

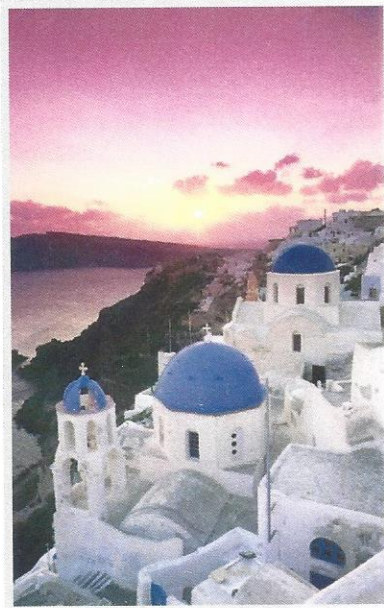


## Athens, Greece

September 6 - December 1, 2007

### THE SOUL of GREECE

Exploring Greek Culture through  
Love, Poetry & Passion



Taught by

**Dr. Zan E. Nix**

Professor of Psychology  
of Southern Oregon University



#### **The Instructor Dr. Zan E. Nix**

Zan has taught at Southern Oregon University in Ashland Oregon since 2000. She has travelled extensively in Europe and Africa and has had a love affair with Greece and the Greek Isles since her first visit in the Fall of 1990.

Zan has a passion for creativity which is easily recognized in the classes

she has designed and taught as well as her teaching style. She is an award winning singer-songwriter, a published poet and a practicing life coach.

Beginning her teaching career as a diversity trainer for the US West Corporation, Zan has a deep appreciation for cultural differences and individual expression. Quoting Marty Marquez, diversity consultant, long-time friend and co-facilitator, "The hallmark of Zan's life and work continues to be an abiding awareness of the sacred in every individual and in their potential to engage in the work of transformation."

Zan holds a bachelor's degree in psychology, a master's in business psychology and a doctoral degree in Spirituality.

#### **SOU classes include:**

- Women & Passion
- The Psychology of Love
- Playful Living
- Women and the Wild (Women's Relationship with Nature)
- Living Creatively
- Sex & Spirituality
- Human Behavior & Film
- Theories of Personality
- Personal & Social Adjustment
- Human Sexuality
- Adult Development
- General Psychology





## Love, Sex & Marriage in Ancient Greece

What do the private lives of Ancient Greeks have to do with our contemporary attitudes about Love, Sex and Marriage?

In this class we seek to understand the enormous roles our intimate lives have on every historic time and in every culture. Through this revelation we will explore the many representations of sexual mores in Greek culture today and reflect on how history plays into the present. From this deeper perspective we will reference back to our own culture and current choices, beliefs and values. This is a rare opportunity to dialogue about internal and social discoveries around the often overlooked and taboo subjects of Love, Sex and Marriage. We will learn more about ourselves, history and another culture, one rich with erotic and sexual symbology as evidenced in Greek pottery, poetry, sculpture, mythology and even in Greece's souvenir shop windows!

### Course Objectives:

- Explore individual sexual scripts and love maps that create our current attitudes about love, sex and marriage
- Compare the ancient cultural norms of Greek history to the history that we are creating today through our own cultural practices.
- Explore this rich Mediterranean culture through a playful lens that takes notice of the many erotic images on display in public places
- Reflect on personal values and perspectives on the role of love, sex and marriage in our own individual lives



## Quotes from Past Students:

"I really look up to Zan as somebody who has facilitated the growth of self-love for many people (myself being one of them), and to me she is a true shaker and mover. Thank you for showing me that being a radical doesn't require force and anger, but that it takes love and acceptance to be unique and brilliant in this world."

– Ashley Danford, Southern Oregon University

"I have learned compassion and tolerance for humanity from her classes. I have learned love and strength from her character. Lastly, I have learned determination and perseverance from imagining her journey. I will always utilize these precious gems she has helped me discover while I continue on my own journey."

– James S. Brown, Southern Oregon University



"The institution of higher education, at its core, begs the often unanswered challenge of the student to question, evolve and grow in ways that transcend mere academia. Nix is a rare lighthouse to the wandering student, a facilitator of that very premise; a tribute to education and an inspiration to those who seek more."

– Mark A. Curci, Southern Oregon University





# The Psychology of A Passionate Life

## Self Exploration Through Greek Poetry



"Whatever I was able to acquire in my life by way of acts visible to all, that is, to win my own transparency, I owe to a kind of special courage Poetry gave me: to be wind for the kite and kite for the wind even when the sky is missing."

– Odysseas Elytis, Contemporary Greek Poet

### Course Content:

The Greeks gave us the word Psychology, originally meaning psyche (soul), ology (study of). Drawing back from more scientific definitions and re-uniting with the ancient Greek meaning of the word, Psychology, study of the soul, we use poetry as a path to delve deeper into self-understanding as well as clarifying our purest connections to each other. We will explore the Greek philosophy of self-knowledge as the core of education. With the enigmatic inspiration of poet, Odysseas Elytis, as well as other Greek poets, both historic and contemporary, Sappho, Homer, George Seferis, Kate Palamas, Yannis Ritsos, and Cavafy, we will embark on a rich inner voyage. We will ask ourselves such questions as "what are my most innate and voluptuous gifts and my deepest passions?" In a culture known for her infinite blue Aegean waters, fiery sunsets and sensual white architecture, we will explore how to more fully create a Passionate Life.

### Objectives:

- To understand the original Greek meaning of the field of psychology and its connection to passion
- To give students a general overlay of Greek culture through its poetic language
- To develop a deeper understanding of self through the exploration of individual stories, experiences and philosophies
- To understand more fully the unique gifts we carry and the innate ways we have of belonging in the world
- To practice speaking openly about our passions
- To explore intelligence through a more ancient Greek perspective
- To discover what gives our life meaning and sustains us through difficult times
- To mine our souls for inspired and tangible vision and direction

