

## Wisdom and Compassion: The Buddhist Path

Compassion training is at the vanguard of the contemplative education movement nationally, and this course investigates compassion from personal, societal, and historical perspectives. What is compassion, and how can we become more compassionate? What contributions have the major religions of the world made to cultivating compassion? What has recent scientific research revealed about the cultivation of compassion? What contemplative practices and what activities deepen our empathy and compassion, and what are the results? These interdisciplinary studies are threaded by ongoing compassion meditation training, drawing especially from the Buddhist practices of loving-kindness and compassion. Co-requisite or prerequisite: COR113 or COR130.

Course Number: REL346

Unit: 3.0

Program: GRAD/UNDG Religs Studies