

Meditation Practicum I: Seeds of Peace

Students are introduced to sitting meditation practice, drawn from the Tibetan Buddhist tradition of shamatha-vipashyana. Weekly lectures emphasize experiential aspects of the practice, involving such topics as the discovery of impermanence, working with emotions, and the cultivation of maitri (loving-kindness). This course includes weekly discussion groups, individual meetings with a meditation instructor, and daily meditation practice. MA and MDiv.

Course Number: REL600

Unit: 3.0

Program: GRAD/UNDG Religs Studies