**Meditation for Global Healing**

UNST 421-549 / CRN 64128 / 6 credits

Spring 2014 / Tuesday & Thursday, 2:00 – 3:50 pm

UTS, Room 209

Instructors: Julie Porter

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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 in connection with the homeless community 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.

**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.

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 group and may be asked to evaluate your own and each other’s efforts. I am available if you need assistance in resolving group difficulties.

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**COURSE SCHEDULE**

WEEK ONE

*Tuesday, April 1, 2014*

ASSIGNMENT

* Read for next class
  + *Wherever You Go There You Are,* Kabat-Zinn *(*D2L course site)
  + “*Meditation Techniques*” (D2L course site)
* Read the excerpts below for discussion on Thurs., April 10
  + *The Way of Qigong*, Cohen (D2L course site)
  + *Voices from the Street, Sister’s of the Road* (D2L course site)
* Journal #1 – Due Tuesday, April 8
  + 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, April 3*

ASSIGNMENT

* Reading Discussion I (2 discussion leaders for Thursday, April 10)
  + This particular discussion content is based on the *Way of Qigong* 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

* Meditation
* Who are we?
* Service Learning Basics
* Community Partnership Assignments

WEEK TWO

*Tuesday, April 8*

DUE • Journal 1 & Questions (April 1 - 8, covering 60 minutes of meditation)

ASSIGNMENT

* Reading
  + *Tao Te Ching* – Reread portions of this book throughout the term
  + *Wherever You Go There You Are* – discussion of Part 1 on April 17; Part 2&3 on April 24
* Reflection #1 (due Tuesday, April 15)
* Personal Community Gathering (to be completed in week 7 or 8)

CLASS

* Meditation by Thich Nhat Hanh
* Check-in
* Qigong & Meditation Philosophy

*Thursday, April 10*

ASSIGNMENT

* Reading Discussion II (3 discussion leaders for Thursday, April 17)

CLASS

* Meditation
* Service Site Check-in
* Reading Discussion I
  + Online materials (2 groups)

WEEK THREE

*Tuesday, April 15*

DUE • Reflection 1

ASSIGNMENT • Journal 2 (Watch the Dan Siegel, MD lecture for Part 3 of the journal. You will find a link on D2L: Interesting Links.)

CLASS

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

*Thursday, April 17*

ASSIGNMENT

* Reading Discussion III (2 leaders for Thursday, April 24)

CLASS

* Meditation
* Check-in
* Reading Discussion II
  + *Wherever You Go, There You Are,* Part I (3 groups)

WEEK FOUR

*Tuesday, April 22*

DUE • Journal 2 & Questions (April 8 - 22 ). This and future journals span two weeks and at least 180 minutes of meditation)

ASSIGNMENT

* Personal Gathering Outline due Tuesday, May 6
* Select a focus for Journal 3
* “Unplugged” Exercise and Reflection– to be completed by Tuesday, May 13.
* Read excerpts from the book *Coming to Our Senses, Healing Ourselves and the World through Mindfulness* for discussion on Thursday, May 1; the material is under D2L Readings as “ADD Nation.”There are three *short* chapters:
* *A.D.D. Nation*
* *24/7 Connectivity*
* *Continual Partial Attention*

CLASS

* Meditation
* Philosophy - Yin & Yang

*Thursday, April 24*

ASSIGNMENT

* Reading Discussion IV (3 discussion leaders for Thursday, May 1)

CLASS

* Meditation
* Reading Discussion III
  + *Tao Te Ching*
  + *Wherever You Go There You Are –* Part 2 & 3

WEEK FIVE

*Tuesday, April 29*

ASSIGNMENT

* Begin reading *Ethics for the New Millennium*
* Read excerpts from *Voices from the Street* (D2L course site) for discussion on Thursday, May 6

CLASS

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

*Thursday, May 1*

CLASS

* Meditation
* Personal Community Gathering – Planning
* Homelessness
* Reading Discussion IV – *Coming to Our Senses* (3 groups)
  + A.D.D. Nation, 24/7 Connectivity, Continual Partial Attention

WEEK SIX

*Tuesday, May 6*

DUE

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

ASSIGNMENT

* Reflection 2

CLASS

* Meditation
* Philosophy – Wei Wu Wei

*Thursday, May 8*

ASSIGNMENT • Reading Discussion V (3 discussion leaders for Tuesday, May 20)

CLASS

* Meditation
* Community Service Discussion incorporating readings from *Voices from the Street*

WEEK SEVEN

*Tuesday, May 13*

DUE • Reflection 2

ASSIGNMENT • Reflection 3 – Mind Map

CLASS

* Meditation
* Unplugged experience
* Eastern and Western healing concepts

*Thursday, May 15*

CLASS

* Lan Su Chinese Gardens

NW 3rd and Everett Streets (Old Town / China Town)

* (The tour begins at 10:15 pm and the entrance fee is covered by PSU)

WEEK EIGHT

*Tuesday, May 20*

DUE • Journal 4 & Questions (select a focus for Journal 5)

ASSIGNMENT • Reading Discussion VI (2 discussion leaders for Thursday, May 29)

CLASS

* Meditation
* *Stroke of Insight*, Jill Bolte Taylor
* Last class preparation

*Thursday, May 22*

CLASS

* Meditation
* Community Service Discussion
* Reading Discussion V
  + - *Ethics for the New Millennium*, Parts I & II
    - *Ethics for the New Millennium*, Parts I & II
    - *Tao Te Ching*

WEEK NINE

*Tuesday, May 27*

DUE

* Reflection 3 – Mind Map
* Personal Gathering Report

ASSIGNMENT

* Community Partnership Online Discussion
* Reflection 4

CLASS

* Meditation
* Mind Map
* Personal Gathering
* Last class preparation

*Thursday, May 29*

ASSIGNMENT • Bring a stamped envelope to class next Tuesday

CLASS

* Meditation
* Reading Discussion VI– Emphasis on Social Responsibility
  + *Ethics for the New Millennium*, Part III
  + *Ethics for the New Millennium*, Part III

WEEK TEN

*Tuesday, June 3*

DUE

* Journal 5
* Reflection 4

CLASS

* Meditation
* Universal Responsibility
* UNST Evaluations

*Thursday, June 5*

DUE • Community Partnership Online Discussion

CLASS • CLOSING THE CIRCLE

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