

# *Knowing Body/Glowing Mind*

REL 333/573

THURS: 1-3:50 HUMA 120

Prof. Anne C. Klein, Fall 2017

[ack@rice.edu](mailto:ack@rice.edu) HUMA 221



## *Language & Experience: Traditional & Modern Playbooks*

This class is a unique introduction to how language serves and also obstructs our actual lived experience in mind and body. We juxtapose Indian and Tibetan Buddhist traditions with contemporary research to experiment with dialogical inquiry that enriches the glow and flow of lived experience. We play at combining book and experiential learning, two kinds of languages.

**MAIN READINGS** (suggest you order from Amazon—likely cheaper)

*Tuesdays with Morrie* Mitch Albom

*Happiness, Life's Most Important Skill* Matthieu Ricard GENERAL TALK

THREE TYPES OF LITERATURE—

Body of literature related with exploring experience, through simple exercises which we will also explore

Claire micror-phenomenology / eliciting interview. You don't have to worry about it getting to o persona.

Brilliant Bitbol "The Science of mind as it could have been" HE is a world expert on Husserl and his interpretations show great mind creating the world of phenomenology, really looking into experience, and theorizing/themaiting it. We we will have fund discussing this.

Focusing –Eugene Gendlin---

Basics of Buddhism—including some meditation material

Perhaps fair to say our strongest experiences in life involve our emotions.

So we will also read some things informing us about the life of the emotions, what current science and psychology has to say about these things.

You will likely find one of these threads more compelling than others, and there is quite a bit of room and requirement for you to select readings from list I give, or in conversation with me. I do want to be inc vonersationwith uyou about this-and I will Be adding texts as well.

So back These are two systems really interested in experience, for Buddhists not to far to say that when you really live in the depths, the essence, the ultimate vitality of your own experience, that is awakening. What do you awaken to? Your own experience. Your reality. But not something you make up. Something that is actually and always a part of you.

And something I am interesting is how these two literatures can be in conversation with each other—all in service of our exploring in our own lives just what experience is. IT is not what we think

The what's overwhelm the hows. This is a key, key point

*Now that I Come to Die*, Longchen Rabjam  
Satipatahana Sutra in *What the Buddha Taught* (Rec) or  
<http://www.accesstoinight.org/lib/authors/nyanasatta/wheel019.html>  
*Emotional Intelligence* Daniel Goleman\*  
Ekman, Paul and H.H. the Dalai Lama (2008).\* *Emotional Awareness. Overcoming the*  
Eugene Gendlin, *Focusing*

FILM: *The Unmistaken Child* or TBA

**Required Articles (all will be posted on Canvas) :**

“The Knowing Body: Currents of Connection”—Klein PDF  
“Seeing Mind, Being Body”—Klein PDF  
“The Science of Mind as it Could Have Been” Michael Bitbol PDF  
“The Intuitive Experience” Claire Petitmengin PDF  
“Toward the Source of Thoughts” Claire Petitmengin PDF  
“Pheno-neurology” Michel Bitbol, Archives Husserl, Paris. PDF  
“Deep Listening” Willa Miller PDF  
“What is like to Meditate” Petitmengin, Van Beek, Bitbol, etc. PDF

Recommended Articles/Chapters (Required to choose and use two (could be a chapter from a book))

Barsalou, Lawrence W., Niedenthal, P.M., Barbey A.K. & Ruppert, J.A. 2003. “Social Embodiment.” *The Psychology of Learning and Motivation* 43:43-92. PDF  
Barsalou, Lawrence W., Barbey, A. K., Simmons, W.K. & Santos, A. 2005. “Embodiment in Religious Knowledge.” *The Journal of Cognition and Culture* 5:14-57. PDF  
“Subtle’ Psycho-somatic aspects of Tibetan Medicine: Brooke-Dodson, find at  
<http://lib.bioinfo.pl/auth:Dodson-Lavelle,B>  
Dzogchen Ponlob, *Mind Beyond Death*  
Wangyal, Tenzin *Healing with Form, Energy, and Light* PDF

Macransky, John *Awakening Through Love: Unveiling your Deepest Goodness*  
Saron, Clifford “Intensive meditation training, immune cell telomere activity..”  
Goleman, Daniel *Emotional Intelligence*  
Khetsun Sangpo Rinpoche *Tantric Practice in Nyingma*  
Ozawa deSilva, Brenden “Mind/Body Theory and Practice in Tibetan Medicine and Buddhism.”  
Patrul Rinpoche, *Words of My Perfect Teacher* PDF

Varela, Et. Al *The Embodied Mind: Cognitive Science and Human Experience*  
Wallace, Alan *Contemplative Science: Where Buddhism and Neuroscience Converge*  
Wallace, Alan *The Attention Revolution* PDF  
Wangyal, Tenzin *Healing with Form, Energy, and Light* PDF

Yeshe Dondon, *Health Through Balance: An Introduction to Tibetan Medicine* Healing Healing  
*Obstacles to Psychological Balance and Compassion*. New York: Times Books.  
Selections from

### **REQUIREMENTS:**

100% Attendance and active participation in class, showing engagement with reading and ideas in play (genuinely unavoidable absence to be explained in email) TWO such maximum. 10% of grade Post 1-3 carefully wrought paragraphs, about a half double-spaced page, clarifying your understanding and/or questions regarding that weeks readings and what you take from previous weeks discussion. . Ideally these will form building blocks for your papers, as well as for class discussions. These will be **10%** of your grade.

MID TERM PAPER—35 % of grade

FINAL paper 45% of grade (more if shows significant improvement over first )

*No Devices To be Used During Class !*

### **Mid-term paper due Mar 8 35% grade**

Undergrads 7-9 pages

Graduate students 10-12 pages

### **Final paper due in Exam period 45% OF GRADE**

Undergrads 12-15 pages

Graduate students 15-20 pages or as needed

Regular attendance is crucial and you may be asked to withdraw from the course for undue absence. Attendance and discussion participation, including oral reports, is another 10% of your grade.

*These percentages are to give you an idea of the importance of all your activities,  
I reserve the right to shift weights as warranted by developments in your participation over the  
semester.*

\*Purchase of texts recommended, however pdf's of required chapters will be available electronically.

1 AUGUST 24 INTRODUCTION the course contract, the books, the experiential training

2 AUGUST 31 *Tuesdays with Morrie* ; Buddhist Four Ennobling Truths

3 SEPT 7 *Happiness* (about one half) and Klein, *Connections*  
In class: Lesson I on micro-phenom.

4 Sept 14 Finish *Happiness*

5 Sept 21; *Compassion in Tibetan Buddhism* pp. 1-45 & “*The Knowing Body*”  
In class: Lesson II on micro-phenom.

6 Sept 28 *Now that I come To Die* (first half) ; “Toward Source of Thoughts” pp. 55-62  
In Class Lesson III on micro-phenom

7 OCTOBER 5 *Compassion in Tibetan Buddhism* pp. 46-118; *Now that I come to Die* Part II, first half ; Finish “Toward Source” pp. 62-71  
Conversations about Papers  
In Class Lesson IV on micro-phenomen

8 Oct 12 “Towards Srouce” pp. 71-79 (finish) .”Deep Listening” Excerpts from *Mind Beyond Death* and *Words of My Perfect Teacher* Three Faults of a Vessel/How to Listen)  
In class: Lesson V on micro-phenomen  
Hand in and Discuss Paper Purpose-Goals/Books/ Why you want to write it

9 Oct 19 *Sattipathana Sutra* , *Focusing* Intro and Part I (pp. 1-46) “Seeing Mind, Being Body”

**\*\* MID- TERM PAPER DUE OCTOBER 7-9 Pages undergrad; 10-15 Grad students\*\***

10 Oct 16 *Focusing* Part II 47-126; “The Intuitive Experience” Claire Petitmengin  
In class Lesson V on micro phen/compare Gendlin  
Report 5 min oral 3- page written on select reading(s)

Nov 2 *Focusing* Part III 127-168; “The Science of Mind as it Could Have Been” Michael Bitbol  
Report 5 min oral 3- page written on select reading(s)  
In class Lesson VI on Micro-Phenom/Compare Gendlin

Nov 9 *Focusing* Part IV; *Thinking on the Edge* first steps  
See also (<http://www.focusing.org/tae-intro.html>)

Ekman & Dalai Lama ;Intro, Chapters I & II ; Goleman Intro  
Report 5 min oral 3- page written on select reading(s)  
Tape-recorded Micro Phen Dialogues (we might also do this earlier)

Nov 16 Continue Ekman & Dalai Lama; Goleman  
*Healing Through Form, Energy and Light* Part I pp 1-30  
Hand in and Discuss transcripts of Dialogues  
Hatching ideas for final paper—*Thinking on the Edge*

Nov 23 THANKSGIVING!

Nov 30 “Pheno-neurology” Michel Bitbol ; rest to be determined  
Hand in page of intent re Final Paper

Dec 7 Summarizing/ Interviews \* Final Paper (maybe subject of interview)  
FILM AND CELEBRATION

**FINAL PAPER DUE LAST DAY OF EXAMSE (or earlier)**  
12-15 pages undergrad; 15-20 pages Grad Students