

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

Instructor: Dr. Leslie Newman
Arts and Ideas Department
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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 Self. The class explores the relationship of past family-of-origin, societal and relational experiences and their effects on our present lives. In this class, students examine and clear historical wounding and the beliefs created from them, so they may live 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 they communicate their experiences and new aware nesses. This class asks who are we, and how can we consciously create our lives from an Awakened awareness

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)

4. Student Assessment

Grading	Points	%	
Class participation	90	20%	
Quizzes	72	16%	
Homework	90	20%	
Journal	40	9%	
Midterm paper	68	15%	February 26
<u>Final Project</u>	90	20%	Presentations in last week/ paper on final day
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. Description of Assessment

Class Participation Self-Assessment:

You will evaluate your class participation at the end of each class. Some classes will naturally involve less conversation and more didactic experience. Nonetheless you can evaluate your inner state of "wakeful-present-focused awareness" and your engagement with the class. **At the end of each class, I ask that you turn into me a ½ piece of paper with your name, section #, date and score (from 1-3). Note: Scores can be overridden by me.**

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. Written homework with an **"*P"** next to it, **will be peer-reviewed** (see hand-out: Peer Review Guidelines). We will have peer-review sessions on Thursdays and the final drafts will be due to me on the following Tuesday. 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.

PLEASE NOTE: You are responsible for completing the assignments **even if you miss a class**. If you miss a class, turn in your homework to my mailbox (NH 120) on or before the date due for full credit. Late homework will receive ½ grade deduction for each day late. **Homework is due at the beginning of class.**

Absences

You are responsible for all class material and homework. Please get the contact information for two classmates so that if you must miss a class, you can get the notes and make-up the work.

Name _____ Phone _____ E-mail _____

Name _____ Phone _____ E-mail _____

Journal

I ask that you keep a personal review journal throughout the course. The journal is not graded, 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). This is not graded. However, your commitment to practice is a key to your engagement with the course material.

COURSE OUTLINE

Note: This outline may change as our Creation takes form. Make sure your UNCA e-mail is current. I will notify you of changes there.

Homework is due on the date indicated.

Week 1

15-Jan

UDS-Preface

HTBA- Forward & Intro

17-Jan

HTBA Ch-1 Growing Pains

UDS-Ch 1 Accepting our Dualities

***J**-(written in your journal, will be checked for completion) UDS Ch 1- all chapter questions

Week 2

22-Jan **Journals Checked- please bring them to class**

UDS- Ch 2 Choosing to Unify Our Selves

24-Jan

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

Answer questions 1, 2, 3, 4, 5 from UDS chapter 2 (See writing Guidelines)

HTBA-Ch 2 Assertiveness

Week 3

29-Jan

Writing Assignment #1 due to me- at the beginning of class

Read UDS Ch3 Developing the Observer

***J (in your journal)** UDS Ch 3 questions 2, 3,& 4

31-Jan

UDS Ch4 Embracing the Child, Adult, and Transpersonal Selves

***J (in your journal)** UDS Ch 4 questions 1,2,3,4

HTBA-Ch 3 Fear

Week 4

5-Feb **Quiz 1**

UDS Ch 5 How we Re-Create the Past

7-Feb

***P Written Assignment #2 due - Peer Review –bring Peer Review Guidelines to class
Answer questions 1,2, 4, & 5 from UDS chapter 5 (See writing Guidelines)**

HTBA Ch 4 Anger

Week 5

12-Feb

Writing Assignment #2 due to me- at the beginning of class

Journals Checked

Read: Hands of Light Reading packet

14-Feb

Chakra Dance

Week 6

19-Feb

Hands of Light Packet

***J (in your journal)**

1. Stand in front of a mirror and draw your energy field. Notice which chakras and levels feel opened and clear and which may have some blocks. Draw what you see/feel/experience/know
2. Do some movement, dance, color-breathing, and open your chakras. Now Draw your chakras again, notice any differences, describe your experience. Did anything surprise you?

21-Feb

***P MIDTERM PAPERS Due- Peer Review**

HTBA Ch 5 Guilt

Week 7

26-Feb

Midterm Paper Due to Me

UDS Ch 6 Understanding the Mask

***J UDS ch 6 : 1,2, 3, 4, 5, 6**

28-Feb

Creative Arts: Mask making

Week 8-3/4 and 3/7 Spring Break No Class

Week 9

11-March **Quiz 2**

Journals Checked

UDS Ch 7 Facing the Lower Self

***J UDS ch 7 1, 2**

13-March

***P Written Assignment #3 due - Peer Review –bring Peer Review Guidelines to class
Answer questions 3 and 4 from UDS chapter 7**

HTBA Ch 7 Boundaries

Week 10

18-March

Writing Assignment #3 due to me- at the beginning of class

Final Groups Assigned

UDS Ch 8 Meeting the Higher Self

***J UDS ch 8 1, 2, 3, 4**

20-March

HTBA Ch 6 Values

Creative Arts: Mandala; the circle of life

Week 11

25-March

UDS Ch 9 Releasing LS Attachments

***J UDS ch 9 1, 2, 4,--question 3 is optional**

27-March

HTBA Ch 10 Befriending Shadow

Week 12

1-April

Group Project Approvals Due

Journals Checked

UDS Ch 10 Transforming the Lower Self

3-April

HTBA Ch 9 Flexible Integration

***P Written Assignment #4 due - Peer Review –bring Peer Review Guidelines to class**

Answer questions from the UDS ch10 1, 2, 3, 4

Week 13

8-April

Writing Assignment #4 due to me- at the beginning of class

Quiz 3

UDS Ch 11 Creating from the Higher Self

***J UDS ch 1, 2, 4, 5**

10-April

HTBA Ch 13 Unconditional Love

Week 14

15-April- **Spring Symposium—No Class**

17-April

Film: Groundhog Day

Week 15

22-April ***Journal Checked***

Film-Groundhog Day

Writing Assignment #5 will be an in-class essay on Groundhog Day

24-April

Final Presentations

Week 16

29-April **Final Presentations**