

## 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 looks at how this Zen paradigm, its teachings, practices, and realization, can be a personal vision and part of professional contemporary psychology. Cross-listed as REL156W.

Course Number: REL552W

Unit: 1.0

Program: GRAD/UNDG Religs Studies