown and Befriending Fate* (2021).



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