

CONTEMPLATIVE PRACTICUM \* RELI 399 & RELI 597

WED 5-6 PM HUMA 117

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***What is a Contemplative Practicum?*** A chance to try out, in a relaxed and informed environment, contemplative practices associated with courses you are taking or areas you wish to explore.

***What is the context?*** Literary and artistic creativity, religious experience, and the reading and interpretation of texts in the humanities often draw on states of consciousness nurtured contemplative practices.

***What will we do?*** This year focuses on T'ai Ch'i forms and trainings in attention and attitude orientation.

***What's required?*** For students taking this in conjunction with another course, you are expected to keep a journal and hand in brief excerpts



## MEDITATION

*“Meditation is familiarization”*

---Khetsun Sangpo Rinpoche

### CORE TOPICS OF MEDITATION

1. **GROUNDING:** The Renunciation of Leaving Distraction Behind  
Mind Training, includes awareness of mortality and value of one’s life. Training in turning away from usual distractions and making life rich with real meaning.

2. **LOVING HEART** Cultivation of love and compassion for oneself and all others,  
Bodhicitta

3. **WISDOM**—experiencing your experience as it is, seeing through illusion.

*Any meditation session ideally will touch on each of these, but will emphasize perhaps only one. Any session will also include some initial period on mindfulness/calming, as this is the basis for all meditation.*

## READINGS

### ***Mindfulness***

*“Mindfulness is foundational for both sutra and tantra”*

—Tibetan Precept

*Miracle of Mindfulness* Thich Nhat Hahn. (and many other of his books)

*Mindfulness in Plain English*, Bhante Henepola Gunaratna

*Heart of Buddhist Meditation* Nyanaponika Thera.

### **Renunciation/ Mindfulness of Death**

*Tantric Practice in Nyingma* by Khetsun Sangpo Rinpoche, tr. Jeffrey Hopkins  
Chapter on Impermanence (Chapters 1-4 on “the Four Thoughts”)

*Words of My Perfect Teacher* by Patrul Rinpoche tr. Padmakara Group  
Chapter Two (Chapters One through Four dwell on “the Four Thoughts”)

*Peaceful Death, Joyful Rebirth* Tulku Thondup. Includes CD for guided meditation.

*The Tibetan Book of Living and Dying* Sogyal Rinpoche. Numerous meditation

The nine-fold meditation on death we were doing is found in detail in  
*The Great Treatise on the Stages of the Path* tr. Joshua Cutler et. Al,  
Vol I. pp143-160

### **Compassion/Bodhicitta/Good Living**

## **Modern**

*The Art of Happiness*, Dalai Lama

*Ethics for the New Millennium*—The Dalai Lama. The essence of spiritual r/evolution.

*Happiness* Matthieu Ricard –great read, some connection with neuroscience.

*Lovingkindness: The Revolutionary Art of Happiness*, Sharon Salzberg

*Faith: Trusting Your Own Deepest Experience*, Sharon Salzberg

*Dzogchen: The Self-Perfected State* Chogyal Namkhai Norbu Rinpoche

*The Crystal and the Way of Light* Chogyal Namkhai Norbu Rinpoche

Daniel Goleman, *Emotional Intelligence*

NEW by Daniel Goleman : Science Reveals How Meditation Changes your Mind, Brain, and Body.

## **Traditional**

*Tantric Practice in Nyingma* Khetsun Sangpo Rinpoche (commenting on *Words*)

*Words of My Perfect Teacher*, Patrul Rinpoche.

The Great Treatise on the Stages of the Path to Enlightenment, *Tsongkhapa* Vol II focuses on Compassion

*Rumi: The Essential Rumi* Tr. Coleman Barks (Sufi)