

Perception

The senses (sight, hearing, taste, smell, touch, and bodily sensations) give our minds access to the world. Students practice contemplative sensory awareness by attending to nuances and details of their own experience. Reflections are documented in student journals. Introspection (direct observation of conscious experience) joins scientific understanding of perceptual processes in laboratory exercises, lectures, and discussion. Findings from modern research on perception and attention provide a more complete understanding of the embodied nature of subjective experience.

Course Number: PSYB234

Unit: 3.0

Program: UNDG Contemplative Psych