Zen Intensive Weekend

The teaching and practice of Zen Buddhism assumes that there is a big mind present in all mental and physical activities, that this big mind can be realized, and that its realization can be matured. The class will look at how this Zen paradigm, its teachings, practices, and realization, can be a personal vision and part of professional contemporary psychology. Cross-listed as REL552W.

Course Number: REL156W
Unit: 1.0
Program: Religious Studies