

Religious Studies Minor

Required Courses

Choose 3 credits

- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL210 Religion & Mystical Experience (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)

Choose 9 credits

- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL158W Breeze of Simplicity: Meditation Weekend (1)
- REL160 Meditation Practicum I: Freeing the Mind (3)
- REL170 Meditation Practicum II: Igniting Compassion (3)
- REL210 Religion & Mystical Experience (3)
- REL212 Queer Theory, Feminism, and Religion (3)
- REL229 Contemplative Judaism (3)
- REL240 Foundations of Buddhism (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)
- REL250 Spirituality and Creative Expression (3)
- REL255W Opening the Heart: Meditation Weekend (1)
- REL271 Christian Prayer and Mystical Practices (3)
- REL312 Spiritual Models of Social Action (3)
- REL314 Contemplative Islam: An Introduction to Its History, Thought, and Practice (3)
- REL321 Kabbalah and Consciousness (3)
- REL323 Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
- REL325 Contemplative Christianity (3)
- REL334 Hindu Tantra (3)
- REL338 Sufism: An Introduction to its History, Thought, and Practice (3)
- REL345 Zen Buddhism (3)
- REL346 Wisdom and Compassion: The Buddhist Path (3)
- REL348 Flight of the Swans: Dharma Comes West (3)
- REL349 Tibetan Buddhism: Inside the Mystique (3)
- REL351 Theories of Alternate Spiritualities and New Religious Movements (3)
- REL355 Introductory Sanskrit: The Language of the Gods (3)
- REL376 Inner Oral Tradition of the Torah (3)
- Shambhala Training Levels I-V (1)
 - REL390W Shambhala Training Level I: The Art of Being Human (1)
 - REL391W Shambhala Training Level II: Birth of the Warrior (1)
 - REL392W Shambhala Training Level III: Warrior in the World (1)
 - REL393W Shambhala Training Level IV: Awakened Heart (1)
 - REL394W Shambhala Training Level V: Open Sky (1)

Total Credits 12

Note: For students interested in taking courses on Buddhism, it is recommended that they be taken in the following order: (1) REL150 and/or REL240, (2); REL346, (3); REL348 and/or REL349. The additional meditation courses, including REL345: Zen Buddhism, can be taken at any time.