

Meditation for Global Healing
UNST 421-534 / CRN 14232 / 6 credits
Fall 2012 / Tuesday & Thursday, 2:00 – 3:50 pm
Academic & Student Recreation Center, Room 240

Instructor: Julie Porter
Email: jporter@pdx.edu
Office: Urban and Public Affairs Building, Room 450
Phone message: 503.735.4401
Office Hours: by appointment

Course Website: Course materials and assignments are on D2L.

General Capstone Description

Qigong is an ancient Chinese meditative healing practice that encompasses a philosophy of living with a quiet mind, open heart, and in service to others. This capstone provides an opportunity to explore the personal and community implications of this healing practice and mindfulness meditation—and their underlying philosophies. You will learn meditation forms and explore the concept of personal awareness and social responsibility. Working with a community partner gives you the chance to be of service to others and learn about their needs in the context of the course material.

Course Objectives

Students will have the opportunity to:

- acquire knowledge of Qigong and meditation form and philosophy;
- coordinate with community partners to create your service learning experience;
- examine cross-cultural perspectives on health and well-being;
- transpose acquired knowledge of Qigong and meditation into relevant language for your personal community;
- consider the applicability of theory through practice in your community partnership;
- utilize mindfulness principles in the class and community.

University Studies and Capstone Goals and Objectives

Inquiry and Critical Thinking

This course will require you to make connections between personal experience, community involvement and universal issues of healing and peace. Throughout the course, you will compare and contrast concepts that correspond to personal and community healing as well as evaluate the merits of relevant literature and research. Class discussions, personal reflections, and journals will provide forums to critically examine beliefs and behavior that affect your well-being and that of your community.

Communication

Your written and verbal communication skills will be exercised through the use of reflection papers and journals, class discussion, your community work, and preparing the final event. There will be time spent discussing concepts, experiences and readings in the context of abstract ideas and physical realities. In organizing a community gathering, you will be

required to consolidate your ideas and experiences. This event will require communication with community members and creation of support materials.

Diversity

The concept of Qi—life force—is central to understanding Qigong and Chinese culture. We will explore this concept as a basis of eastern medicine, health and philosophy and how it compares to respective western concepts. In working with community partners, you will connect with people of different cultural backgrounds, ages, and/or health concerns. Class discussion will illuminate the cultural and philosophical differences between eastern and western cultures, within the community partnership, and in the classroom.

Ethical and Social Responsibility

Being socially responsible and of service to others as an avenue toward personal and global health is one of the fundamental concepts of this course. We will explore the premise that personal life choices impact our personal, community and planetary well-being. Practicing meditation—Qigong—will provide the framework for gaining self-awareness that can be employed to examine personal attitudes and the beliefs that underlie actions. Personal experience, outside reading, and community involvement will provide the framework for personal reflection and group discussion of the underlying premise of this course.

Texts

Tao Te Ching by Steven Mitchell; by Gia-Fu Feng & Jane English; or by Jonathan Star
Wherever You Go There You Are by Jon Kabat-Zinn
Ethics for the New Millennium by the Dalai Lama

The books are available at most local bookstores such as Powell's and through online distributors such as amazon.com or half.com.

Capstone Expectations and Requirements

Attendance, Participation and Engagement (50% of grade)

A “Qigong state” connotes awareness, mindfulness, intent, and receptivity. We will strive to embody these principals in class and to do so requires *prompt* attendance, participation and engagement (i.e. attention, questioning, listening, sharing, involvement). You are expected to turn in assignments in a timely fashion and participate in discussions and class exercises with integrity and an open mind.

Reflective Assignments (15% of grade)

Reflection assignments are a tool to explore your thoughts, feelings, and beliefs on subjects pertaining to the readings, class participation, and/or personal experience. You are encouraged to express yourself freely and dig deep to gain greater insight into yourself and the topic. You are given the option to reflect through prose, visual art, music, poetry, etc. You have written extensively by the time you are a senior in college, please consider expressing yourself through another medium.

Personal reflection may be a new concept. It is not an exercise in restating ideas you have read or heard but in considering your own ideas and beliefs in the context of what you are learning. Your work is not assessed on correct or incorrect ideas but for depth of reflection, insight, and self-awareness. Rather than focus on what you think might be the “right” response, trust and write from your own innate wisdom.

Qigong Meditation Practice [90 minutes per week] & Personal Journals (15% of grade)

Journals perform a variety of functions in this course. They serve to document your meditation practice and provide a means to reflect upon the experience inherent in that practice as well as the readings, class work, and community work. As with the reflection assignments, the journals are a tool for delving into your experience and deepening your awareness. Each journal will consist of your insights into your practice and may include “mini-reflections” pertaining to the readings and community work. I’ll post questions for each journal to provide some focus to those reflections.

In addition, the journals provide valuable information that helps me teach to individual and group needs and are a great forum for posing questions that you may not feel comfortable or remember to ask in class. The format and function of the journals is more personal so they can be hand written.

Community Involvement (20% of grade)

There are two components to the community involvement: 1) As part of a small group, work with your chosen community partner to contribute to the well-being of the partner participants and/or project and gain a greater understanding of your community; 2) individually organize and conduct a community gathering with at least five other people of your choosing. This project is intended to help you put class experience into practical application while sharing with others.

In working with the community, consider the concepts of this course, your education and interests, and the community needs. Points will be given for the quality of your service work, your initiative and creativity, and the manner in which you contribute to the group process. You will be responsible for constructive communication and problem solving within your team and may be asked to evaluate your own and each other’s efforts. If you

need assistance in resolving group difficulties, you can approach the instructor or Janelle Voegele (725-8341) at the Center for Academic Excellence.

Meditation for Global Healing
UNST 421-534 / CRN 14232 / 6 credits
Fall 2012 / Tuesday & Thursday, 2:00 – 3:50 pm
Academic & Student Recreation Center, Room 240

COURSE SCHEDULE

WEEK ONE

Tuesday, September 25, 2012

ASSIGNMENT

- Read for next class
 - *Wherever You Go There You Are*, Kabat-Zinn (D2L course site)
 - “*Techniques for Quieting the Mind*” (D2L course site)
- Read at least one of the below for discussion on Thursday, October 4
 - *Who Can Ride the Dragon*, Zhang & Rose (D2L)
 - *The Way of Qigong*, Parts 1 & 2, Cohen (D2L)
 - *The Way of Qigong*, Parts 3 & 4, Cohen (D2L)
- Journal #1 – Due Tuesday, October 3
 - This journal will cover one week and at least 60 minutes of meditation
 - Future journals will cover two weeks and 180 minutes of meditation (90 minutes/week).
- Bring Sitting / Meditation cushion to each class

CLASS • CREATING THE CIRCLE

Thursday, September 27, 2012

ASSIGNMENT

- Reading Discussion Leaders (I) for Thursday, October 4.
 - This particular discussion content is based on the course website readings listed above.
 - Everyone will be required to lead a discussion on one of the course readings
 - Guidelines for preparing and leading a discussion are on D2L under “Other Assignments”

CLASS

- Self Massage Techniques
- Meditation by Thich Nhat Hanh
- Who are we?
- Community Partnership Assignments

WEEK TWO

Tuesday, October 2, 2012

DUE • Journal 1 & Questions (Sept 25 – Oct 2, covering 60 minutes of meditation)

ASSIGNMENT

- Begin reading
 - *Tao Te Ching* – Reread portions of this book throughout the term
 - *Wherever You Go There You Are* (to be completed by October 18)
- Reflection #1 (due Tuesday, October 9)

CLASS

- Meditation
- Qigong Philosophy

Thursday, October 4, 2012

ASSIGNMENT • Personal Community Gathering (to be completed in week 7 or 8)

CLASS

- Meditation
- Reading Discussion I
 - Online materials

WEEK THREE

Tuesday, October 9

DUE • Reflection 1

CLASS

- Meditation
- *Healing and the Mind with Bill Moyers; the Mystery of Qi*—a PBS production

Thursday, October 11

ASSIGNMENT

- Reading Discussion Leaders II (for Thursday, October 18)

CLASS

- Meditation

WEEK FOUR

Tuesday, October 16

DUE • Journal 2 & Questions (October 2 – 16). This and future journals span two weeks and at least 180 minutes of meditation)

ASSIGNMENT

- Personal Gathering Outline due Tuesday, October 30
- Select a focus for Journal 3

CLASS

- Meditation
- Eastern & Western Healing concepts

Thursday, October 18

ASSIGNMENT

- Reading Discussion Leaders III (Tuesday, October 30)
- “Unplugged” Exercise – to be completed by Tuesday, November 6.
- Read excerpts from the book *Coming to Our Senses, Healing Ourselves and the World through Mindfulness* for discussion on Tuesday, October 30; the material is under D2L Readings as “ADD Nation.” The three *short* chapters are entitled:
 - *A.D.D. Nation*
 - *24/7 Connectivity*
 - *Continual Partial Attention*

CLASS

- Meditation
- Reading Discussion II
 - Tao Te Ching
 - Wherever You Go There You Are
 - Wherever You Go There You Are

WEEK FIVE

Tuesday, October 23

ASSIGNMENT

- Begin reading *Ethics for the New Millennium*

CLASS

- Meditation - Vipassana
- Documentary: *Doing Time, Doing Vipassana*

Thursday, October 25

CLASS

- Meditation
- Personal Community Gathering – Planning
- Community Service Discussion

WEEK SIX

Tuesday, October 30

DUE

- Journal 3 & Questions (select a focus for Journal 4)
- Personal Gathering Outline

ASSIGNMENT

- Reflection 2

CLASS

- Meditation
- Reading Discussion III – *Coming to Our Senses*
 - A.D.D. Nation, 24/7 Connectivity, Continual Partial Attention

Thursday, November 1

CLASS

- Meditation
- *Stroke of Insight*, Jill Bolte Taylor
- Linear & Circular Processing

WEEK SEVEN

Tuesday, November 6

DUE

- Reflection 2 (on the unplugged assignment)

ASSIGNMENT

- Reading Discussion Leaders IV (for Tuesday, November 13)
- Reflection 3

CLASS

- Meditation
- Unplugged Experience
- Community Service Discussion

Thursday, November 8

CLASS

- Portland Classical Chinese Gardens
NW 3rd and Everett Streets (Old Town / China Town)
(The tour begins at 2:15 pm and the entrance fee is covered by PSU)

WEEK EIGHT

Tuesday, November 13

DUE

- Journal 4 & Questions (select a focus for Journal 5)

CLASS

- Meditation
- Reading Discussion IV
 - Ethics for the New Millennium, Parts I & II
 - Ethics for the New Millennium, Parts I & II
 - Tao Te Ching

Thursday, November 15

ASSIGNMENT

- Reading Discussion Leaders V (for Thursday, November 22)

CLASS

- Meditation
- Community Service Discussion
- Final Report Planning
- Last class preparation

WEEK NINE

Tuesday, November 20

DUE

- Reflection 3 – Personal Gathering

ASSIGNMENT

- Bring a stamped envelope to class next Tuesday

CLASS

- Meditation
- Personal Gathering
- Last class preparation

Thursday, November 22

NO CLASS

CLASS

- Meditation
- Reading Discussion V– Emphasis on Social Responsibility
 - Ethics for the New Millennium, Part III
 - Ethics for the New Millennium, Part III
 - Tao Te Ching

WEEK TEN

Tuesday, November 27

DUE

- Journal 5
- Reflection 4

CLASS

- Meditation
- Universal Responsibility
- UNST Evaluations

Thursday, November 29

DUE

- Community Partnership Online Discussion

CLASS • CLOSING THE CIRCLE

As a group, how would you like to bring closure to the class?