

**ART 310 The Art of Mindful Living**  
**Spring 2009**  
**T/TH 8:00-9:15 Section: 10441, Karpen 005**

Instructor: Dr. Leslie Newman  
Arts and Ideas Department  
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Office hour: Thurs 9:30-10:15am NH 120 and gladly 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 often 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. As needed, students examine and clear historical wounding and the beliefs created from them, so they may be 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 questions, Who Am I and How can I create a life of Mindful/Awake 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
- understand the role that practice plays in developing mindful awareness
- experience the teachings of several “enlightened” masters

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

3. Demonstrate skills to clear the psycho-physio-emotional-intellectual (PPEI)blocks to Mindful 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 that contribute to PPEI wounding
- practice the skills to clear defenses and move back to Center/Presence/Mindful awareness.

4. 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.

5. 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:**

<b>Grading</b>	<b>Points</b>	<b>%</b>
Class participation	90	20%
Written Assignments	90	36%
Journal	40	9%
Midterm paper	68	15%
Final Project	90	20%
Total Points	450	100%

**There are opportunities for extra credit. Please come speak to me**

## 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

### Participation Policy:

Participation 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).

### Written homework:

Written homework should be 3-5 double-spaced, word-processed pages. Questions in the homework are designed for you to take the reading and in-class material deeper. Some written homework will be Peer Reviewed in class, though you will receive written comments from me on all your work.

### Journal

Keeping a journal is a course requirement. I require that you make at least 2 personal entries a week in addition to the Journaling assignment in the syllabus. 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). Your commitment to meditation practice is a key to your engagement with the course material. We will discuss and try several meditative practices in class. I encourage you to find one that feels right for you.

### Class Policies

**Missed Classes:** If you miss a class, please obtain notes from classmates. (Please do not contact me for this purpose). Instead, get the names and numbers of two classmates so that you always have someone to call.

You are responsible for completing the assignments **even if you miss a class**. If you miss a class, you may email your assignment to me on or before the due date 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.**

**Reading and Homework is due on the date indicated.**

### Week 1- **The Art of Mindful Living-**

Thurs Jan 16th1 - Who Are you

Reading Homework Due: Chapter 1

Journal Assignment:: UDS Ch1 1a,3, &4

### Week 2 – Awakening Consciousness-

Tues Jan 20 **The Personal Self-** (Who Are You-Dualities and Continuums)

Reading Assignment: UDS Ch 2

Journal Assignment: UDS Ch 2 1, 2A, 3, & 4

Thurs Jan 22 Growing Pains: Feelings

Reading Homework: HTBA ch1-Growing Pains

### Week 3

Tues Jan 27 - **“Becoming Awake” Basics**

Reading Homework Due: UDS Ch 3 Dev. Observer

Journal Assignment: UDS ch3 1,&3

Thurs Jan 29

Reading Homework: HTBA Ch 2 Assertiveness Skills

### Week 4

Tues Feb 3 **Paths and Practices**

Reading Homework: Handout

Journal Assignment: from handout

**Written Assignment #1 Due for Peer Review**

Thurs Feb 5

Reading Homework: HTBA HTBA Ch 3 Fear

**Written Assignment #1 Due**

### Week 5

Tues Feb 10- **Beliefs and Images**

Reading Homework: UDS Ch 5

Journal Assignment: UDS Ch 5- 1,2,4,5

Thurs Feb 12

Reading Homework: HTBA Ch 4 Anger

### Week 5- **The Mask Self**

Tues Feb 17

Reading Homework: UDS Ch 6

Journal Assignment: UDS ch 6 1,2, 3, 4, &6

Thurs Feb 19 Mask Making

### Week 6- **The Lower Self**

Tues Feb 24

Reading Homework: UDS Ch 7

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

**Written Assignment #2 Due for Peer Review**

Thurs Feb 26-

**Written Assignment #2 due to me**

Reading Homework: HTBA Ch 5 Guilt

### Week 7- **The Transpersonal Self-**

Tues March 3 The Energy-Body and Chakra System

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

Thurs March 5 Experiencing Your Energy Field-

3/10 and 3/12 **No Classes- Spring Break**

Week 9

**Tues March 17 Midterm Papers Due-(these may be turned in before Spring Break)**

Reading Homework: HTBA Ch 6 Values

**Thurs March 19-** Anatomy of the Chakra System

Week 10

**Tues March 24 – The Chakra System-Experiential**

**E-mail me your Final group preference-**who would you like to work on the Final Project?

**Thurs March 26-** The Chakra System-Energy Blocks and Defenses

Reading Homework: HTBA Ch 7- Boundaries

Journal Assignment: Chakra drawings.

Week 11

**Tues March 31 Releasing the Lower Self**

Reading Homework: UDS Ch 9

Journal Assignment: UDS Ch 9 1, 2, (questions 3 & 4 are optional)

**Thurs April 2 – Set yourself free**

**Final groups announced**

Reading Homework: UDS 10 Transforming The Lower Self-

Journal Assignment: UDS Ch 10- 1, 2, 3

Reading Homework: HTBA Ch.10- Befriending the Shadow

Week 12- **Transcendence**

**Tues April 7 - The Higher Self**

Reading Homework: UDS Ch8-

Journal Assignment: UDS Ch 8- 1, 2, 4,

**Thurs April 9**

Reading Homework: HTBA Ch 8 Intimacy

Reading Homework: HTBA Ch 9 Flexible Integration

Week 13-**Creating from the Higher Self**

**Tues April 14-**

Reading Homework: UDS Ch 11-

Journal Assignment: Ch 11 1,2,3, 4, &5

**Thurs April 16-** Mandala Making

Week 14

**Tues April 21-** Film Groundhog Day

**Thurs April 23-** Film Groundhog Day

Week 15-

**Writing Assignment #3 Due to me:**

Week 16

**Tues April 28-** Final Presentations

**Thurs April 30-**Final Presentations

**Finals**

Final Papers Due **Thursday, May 7th by 10:30 am** in the box outside NH 120.