

Barks, C.	<u>The Essential Rumi</u>
Buber, M..	<u>I and Thou</u>
Campbell, J.	<u>The Hero with a Thousand Faces</u>
Ford, C.	<u>The Hero with an African Face</u>
Hafiz, S.	<u>I Heard God Laughing</u>
Hesse, H.	<u>Siddhartha</u>
Highwater, J.	<u>Dance: Rituals of Experience</u>
Huxley, A.	<u>The Perennial Philosophy.</u>
James, W.	<u>The Varieties of Religious Experience.</u>
Jung, C.	<u>Psychology and Religion.</u>
Kierkegaard, S.	<u>Concluding Unscientific Postscript</u>
Kripananda, S.	<u>Jnaneshwar's Gita</u>
Lalla	<u>Lalleshwari</u>
Lao Tsu	<u>Tao Te Ching</u>
Patanjali, M.	<u>Yoga Sutras</u>
Ramakrishna, P.	"Many Paths to the Same Summit"
Rig Veda	"Hymn of the Sound of the Truth"
Shah, I.	<u>The Sufis</u>
St. John of the Cross	<u>The Ascent of Mount Carmel</u>
Suzuki, D.	"The Awakening of a New Consciousness in Zen"
Tillich, P.	<u>Dynamics of Faith</u>
Wilber, K.	<u>The Marriage of Sense and Soul: Integrating Science and Religion.</u>
Wetzsteon, R.	"The Whirling Dervishes: An Emptiness Filled With Everything"
Whitman, W.	"Leaves of Grass"
Woisen, M.	<u>Sacred Dance</u>

COURSE OUTLINE:

The course will be organized around four themes:

- I Wisdom Traditions, Spiritual Paths, Personal Purpose
Huxley, Ramakrishna, Hesse, Suzuki, Wilber
- II Mythology and Ritual - East & West
Jung, Campbell, Ford, Sacred Dance, Rituals of
Experience
- III The Art of Living
Hedonism, Stoicism, Existentialism, Tao Te Ching,
Bhagavad Gita
- IV The Mystical Experience
James, Shah, Shamanism, Patanjali, Christian Mystics

Interwoven into each class session will be two additional strands:

- 1) "Living the joy" will consist of
exploring poetic expressions by
authors who exhibit the ecstasy of
the contemplative life - Whitman,

Lalla, Hafiz, Rumi and excerpts from the Rig Veda..

- 2) Each session will also involve some practice of turning within - meditation, chanting, contemplation, mindfulness walks, hatha yoga and sacred dance.

COURSE REQUIREMENTS:

Students are directed to the Student Handbook and VSU Catalog for specific academic regulations concerning cheating, plagiarism, etc.

Students who are covered under the American Disability Act should privately inform the instructor of this fact so that appropriate instructional arrangements can be made.

There will be one in-class test and a final examination. In addition, students will also be required to keep a reflective log which will include personal thoughts, inspirations, experiences, reactions connected with the readings, class discussions, or personal projects. There will also be writing assignments given by the instructors to be completed in the journals. Journals will be collected and graded at the time of the midterm and final. Required projects include the development of a personal and group mandala. Students will also be evaluated on their attendance and participation in class discussions and activities.

GRADING STANDARDS

Final course grades will be based on the following:

In-class Examinations (2).....	40%
Projects.....	20%
Journal.....	25%
Class Participation.....	15%