

# 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)

COST 0100	Introduction to Contemplative Studies	1
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 0200	The Foundation of Living Systems	1
CLPS 0200	Human Cognition	
CLPS 0500	Perception and Mind	
NEUR 0010	The Brain: An Introduction to Neuroscience	
Others with approval		
Select one from following list:		
COST 0200	Meditation and the Brain	1
COST 1020	Cognitive Neuroscience of Meditation	
COST 1080	Meditation, Mindfulness and Health	
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.		
2		
ANTH 1240	Religion and Culture	2
CLAS 0990	Concepts of the Self in Classical Indian Literature	
CLAS 1120G	The Idea of Self	
COST 0040	Great Contemplative Traditions of Asia	
or RELS 0040	Great Contemplative Traditions of Asia	
COST 0145	Karma, Rebirth and Liberation: Life and Death in South Asian Religions	
or RELS 0145	Karma, Rebirth and Liberation: Life and Death in South Asian Religions	
COST 0410	Engaged Buddhism	
COST 0420	The Theory and Practice of Buddhist Meditation	
COST 0425	The History and Practice of Yoga in India and Beyond	
COST 0450	Stages of the Contemplative Path	
PHIL 0010	The Place of Persons	
PHIL 0220	Introduction to Philosophy	
PHIL 0650	Psychology and Philosophy of Happiness	
PHIL 1520	Consciousness	
PHIL 1770	Philosophy of Mind	
RELS 0056	Spiritual But Not Religious: Making Spirituality in America	
RELS 0065	On Being Human: Religious and Philosophical Conceptions of Self	
RELS 1370B	Philosophy of Mysticism	

Others with approval

COST 1950	Senior Concentrators' Seminar	1
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## Track Requirements (6 additional courses Including a Capstone Course)

Students must complete either a Science or Humanities track in addition to the concentration core.

### 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.** 5

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

BIOL 0280	Biochemistry (lab)
BIOL 0470	Genetics (lab)
BIOL 0530	Principles of Immunology
BIOL 0800	Principles of Physiology (lab)
BIOL 1880	Comparative Biology of the Vertebrates
CLPS 0700	Social Psychology
CLPS 0710	The Psychology and Philosophy of Happiness
CLPS 1193	Laboratory in Genes and Behavior
CLPS 1194	Sleep and Chronobiology Research
CLPS 1291	Computational Methods for Mind, Brain and Behavior
CLPS 1400	The Neural Bases of Cognition
CLPS 1490	Functional Magnetic Resonance Imaging: Theory and Practice
CLPS 1492	Computational Cognitive Neuroscience
CLPS 1570	Perceptual Learning
CLPS 1590	Visualizing Vision
CLPS 1791	Laboratory in Social Cognition
COST 0200	Meditation and the Brain
COST 1020	Cognitive Neuroscience of Meditation
COST 1080	Meditation, Mindfulness and Health
NEUR 1020	Principles of Neurobiology

NEUR 1030	Neural Systems
NEUR 1540	Neurobiology of Learning and Memory
NEUR 1600	Experimental Neurobiology
NEUR 1940I	Neural Correlates of Consciousness
PHP 1600	Obesity in the 21st Century: Causes, Consequences and Countermeasures
PHP 1920	Social Determinants of Health
Others with approval	
<b>One statistics course (others with approval)</b>	
APMA 0650	Essential Statistics
APMA 1650	Statistical Inference I
BIOL 0495	Statistical Analysis of Biological Data
CLPS 0900	Statistical Methods
EDUC 1100	Introduction to Qualitative Research Methods
PHP 1501	Essentials of Data Analysis

## 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: 6

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

### Contemplative Religious Traditions

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

RELS 0045	Buddhism and Death
RELS 0100	Buddhist Thought, Practice, and Society
RELS 0120	The Classical Chinese Philosophy of Life
RELS 1441	Zen Meditation in China, Korea, and Japan
RELS 0570	Science, Religion, and the Search for Happiness in Traditional Asian Thought
RELS 0580	Experiencing the Sacred: Embodiment and Aesthetics in South Asian Religions
RELS 1370B	Philosophy of Mysticism
RELS 1425	Buddhist Poetry
RELS 1440	Themes in Japanese Buddhism
RELS 1442	The History, Philosophy, and Practice of Rinzai Zen Buddhism
The Philosophy of Mind	
COST 1520	Consciousness
PHIL 0350	Ancient Philosophy
PHIL 0650	Psychology and Philosophy of Happiness
PHIL 0990L	Valuing Persons
PHIL 0990M	Descartes Meditations
PHIL 1290	Kant's Moral Philosophy
PHIL 1590	Philosophy of Science
PHIL 1650	Moral Theories
PHIL 1660	Metaphysics
PHIL 1720	Kant: The Critique of Pure Reason
PHIL 1750	Epistemology
PHIL 1770	Philosophy of Mind
PHIL 2150G	Aristotle's Metaphysics
UNIV 1520	The Shaping of World Views
Others with approval	

## 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.