

Meditation for Global Healing
Spring 2017 / Tuesday & Thursday / 2:00 – 3:50 pm
UNST 421-549 / CRN 64137 / 6 credits
Cramer, Room 324

Instructor: Julie Porter
Email: jporter@pdx.edu
Office: Urban and Public Affairs Building, Room 450
Office Hours: by appointment
Course Website: Course materials and assignments are on D2L.

General Capstone Description

With meditation as our framework, we will explore personal awareness and healing as a foundation for global healing. Meditation is a 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 ancient Chinese philosophy, personal healing, and social responsibility within the context of a meditative practice. Working with a community partner gives you the chance to be of service to people who are homeless in Portland and learn about their needs and your engagement in the context of the course material.

Course Objectives

Students will have the opportunity to:

- acquire knowledge of meditation form and philosophy;
- coordinate with community partners and fellow students to create your service learning experience;
- examine cross-cultural perspectives on well-being;
- transpose acquired course knowledge into relevant language and experience for your personal community;
- consider the applicability of theory through service in your community partnership;
- utilize mindful 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. 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, and your service work. 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 of Human Experience

We will explore concepts of ancient Chinese philosophy and how they compare to western worldviews. Through your service learning and class participation, you will connect with people of diverse backgrounds and life experiences. Class discussion will illuminate the cultural, philosophical, and experiential differences within the community partnership and 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 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 regarding this goal.

Texts

Tao Te Ching by Steven Mitchell; by Jonathan Star ; or by Gia-Fu Feng & Jane English

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.

Capstone Expectations and Requirements

Attendance, Participation and Engagement (50% of grade)

A mindful state connotes awareness, 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.

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/or community work. As with the reflection assignments, the

journals are a tool for delving deeper into your experience and awareness. Each journal will consist of three parts. I'll post prompts for each journal to provide some focus for your 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. **Ongoing** completion of the brief service log is an important part of this component. Each member of the group will **fill-in the log within 24-hours** of completing service time with your community partner. This ongoing completion allows me an opportunity to monitor the ongoing group and service dynamics.
- 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. You will be asked to assess 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 group. I am available if you need assistance in resolving group difficulties.

Grading

Meditation offers us a way to gain agency over our own lives, contribute to our community, and foster happiness. In keeping with the concept of personal and social responsibility, you will **determine your own grade** at the end of the term. You will use the following grading rubrics as a framework. The intent of the grading system is to provide a more subjective evaluation than quantitative breakdown:

A = Outstanding; consistently did your best work/made your best effort	90 – 100 Points
B = Capable; regularly did your best work/made your best effort	80 – 89 Points
C = Average; occasionally did your best work/made your best effort	70 – 79 Points
D = Minimal; rarely did your best work/made your best effort	60 – 69 Points
F = No significant effort put forth	< 60 Points

If your self-evaluation seems artificially high or artificially low, I have the right to require that you negotiate your final grade with me. We will try to make this meeting happen before grades are due. If that is not possible, you will receive an "M" grade (which stands for "missing" and will remain on your transcript until we negotiate your final grade). These meetings may not result in a change of grade but they will give us an opportunity to discuss our differing perspectives and come to some consensus about a final grade.

Please keep all the work you produce in this course until at least the end of the term to use in determining your final assessment. I will track your attendance and submission of work but it is wise to track these yourself in case I miss something.

Grading Rubrics

CLASS PARTICIPATION

50 ALWAYS

- ... On time, absences (emergency only absences; 3 late arrivals=1 absence)
- ... Read assigned materials and contributed to related discussions / led a discussion
- ... Attentive, questioning, listening, sharing
- ... Respectful of instructor and fellow students

40 USUALLY

- ... On time, absences (up to 4 absences; 3 late arrivals=1 absence)
- ... Read assigned materials and contributed to related discussions / led a discussion
- ... Attentive, questioning, listening, sharing
- ... Respectful of instructor and fellow students

30 SOMETIMES

- ... On time, absences (up to 8 absences; 3 late arrivals=1 absence)
- ... Read assigned materials and contributed to related discussions / led a discussion
- ... Attentive, questioning, listening, sharing
- ... Respectful of instructor and fellow students

20 RARELY

- ... On time, absences (up to 10 absences; 3 late arrivals=1 absence)
- ... Read assigned materials and contributed to related discussions / led a discussion
- ... Attentive, questioning, listening, sharing
- ... Respectful of instructor and fellow students

JOURNALS / MEDITATION PRACTICE

15 ALWAYS

- ... Submitted on time
- ... Met at least the minimum meditation requirement (Part 1)
- ... Contained a deep and insightful reflection in the meditation overview (Part 2)
- ... Included a thoughtful, intentional reflection integrating personal and class material (Part 3)

12 USUALLY

- ... Submitted on time
- ... Met at least the minimum meditation requirement (Part 1)
- ... Contained a deep and insightful reflection in the meditation overview (Part 2)
- ... Included a thoughtful, intentional reflection integrating personal and class material (Part 3)

8 SOMETIMES

- ... Submitted on time

- ... Met at least the minimum meditation requirement (Part 1)
- ... Contained a deep and insightful reflection in the meditation overview (Part 2)
- ... Included a thoughtful, intentional reflection integrating personal and class material (Part 3)

4 RARELY

- ... Submitted on time
- ... Met at least the minimum meditation requirement (Part 1)
- ... Contained a deep and insightful reflection in the meditation overview (Part 2)
- ... Included a thoughtful, intentional reflection integrating personal and class material (Part 3)

REFLECTIONS (Unplugged, Personal Gathering, Final Reflection)

15 ALWAYS

- ... Submitted on time
- ... Included a deep and thoughtful exploration of the subject
- ... Contained clear intention and integration of personal and class experience

12 USUALLY (one missing / or more than a day late)

- ... Submitted on time
- ... Included a deep and thoughtful exploration of the subject
- ... Contained clear intention and integration of personal and class experience

8 SOMETIMES (two missing / or more than a day late)

- ... Submitted on time
- ... Included a deep and thoughtful exploration of the subject
- ... Contained clear intention and integration of personal and class experience

4 RARELY (more than 2 missing / or more than a day late)

- ... Submitted on time
- ... Included a deep and thoughtful exploration of the subject
- ... Contained clear intention and integration of personal and class experience

COMMUNITY INVOLVEMENT

Community Partnership

15 ALWAYS (deduct 1 point for each service hour less than 15)

- ... Worked cooperatively with other students
- ... Acted respectfully and responsibly toward organization staff, volunteers, and guests
- ... Integrated principles of mindfulness
- ... Updated service log in a timely manner

12 USUALLY (deduct 1 point for each service hour less than 15)

- ... Worked cooperatively with other students
- ... Acted respectfully and responsibly toward organization staff, volunteers, and guests
- ... Integrated principles of mindfulness
- ... Updated service log in a timely manner

- 8 **SOMETIMES** (deduct 1 point for each service hour less than 15)
 - . . . Worked cooperatively with other students
 - . . . Acted respectfully and responsibly toward organization staff, volunteers, and guests
 - . . . Integrated principles of mindfulness
 - . . . Updated service log in a timely manner

- 4 **RARELY** (deduct 1 point for each service hour less than 15)
 - . . . Worked cooperatively with other students
 - . . . Acted respectfully and responsibly toward organization staff, volunteers, and guests
 - . . . Integrated principles of mindfulness
 - . . . Updated service log in a timely manner

Personal Community Gathering

- 5 **STRONG**
 - . . . Intention, initiative, creativity, and execution
 - . . . Comprehensive and detailed outline, submitted on time

- 3 **MODERATE**
 - . . . Intention, initiative, creativity, and execution
 - . . . Comprehensive and detailed outline, submitted on time

- 2 **WEAK**
 - . . . Intention, initiative, creativity, and execution
 - . . . Comprehensive and detailed outline, submitted on time

- 1 **DISMAL**
 - . . . Intention, initiative, creativity, and execution
 - . . . Comprehensive and detailed outline, submitted on time

COURSE SCHEDULE

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	DUE	NOTES / HEADS UP	CLASS
WEEK 1			
Tuesday 4/4		<p>Read this week (posted on the D2L course site)</p> <ul style="list-style-type: none"> ○ <i>Meditation Preparation</i> ○ <i>Meditation Techniques</i> ○ Any optional readings on D2L as background <p>Begin reading:</p> <ul style="list-style-type: none"> ○ <i>Wherever You Go There You Are</i>, Kabat-Zinn (there is a short excerpt of Part 1 on the D2L course site to get you started until you can get the book). Discussion on Part 1 on 4/20; Part 3 on 4/27 ○ <i>Tao Te Ching</i> – Reread portions of this book throughout the term. The first discussion is on 4/25. <p>Journal #1 – Due next Tuesday</p> <ul style="list-style-type: none"> ○ 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). <p>Bring your personal calendar to the next class to arrange your community partnership schedule</p>	Creating the Circle
Thursday 4/6		<p>Bring your personal calendar to class next Thursday if you need it to sign-up as a discussion leader</p>	Meditation by Thich Nhat Hanh Service Learning Basics Comm. Partnership Assignments

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WEEK 2			
Tuesday 4/11	Journal 1 — including 60 minutes of meditation		Meditation Philosophy
Thursday 4/13	Reading: <i>Voices from the Street</i> (pp 1-6)	Everyone will be required to lead a discussion or other activity of your choice based on a course reading. I encourage you to read the guidelines posted on D2L under “Other Assignments.” Service Logs are Google Doc Xcel Sheets—fill them in as you go	Meditation Discussion Leader assignments Initial thoughts on homelessness
WEEK 3			
Tuesday 4/18		Watch and take notes on the Dan Siegel, MD lecture on video—the link is on D2L: Interesting Links. Turn in your notes as part of Journal 2 — 4/25.	Meditation <i>Healing and the Mind with Bill Moyers;</i> <i>the Mystery of Qi</i> —a PBS production
Thursday 4/20	Reading: <i>Wherever You Go There You Are</i> , Part 1 Bring your <i>Tao Te Ching</i> to class	<i>Tao Te Ching</i> — Select several verses you’d like to discuss and bring comments, questions, and impressions to class on Tuesday.	Meditation Discussion <ul style="list-style-type: none"> • <i>Wherever You Go, There You Are</i>, Part I

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WEEK 4			
Tuesday 4/25	Journal 2 Dan Siegel, MD Video Lecture — comments Reading: • <i>Tao Te Ching</i> ,	Have initial ideas for your personal gathering assignment in mind to share on Thursday. The outline is due next Tuesday.	Meditation / Philosophy Discussion – Dan Siegel lecture Reading Discussion • <i>Tao Te Ching</i>
Thursday 4/27	Reading: • <i>Wherever You Go There You Are</i> , Part 3	Service Logs: Have you filled in the log for your first service yet?	Meditation Reading Discussion • <i>Wherever You Go There You Are – Part 3</i> Personal Gathering – bring your ideas to share
WEEK 5			
Tuesday 5/2	Personal Gathering Outline — submit in D2L dropbox	Listen and reflect with Storycorps Stories - due Tuesday, 5/9	Meditation Documentary: <i>Doing Time, Doing Vipassana</i>
Thursday 5/4	Reading: <i>Coming to Our Senses</i> Listening: <i>Alone Together</i>	Complete Midterm Check-in	Meditation / Philosophy Discussion • <i>Coming to Our Senses</i> • <i>Alone Together</i>

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WEEK 6			
Tuesday 5/9	Journal 3 Midterm Check-in Listen and reflect with Storycorps Stories (links are on D2L)	<i>Tao Te Ching</i> — Select several verses you'd like to discuss and bring comments, questions, and impressions to class on Thursday.	Meditation Homelessness another look <ul style="list-style-type: none"> • StoryCorps Stories
Thursday 5/11	Reading: <i>Tao Te Ching</i> , (Verses 38 – 81)	Service Logs: Is your information up to date?	Meditation / Philosophy Reading Discussion <ul style="list-style-type: none"> • <i>Tao Te Ching</i>
WEEK 7			
Tuesday 5/16	Unplugged Reflection Reading: <i>Ethics</i> Part 1	Meet at the Chinese Gardens on Thursday Journal 4 due next Tuesday	Meditation Unplugged Experience Reading Discussion – <ul style="list-style-type: none"> • <i>Ethics</i> Part 1
Thursday 5/18	Meet at the Gardens		Lan Su Chinese Gardens NW 3 rd and Everett Streets (Old Town / China Town) (The tour begins at 2:15 pm; the admission fee is paid by PSU)

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WEEK 8			
Tuesday 5/23	Journal 4 (mind map) Reading: <i>EthicsPart 2</i>		Meditation Insights from the Gardens Reading Discussion – <ul style="list-style-type: none"> • <i>Ethics Part 2</i> <i>Stroke of Insight</i>
Thursday 5/25		Personal Gathering Report/Reflection due next Tuesday	Meditation / Philosophy Insights from the Chinese Gardens Service Learning reflection
WEEK 9			
Tuesday 5/30	Personal Gathering Report & Reflection	Bring a stamped envelope to class next Tuesday (optional) Journal 5 and Final Reflection are due next Tuesday Self-Assessment/Grade due last day of class — 6/8	Meditation Personal Gathering Service Learning reflection Planning the last class: <ul style="list-style-type: none"> • clarify intention, • create content
Thursday 6/1	Reading: <i>Ethics . . . Part 3</i>		Meditation Reading Discussion <ul style="list-style-type: none"> • <i>Ethics . . . Part 3</i> (emphasis on Universal Responsibility)

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	DUE	NOTES / HEADS UP	CLASS
WEEK 10			
Tuesday 6/6	Journal 5 Final Reflection Stamped envelope	Reminder: Self-Assessment/Grade due Thursday Service Logs should accurately reflect all service completed to date	Meditation Letter of Intention UNST Evaluations
Thursday 6/8	Self-Grading Assessment Service Logs Completed		CLOSING THE CIRCLE Bringing closure to our time together