

ART 310
The Art of Mindful Living
Fall 2008
T/TH 9:25-10:40; T/TH 10:50-12:10- Karpen 005

Instructor: Dr. Leslie Newman
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Office hour: Tues 1-2pm- NH 120 and by appointment

1. Course Description:

The Art of Mindful Living is a course about Awakening to the Transpersonal Self. As we develop this capacity to live Mindfully, we discover what gets in the way of our Present-focused awareness. Therefore, this class explores the relationship of past family-of-origin, societal and relational experiences and their effects on our present lives. Students examine and clear historical wounding and the beliefs created from them, so they may more fully present. Simultaneously, students learn and practice meditation to help open awareness and provide tangible experience of Mindful/Awakened consciousness. From this centered, peaceful inner realm, they transform their lives. Through creative-expressive-art students communicate their experiences and new aware nesses. This class answers the question, Who Am I and How can I create a life of Mindful Living?

2. Learning Intentions: Students who successfully complete The Art of Mindful Living will:

1. Have increasing experiences of Awake/present-focused awareness in their daily lives.

To achieve this they will:

- develop a daily practice (build up to a 20mins) of stillness/meditation

2. Discover “what gets in the way” of mindful/present-focused awareness.

To achieve this, the student will:

- explore their historical wounding
- demonstrate their understanding of the defenses they use to mask their wounds
- demonstrate their understanding of the limiting images/beliefs
- practice the skills to bring themselves out of defense and back to Center

3. Understand and experience increasing ability to live from their Authentic Self.

To achieve this, students will:

- explore and understand themselves regarding the following topics: Healthy Ego, Basic Needs, Assertiveness, Fear, Anger, and Guilt.
- discover their values and increasingly living from them
- increase their confidence by directing their own learning.

4. Utilize the Creative Arts as a means of communicating their Awakening experiences

To achieve this, students will:

- explore Drama, Writing, Crafting, Movement/Dance and Music individually and in groups

3. Required Texts:

The Undefended Self. Thesanga, Susan. (ISBN 0-9614777-4-1)

How To Be An Adult. Richo, David. (ISBN 0-8091-3223-0)

The Diamond in your Pocket. Gangaji. (ISBN 1-59179-272-X)

Extra Support: Available from the instructor during office hours or by appointment

4. Student Assessment:

Grading	Points	%	
Class participation	90	20%	
Quizzes	72	16%	
Homework	90	20%	
Journal	40	9%	
Midterm paper	68	15%	October 16
Final Project	90	20%	Presentations during Final Exam time
Total Points	450	100%	

There are opportunities for extra credit. Talk to me about this if you need to.

5. Grading Scale:

423-450: A 391.5-404.5: B+ 346.5-359.5: C+ 301.5-314.5: D+ 269.5: F

405-422.5: A-

378-391: B

333-346: C

288-310: D

360-377.5: B-

315-332.5: C-

270-287.5: D-

6. Course Requirements

Attendance Policy:

Attendance is essential. You will earn participation points each class based on a self-evaluation scale (that can be overridden by me) on your preparation for class, active involvement in class activities, and course assignments.

- At the end of each class you will hand me a completed **Self-Evaluation Participation** Sheet. (You'll receive this in class)

Obviously, you cannot earn participation points if you are not in class. Anyone who misses more than 20% of class will find it very difficult to earn a passing grade. You can earn up to 90 possible points for participation.

Self-Assessment Criteria:

3- really "awake"--Hummin'. On time for class, prepared for discussion, actively engaged and searching deeper within you, and offering comments that move the class deeper into the material.

2- fairly "awake". On time for class, prepared for discussion, shares, but not fully "going for it" staying on the surface, or only responding when called upon.

1- "asleep" on "auto-pilot". Late for class, mind wandering, doing other work, distracted not sharing, or sharing tangentially, (moving us off topic).

Quizzes

Three quizzes will be given throughout the semester in order to provide us with informative feedback on teaching and learning.

Written homework:

Written homework is designed for you to take the reading and in-class material deeper. Some written homework will be Peer Reviewed in class (see hand-out: Peer Review Guidelines). You will receive written comments from me on all your work. You should complete assignments designated with "J*" in your journal. These written assignments will be checked by me for completion only.

Journal

Keeping a journal is a course requirement. I require that you make at least 2 personal entries a week in addition to the written homework assignments. The journal is not graded, per se, rather checked periodically and points recorded in a pass/fail manner for completion. I will discuss guidelines and journaling assignments in class.

Meditation

I ask that you to meditate daily for the next 16 weeks (we will work up to a 20 min. practice). You will complete a self-assessment to map your "progress". Your commitment to meditation practice is a key to your engagement with the course material

Class Policies

Missed Classes: If you miss a class, obtain notes, additional class hand-outs and study sheets from classmates. (Please do not contact me for this purpose). Get the names and numbers of two classmates.

You are responsible for completing the assignments **even if you miss a class**. If you miss a class, turn in your assignment to my mailbox (NH 120) on or before the date due for full credit.

Student Contacts:

Name _____ Phone _____ E-mail _____

Name _____ Phone _____ E-mail _____

Late Assignments: Late homework will receive ½ grade deduction for each day late. **Homework is due at the beginning of class.**

Academic Dishonesty: You may not deceive any official of the University by cheating on any assignment, exam, or paper, or the grading of the same. This includes plagiarism, which includes (but is not limited to) paraphrasing, or summarizing another's words or work without proper acknowledgement, using direct quotes of material without proper acknowledgement or purchasing or using a paper or presentation written or produced by another. Presenting as original work a paper written for once class to satisfy a requirement in another class is academic dishonesty. Any student who represents the work of another person as their own will receive a grade of 0 for the assignment, exam, paper or project.

COURSE SCHEDULE

Note: Make sure your UNCA e-mail is current. I will notify you of changes to this schedule there.

Homework is due on the date indicated.

Week 1- The Art of Mindful Living-

Tues Aug 19- Who Are You-Accepting Yourself

Reading Homework Due: UDS Preface/HTBA Forward and Intro

Thrs Aug 21 - Who Are you

Written Homework J*: UDS Ch1 all chapter questions

Week 2 – Awakening Consciousness-

Tues Aug 26- Meditation Basics

Reading Homework Due: UDS Ch 3 Dev. Observer

Written Homework J*: UDS Ch3- **questions 2, 3, & 4,**

Thurs Aug 28 Growing Pains: Feelings

Reading Homework: HTBA ch1

Week 3

Tues Sept 2 **The Personal Self-** (Who Are You-Dualities and Continuums)

Written Assignment #1 due-Peer Review-bring Peer Review Guidelines to class

Read UDS ch2, Answer questions: UDS Ch. 2- 1,2,3,4,5

Thurs Sept 4 **Writing Assignment # 1 due to me**

Reading Homework: HTBA Ch 2 Assertiveness Skills

Week 4

Tues Sept 9 Map of Consciousness

Quiz 1

Reading Homework: UDS Ch4

Written Homework J*: UDS Ch4 1,2,3,4

Thurs Sept 11

Reading Homework: HTBA Ch 4 Anger

Week 5

Tues Sept 16- Beliefs and Images

Reading Homework: UDS Ch 5

Written Assignment #2 due –Peer Review. This is mandatory!!

Answer questions: UDS Ch 5- 1,2,4,5

Thurs Sept 18 -Breaking the Beliefs that Bind You

Written Assignment #2 due to me

Week 6- **The Mask Self**

Tues Sept 23

Reading Homework: UDS Ch 6

Written Homework J*: UDS CH 6 - 2, 3, 4, 6

Thurs Sept 25 Mask Making

Reading Homework: HTBA Ch 3 Fear

Week 7- **The Lower Self**

Tues Sept 30

Reading Homework: UDS Ch 7

Written Homework J*: UDS Ch 7- 1, 2, 4

Thurs Oct 2- Releasing the Ties that Bind

Reading Homework: HTBA Ch5-Guilt

Week 8- **The Transpersonal Self-**

Tues Oct 7 The Energy-Body and Chakra System

Reading Homework: Handouts from Reserve Book: *Hands of Light*

Written Homework J*: To Be Assigned

Thurs Oct 9 Experiencing Your Energy Field

Reading Homework: HTBA Ch 7- Boundaries

Week 9

Tues Oct 14- No Class

Reading Homework: UDS Ch8-

Written Homework J*: UDS Ch 8- 1, 2, 4,

Thurs Oct 16- Creating from the HS-Mandala Making

Quiz 2

Midterm Papers Due-

Week 10

Tues Oct 21 – Releasing the Lower Self and our Creation of Suffering

Reading Homework: UDS Ch 9

Written Homework J*: UDS Ch 9 1, 2, (questions 3 & 4 are optional)

Thurs Oct 23- The Self in Relationship

Reading Homework: HTBA Ch 8 Intimacy

Week 11

Tues Oct 28

E-mail me your Final group preference-who would you like to work?

Reading Homework: UDS 10 Transforming The Lower Self-

Written Assignment J*: UDS Ch 10- 1, 2, 3

Thurs Oct 30 – Ending Suffering-set yourself free

Final groups announced

Reading Homework: HTBA Ch.10- Befriending the Shadow

Week 12- **Transcendence**

Tues Nov 4 - Creating from the Higher Self

Reading Homework: UDS Ch 11-

Written Assignment #3 due for Peer Review

Assignment: UDS Ch 11 questions 1, 2, 5

Thurs Nov 6 Mandala Making

Reading Homework: HTBA Ch 9 Flexible Integration

Written Assignment #3 due to me

Week 13- Discovering Your True Radiance

Quiz 3

Tues Nov 11-

Reading Homework: Gangaji- Foreword and Introduction

Thurs Nov 13

Reading Homework: Gangaji- Ch 1-4

Week 14

Tues Nov 18-

Reading Homework: Gangaji Ch 5, & 7

Written Homework J*: Who Am I?

Thurs Nov 20-

Week 15- **Ascendance**

Tues Nov 25- Gangaji- Ch 10-13

Written Homework J*: What is my story?

Thurs Nov 27- No Class

Week 16

Tues Dec 2-Film Groundhog Day

Thurs Dec 4-Film Groundhog Day-

Writing Assignment #4: In-Class Essay

Tues Dec 9- Reading Day

Finals

Thurs Dec 11- 11:30 am Final for section TR 10:50-Final Presentations-**Final Paper Due by 5pm** to the box in NH 120

Tues Dec 16- 8:00 am Final for section TR 9:25-Final Presentations-**Final Paper Due by 5pm** to the box in NH 120