Concentrations in Contemplative Studies

The concentration in Contemplative Studies investigates the underlying philosophical, psychological, and scientific bases of human contemplative experience. Students pursue a “third person” academic approach drawn from the humanities and sciences to analyze the cultural, historical, and scientific underpinnings of contemplative experiences in religion, art, music, and literature. This is developed in combination with a “critical first-person” approach based in practical experience of contemplative techniques and methods to provide an integrated understanding of the role of contemplative thought and experience in societies and on the individuals who constitute them.

Concentration Core (6 courses including the Senior Concentration Seminar)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Requirement</th>
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<tbody>
<tr>
<td>COST 0100</td>
<td>Introduction to Contemplative Studies</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 2000</td>
<td>The Foundation of Living Systems</td>
<td>1</td>
</tr>
<tr>
<td>CLPS 0200</td>
<td>Human Cognition</td>
<td>1</td>
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<tr>
<td>NEUR 0010</td>
<td>The Brain: An Introduction to Neuroscience</td>
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Two introductory science courses addressing the biological, psychological, and neurological functioning of the human body/mind complex with health implications, and how contemplative practices affect it.

Select one from the following list:

- BIOL 2000: The Foundation of Living Systems
- CLPS 0200: Human Cognition
- NEUR 0010: The Brain: An Introduction to Neuroscience

Two humanities courses that present important themes that can emerge from bringing a Contemplative Studies perspective to the study of contemplative religious traditions and to the philosophical analysis of the key questions of human existence.

Select one from following list:

- ANTH 1240: Religion and Culture
- CLAS 0990: Concepts of the Self in Classical Indian Literature
- CLAS 1120G: The Idea of Self
- CLPS 0040: Great Traditions of Asia
- COST 0145: Karma, Rebirth and Liberation: Life and Death in South Asian Religions
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The concentration in Contemplative Studies investigates the underlying philosophical analysis of the key questions of human existence.

Science Track

The Science track in Contemplative Studies gives concentrators a foundational understanding of the scientific methods used to investigate the biological, psychological, and neurological effects of contemplative practice and their potential implications on physical and mental health both for individuals and for the general public. Students will be taught how to critique current research as well as how to develop, operationalize, and test hypotheses related to contemplative practice. Students will become well-versed in how to study first-person reports related to the phenomenology of contemplative experience as a foundation for formulating third-person tests of the effects of practice on brain function and behavior. The Contemplative Studies Science Track trains students to investigate these types of questions not only for academic scholarship, but also to provide a method of self-inquiry that can be used to augment any area of life.

Five thematic science courses, including a Capstone Course, drawn primarily from BIOL, COST, NEUR, CLPS, and PHP, at least one of which must include laboratory work and two of which must be 1000-level; and one Statistics course for a total of six courses.

The Capstone Course is intended to be a culmination of the students' concentration in which they will bring to bear what their interests have been in developing their focused work in the program. The Capstone course can be either:

a. A one semester Independent Reading and Research course, either COST 1910 or 1920 OR BIOL 1950 or 1960, depending on the semester; OR

b. A special project done within an existing Contemplative Studies core or related course at the 1000-level in which the student brings to bear the larger concerns of her concentration on a problem or issue within the course. It is expected that such Capstone research papers will be more substantial than a term paper.

Others with approval

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<tr>
<td>COST 1950</td>
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<tr>
<td>COST 0200</td>
<td>Meditation and the Brain</td>
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<tr>
<td>COST 1020</td>
<td>Cognitive Neuroscience of Meditation</td>
<td>1</td>
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<tr>
<td>COST 1080</td>
<td>Meditation, Mindfulness and Health</td>
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### Contemplative Studies

**Neuroscience Track**

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<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>NEUR 1030</td>
<td>Neural Systems</td>
</tr>
<tr>
<td>NEUR 1540</td>
<td>Neurobiology of Learning and Memory</td>
</tr>
<tr>
<td>NEUR 1600</td>
<td>Experimental Neurobiology</td>
</tr>
<tr>
<td>NEUR 1940I</td>
<td>Neural Correlates of Consciousness</td>
</tr>
<tr>
<td>PHP 1600</td>
<td>Obesity in the 21st Century: Causes, Consequences and Countermeasures</td>
</tr>
<tr>
<td>PHP 1920</td>
<td>Social Determinants of Health</td>
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**Others with approval**

**One statistics course (others with approval)**

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<tbody>
<tr>
<td>APMA 0650</td>
<td>Essential Statistics</td>
</tr>
<tr>
<td>APMA 1650</td>
<td>Statistical Inference I</td>
</tr>
<tr>
<td>BIOL 0495</td>
<td>Statistical Analysis of Biological Data</td>
</tr>
<tr>
<td>CLPS 0900</td>
<td>Statistical Methods</td>
</tr>
<tr>
<td>EDUC 1100</td>
<td>Introduction to Qualitative Research Methods</td>
</tr>
<tr>
<td>PHP 1501</td>
<td>Essentials of Data Analysis</td>
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**Humanities Track**

The Humanities track explores the origin and development of contemplative practices within specific religious, cultural, and historical contexts and gives students a foundation in the Philosophy of Mind relevant to the scientific study of contemplative practice. Students will choose a concentration program that includes three intermediate and three advanced seminars drawn from the two areas below. While it is recommended that students focus primarily on one of these two areas, the precise balance of the individual concentration program for each student will be established with the concentration advisor when the student applies to enter the concentration, normally in their fourth semester of study.

**Six courses, including a Capstone Course, from across the two areas below:**

The Capstone Course is intended to be a culmination of the students' concentration in which they will bring to bear what their interests have been in developing their focused work in the program. The Capstone course can be either:

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**Contemplative Religious Traditions**

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<th>Course Code</th>
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<tbody>
<tr>
<td>CLAS 0210Y</td>
<td>The Philosophy of Classical Indian Yoga</td>
</tr>
<tr>
<td>CLAS 0820</td>
<td>Epics of India</td>
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<tr>
<td>CLAS 0850</td>
<td>Mythology of India</td>
</tr>
<tr>
<td>CLAS 0990</td>
<td>Concepts of the Self in Classical Indian Literature</td>
</tr>
<tr>
<td>CLAS 0995</td>
<td>India’s Classical Performing Arts</td>
</tr>
<tr>
<td>CLAS 1140</td>
<td>Classical Philosophy of India</td>
</tr>
<tr>
<td>CLAS 1160</td>
<td>Classics of Indian Literature</td>
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<tr>
<td>COST 0145</td>
<td>Karma, Rebirth and Liberation: Life and Death in South Asian Religions</td>
</tr>
<tr>
<td>COST 0420</td>
<td>The Theory and Practice of Buddhist Meditation</td>
</tr>
<tr>
<td>COST 0530</td>
<td>Laozi and the Daodejing</td>
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<tr>
<td>COST 0550</td>
<td>Tibetan Buddhism and the West</td>
</tr>
<tr>
<td>COST 0955</td>
<td>The Bhagavad Gita (CLAS 0855)</td>
</tr>
<tr>
<td>EAST 0180</td>
<td>Japan: Nature, Ritual, and the Arts</td>
</tr>
<tr>
<td>EAST 1420</td>
<td>The Confucian Mind</td>
</tr>
<tr>
<td>EAST 1880D</td>
<td>Early Daoist Syncretism: Zhuang Zi and Huainan Zi</td>
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**The Philosophy of Mind**

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<th>Course Code</th>
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<tbody>
<tr>
<td>RELS 0045</td>
<td>Buddhism and Death</td>
</tr>
<tr>
<td>RELS 0100</td>
<td>Buddhist Thought, Practice, and Society</td>
</tr>
<tr>
<td>RELS 0120</td>
<td>The Classical Chinese Philosophy of Life</td>
</tr>
<tr>
<td>RELS 1441</td>
<td>Zen Meditation in China, Korea, and Japan</td>
</tr>
<tr>
<td>RELS 0570</td>
<td>Science, Religion, and the Search for Happiness in Traditional Asian Thought</td>
</tr>
<tr>
<td>RELS 0580</td>
<td>Experiencing the Sacred: Embodiment and Aesthetics in South Asian Religions</td>
</tr>
<tr>
<td>RELS 1370B</td>
<td>Philosophy of Mysticism</td>
</tr>
<tr>
<td>RELS 1425</td>
<td>Buddhist Poetry</td>
</tr>
<tr>
<td>RELS 1440</td>
<td>The History, Philosophy, and Practice of Rinzai Zen Buddhism</td>
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**Honors Requirement**

Students with a minimum GPA of 3.5 in the concentration may apply for entrance into the Honors program in the middle of their sixth semester. To apply, students submit a proposal for a senior thesis project describing the work to be undertaken and its relevance to the field of Contemplative Studies, along with a copy of their academic transcript. Students accepted into Honors must complete the required Capstone seminar, UNIV 1010, and enroll in an additional semester of independent study in their advisor's department. Students must complete an Honors Thesis to the satisfaction of their advisor and present the results of their studies in formal talks or poster sessions open to all interested faculty and students.
Font Notice

This document should contain certain fonts with restrictive licenses. For this draft, substitutions were made using less legally restrictive fonts. Specifically:

Helvetica was used instead of Arial.
The editor may contact Leepfrog for a draft with the correct fonts in place.