

Sarita Tamayo-Moraga, Ph.D.

Mysticism in Action: Zen and Catholicism

Office: Kenna 302

TESP 171 Winter 2009

Office Hours: Wed. 1:30-3:30 p.m. and by appointment. Office hours during exam week are by appointment only.

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COURSE DESCRIPTION AND OBJECTIVES:

This is a third level class designed to help students think about how contemplation links to real world issues both large and small such as warfare, violence, acts of compassion and generosity, resolution of global and personal conflicts, etc. Students will learn how to meditate and will be expected to keep a journal about their experiences. Students will be randomly assigned either centering prayer meditation or Zen meditation.

Throughout the quarter, students will be asked to track their reactions to the War on Terror in its many manifestations (Bin Laden, Israel/Palestine, Hamas, etc.) through an assigned media outlet as well as a personal situation that is causing the student suffering, such as anxiety about grades, the future, conflict with a friend, etc. Thus, the study of the link between contemplation and action will take both a personal, experiential form as well as an academic, scholarly form. The journals, class discussions and presentations, and the papers will provide the venue for these links. Finally, the student will be expected to be able to link transformation of a personal situation to transformation of a global situation by the end of the course.

Thus, this course will focus on the ways that contemplation leads to action, specifically focusing on the way in which contemplation ideally transforms suffering which then potentially enables individuals to then work towards transforming suffering out in the world. Through both of these links, students will track the relationship between their contemplation and action out in the world. Finally, students should leave the course with the ability to see their contemplative life as a resource for making difficult decisions in a **NON-REACTIVE WAY**, especially those that might be unpopular, such as a global issue such as whether or not to support war, or a personal issue such as going against the wishes of a loved one, etc.

Central question of the course: How does contemplation transform suffering and what does this mean for action and decision making in an age of globalization and terrorism?

TEXTS:

The Heart of the Buddha's Teaching and Calming the Fearful Mind: A Zen Response to Terrorism by Thich Nhat Hanh.

Faith and Violence and New Seeds of Contemplation by Thomas Merton.

The Gethsemani Encounter edited by Mitchell and Wiseman.

Intimacy with God: An Introduction to Centering Prayer by Thomas Keating.

The Transformation of Suffering: Reflections on September 11 and the Wedding Feast at Cana in Galilee by Thomas Keating.

COURSE REQUIREMENTS:

Every student has to write three 5-6 page papers, one final paper of 8-10 pages, hand in journal entries weekly starting in the fourth week of class, do the assigned readings and come ready to discuss them in class, bring newspaper articles as assigned, meditate as required during the week once meditation begins, meditate at the beginning of class once that begins, participate in group discussions and give a 5 minute presentation on your experience and the core question of the course at the end of the course. **Grading for each exam, writing assignment, pop quiz, and group discussion** will reflect the quality of a student's work as follows: A+ (100-98 = outstanding), A (97-94 =exceptional), A- (93-90 =excellent), B+ (87-89 = very good), B (86-84 = solid performance), B- (80-83 = more than adequate), C (adequate), D (barely passing), F (not passing). The grades A, B, C, and D may be modified by (+) or (-) suffixes, except that the grade of A may not be modified by a (+) suffix when it comes to the over-all class grade. **Grading for ALL WRITING** will be based on both content and writing ability.

GRADING POLICY: In addition to the grading policy listed above, the schema for the (+) and (-) system for **over-all, final** class grades will be as follows:

1. NO A + (FOR OVER-ALL GRADE—THIS IS UNIVERSITY POLICY)
2. A is equivalent to 94 and above to 100.
3. A- is equivalent to 90-93.
4. B+ is equivalent to 87,88,89.
5. B is equivalent to 84, 85, 86
6. B- is equivalent to 80-83
7. C+ is equivalent to 77,78,79
8. C is equivalent to 74,75,76
9. C- is equivalent to 70-73.
10. D+ is equivalent to 67,68,69
11. D is equivalent to 65,66
12. F is equivalent to 64 and below.

I DO NOT DISCUSS GRADES OVER EMAIL OR THE PHONE. I WILL ONLY DISCUSS GRADES IN PERSON DURING OFFICE HOURS.

Writing Assignments:

Every student has to write three papers of at least five to six pages each, one final paper of 8-10 pages, hand in journal entries weekly starting in the fourth week of class, and hand in note cards for every class for which there is reading (these are part of your participation grade). Paper assignments will be handed out a week and a half before papers are due. All papers will be dropped off in my mailbox in Kenna 323 in the Religious Studies office or in the Religious Studies drop off box next to the door of the Religious Studies office, Kenna 323. Journal entries will be handed in in class.

PAPERS MUST BE HANDED IN BY 5 P.M. ON THE DAY IT IS DUE. A PAPER HANDED IN AFTER THAT TIME IS A LATE PAPER. ACCEPTANCE OF LATE PAPERS IS AT MY DISCRETION. TEN POINTS PER DAY WILL BE DEDUCTED FOR LATE PAPERS IF I DECIDE TO ACCEPT THE LATE PAPER. EMAILED PAPERS WILL NOT BE ACCEPTED. POINTS ARE TAKEN OFF IF YOU DO NOT FOLLOW THE FORMATTING DIRECTIONS AS FOLLOWS: 5 POINTS OFF FOR MISSING CITATIONS; 10 POINTS OFF FOR PAPERS THAT ARE TOO SHORT; 5 POINTS OFF FOR MISSING WORKS CITED PAGES, AND ADDITIONAL POINTS TAKEN OFF FOR NOT FOLLOWING OTHER FORMATTING STIPULATIONS.

First 5-6 page paper due: 5 p.m. Friday, January 30th in my mailbox in the RS office, Kenna 323 or in the Religious Studies drop off box next to the door of the Religious Studies office, Kenna 323.

Second 5-6 page paper due: 5 p.m. Friday, February 20th, as above.

Third 5-6 page paper due: 5 p.m. Friday, March 6th, as above.

Final 8-10 page paper plus presentation write up and all journals due by 5 p.m., Thursday, Mar. 19th during exam week as above.

Journal entries:

Beginning when meditation training commences, journal entries will be due in class on Thursday. Therefore, due dates are as follows:

ONCE A WEEK AFTER TRAINING BEGINS UNTIL THE END OF THE QUARTER.

FIRST SET OF JOURNALS: 7 entries due Thursday, Feb. 5th in class.

SECOND SET OF JOURNALS: 5 entries due Thursday, Feb. 12th in class.

THIRD SET OF JOURNALS: 5 entries due Thursday, Feb. 19th in class.

FOURTH SET OF JOURNALS: 5 entries due Thursday, Feb. 26th in class.

FIFTH SET OF JOURNALS: 5 entries due Thursday, Mar. 5th in class.

SIXTH SET OF JOURNALS: 5 entries due Thursday, Mar. 12th in class.

Further guidelines for the journals will be handed out in class. The journal will be an important component of your last paper.

Participation and Preparation for class:

Students will be graded on participation and effort in the groups and in regular class lectures.

At the beginning of every class for which there is scheduled reading, students must bring in a note card to which they will refer during class and then hand in at the end of class.

NO TOLERANCE POLICY FOR CELL PHONES AND PDA'S:

IF YOU WISH TO BE IN THIS CLASS, YOU MUST TURN OFF AND PUT AWAY ALL CELL PHONES AND PDA'S. ANY USE OF CELL PHONES OR PDA'S IN THIS CLASS (IN YOUR LAP, ON THE DESK, ETC.) WILL LOWER YOUR PARTICIPATION BY ONE FULL GRADE OR MORE REGARDLESS OF THE REST OF YOUR PARTICIPATION IN CLASS. IF YOUR CELL PHONE/PDA IS OUT AND ON, EVEN IF YOU ARE NOT USING IT, YOU RISK LOSING CREDIT FOR CLASS PARTICIPATION THAT DAY, IN ADDITION TO LOWERING YOUR OVER-ALL PARTICIPATION GRADE. THEY CANNOT BE IN YOUR LAP, ON THE DESK, OR OUT IN ANY WAY. THEY MUST BE PHYSICALLY TURNED OFF AND IN A BAG. THE SAFEST MEASURE IF YOU WISH TO EARN A GOOD PARTICIPATION GRADE IS NOT TO BRING THEM TO CLASS.

Students receive one grace absence. Persistent tardiness and early departure from class will hurt your grade. Staring out the window and or putting your head down means you will get no credit for attendance. **USING YOUR CELL-PHONE OR ANY PDA DURING CLASS IN ANY WAY WILL LOWER YOUR PARTICIPATION GRADE BY AT LEAST ONE FULL GRADE.**

EMERGENCY ABSENCES VERSUS NON-EMERGENCY ABSENCES:

After you use up your grace absence, all other absences are unexcused unless it is an emergency, and you have documentation to back up that emergency. Examples of NON-EMERGENCY ABSENCES are exemplified by BUT NOT LIMITED to the following:

Picking anyone up from the airport.

Work.

Signing a lease.

Arrupe Placement Interview.

Attending an outside lecture.

Having a visitor.

Non-emergency doctor's appointment.

ANY SIMILAR NON-EMERGENCIES.

Attendance and Discussion (Presence and Participation):

Attendance in this classroom will be closely monitored. This not only helps me learn your name, but alerts me in time to pre-empt avoidable problems with absenteeism. Numerous unexplained absences are not acceptable. Stuff happens, but I want to know about it. **If you miss class, you are responsible for getting the notes and hand-outs from a fellow student who is part of your “buddy” group. Only if you have contacted all team members and no one has responded to you should you ask me for the material.**

Persistent lateness or absence will hurt your grade. Sleeping in class, not paying attention, chattering or whispering to fellow students during lecture or when others are answering or asking questions of the professor and other behavior that demonstrates the student is not participating will hurt your grade. Consistent disruption of class by talking to fellow students outside of group discussion periods will hurt your grade.

Attendance and Discussion continued:

IF YOU PERSIST IN WHISPERING TO SEAT-MATES OUTSIDE OF GROUP DISCUSSION, I WILL ASK YOU TO MOVE DURING CLASS. WHEN ASKED, PLEASE RISE AND MOVE TO ANOTHER SEAT. IF YOU ARE TEMPTED TO WHISPER TO YOUR SEAT-MATE, SIT NEXT TO SOMEONE YOU DO NOT KNOW.

Participation will be graded in the following manner:

PHONES AND ALL PDA’S MUST BE OFF AND PHYSICALLY PUT AWAY DURING CLASS. STUDENTS WHO TEXT OR CHECK THEIR MESSAGES DURING CLASS (IN YOUR LAPS, ON THE DESK, ETC.) OR USE THEIR PHONES OR PDA’S IN ANY WAY DURING CLASS WILL NOT GET AN A IN PARTICIPATION. NO QUESTIONS ASKED. IF YOU PREFER TO TEXT DURING CLASS, THIS IS NOT THE CLASS FOR YOU.

PLEASE NOTE THAT WHISPERING OR CHATTERING TO FELLOW STUDENTS OUTSIDE OF GROUP DISCUSSIONS AND USING ANY ELECTRONIC DEVICES (CELL-PHONES, ETC.) WILL AFFECT YOUR GRADE BY ONE FULL GRADE LEVEL (AT LEAST) EVEN IF THE REST OF YOUR PARTICIPATION IS AT THE A, B, C, ETC. LEVEL.

Students will be graded on participation and effort in the groups and in regular class lectures.

At the beginning of every class for which there is scheduled reading, students must bring in an index card with the following on it:

1. What was easiest to understand about the reading. One to three sentences.
 2. What was hardest to understand about the reading. One to three sentences.
- THESE ARE NOT QUIZZES. THEY ARE SIMPLY TO SHOW EVIDENCE THAT YOU HAVE READ AND TO HELP FOCUS LECTURE. THEY WILL BE FACTORED INTO YOUR PARTICIPATION GRADE.**
- YOU WILL HAND THESE CARDS IN AT THE END OF CLASS.**

Participation grading contd.:

- A: Regular attendance and regular contributions and regular notecards.
 The A student *displays that he or she has done the reading, references the reading in contributions*, **DOES NOT CHATTER OR TALK TO FELLOW STUDENTS DURING LECTURE OR WHEN OTHER STUDENTS ARE ASKING OR ANSWERING QUESTIONS OF THE PROFESSOR, DOES NOT TEXT-MESSAGE OR USE ANY ELECTRONIC DEVICES DURING CLASS** and answers questions and asks questions regularly in class.
- B: Regular attendance and regular notecards and occasional contributions.
 The B student answers questions when asked point-blank, attends class regularly and hands in all participation assignments, **DOES NOT TEXT-MESSAGE OR USE ANY ELECTRONIC DEVICES DURING CLASS, DOES NOT CHATTER OR TALK TO FELLOW STUDENTS DURING LECTURE OR WHEN OTHER STUDENTS ARE ASKING OR ANSWERING QUESTIONS OF THE PROFESSOR.**
- C: Too many absences or too little contribution or too few notecards. The C student cannot answer questions when asked, or when asked reflects that he/she has not done the reading. The C student does not take the participation assignments seriously. The C student disrupts class by chattering to fellow students outside of group discussion and does not pay attention **AND/OR USES ELECTRONIC DEVICES DURING CLASS.**
- D: Too many absences or too little contribution or too few notecards. Doesn't pay attention and chatters to fellow students outside of group discussion and ignores class-room protocol.
- F: Serious problems

Calculation of over-all grade for class:

In order to calculate your **over-all grade for the quarter**, each component of the course requirements will be weighted as follows:

WRITING ASSIGNMENTS:

Three 5-6 page papers: **50** percent of your final grade.

Final paper and journal: **25** percent of your final grade.

PARTICIPATION: **25** percent of your final grade.

TOTAL: **100** percent.

Academic Honesty:

Cheating in any way will not be tolerated. If you are caught cheating on any assignment, you will fail the assignment (not receive any credit for the assignment) and possibly the entire course. If you are caught plagiarizing material, you will receive no credit for the assignment and might fail the entire course.

Special Needs: Students with disabilities or special needs concerning test-taking or note-taking must provide me with the appropriate forms from the Drahmman Center. You must contact me so that we can arrange testing facilities for you with plenty of time.

Respect in the Classroom:

The atmosphere in the classroom will be one of respect, both for me and for each other. Open discussion is taken for granted, but disruption will not be tolerated. If you are disrupting the class, I will give you a first warning. A second warning might include a request for you to leave the classroom. A third warning will entail your departure from the classroom.

Cell Phones and other P. D. A.'S

Cell phones and Palm Pilots, Blackberries, and any other type of electronic device including computers, etc. are to be turned off during class. Use of them during class results in a grade of B, C, or D, or F in participation, depending on the amount of usage.

Laptops

I do not permit the use of laptops in my classroom unless you have an official form from the Drahmman Center explaining that you have a special need for one. You must take notes by hand.

Course Outline:**First Week**

- Jan. 6 Introduction What is the relationship between contemplation and action?
What are the seeds of violence and compassion in each person?
What does mysticism have to do with any of this?
- Jan. 8 Buddhist and Catholic Dialogue *The Geth. Enc.* 34-67
What is non-reactive dialogue? How can we listen to what angers or frightens us?

Second Week

Each class day bring in the article you have chosen on the War on Terror and humanitarian efforts. Tuesday—War on Terror article. Thursday—humanitarian article.

- Jan. 13 BRING A NEWSPAPER ARTICLE THAT IS ABOUT SUFFERING CAUSED BY THE WAR ON TERROR.
The Four Noble Truths: *The Heart of the Buddha's Teaching*,
How can understanding them All of Part One and "Right
transform suffering? Mindfulness" from Part Two.
What does Zen have to do with this?
- Jan. 15 BRING A NEWSPAPER ARTICLE THAT IS ABOUT HUMANITARIAN EFFORTS RELATED TO THE WAR ON TERROR.
Centering Prayer *Intimacy with God*, pp. 9-65.
Mysticism and Social
Action rooted in the
Gospel. How does this
transform suffering?

Third Week: Each class day bring in the article you have chosen on the War on Terror and humanitarian efforts. Tuesday—War on Terror article. Thursday—humanitarian article.

Jan. 20 TERROR ARTICLE
 What is the use of
 practice? *Intimacy with God*, pp. 66-91.
 The role of stability *The Heart of the Buddha's Teaching*
 in non-reactive decisions Part 3, Sections 17, 18, 19; 22 and 25
 and actions.

Jan. 22 HUMANITARIAN ARTICLE
 Who is the peacemaker? *The Geth. Enc.* pp. 135-193.

Fourth Week: TRAINING BEGINS. JOURNAL WRITING BEGINS.

Jan. 27 TERROR ARTICLE
 Training Bring *Intimacy with God* and
 The Heart of the Buddha's Teaching
 to class.

Jan. 29: HUMANITARIAN ARTICLE
 Seeds of Contemplation *New Seeds*, Author's Note and
 Chapters 1-8.

FIRST 5-6 PAGE PAPER DUE BY 5 P.M. FRIDAY Jan. 30th in my mailbox in RS office, Kenna 323 or in drop-off box just outside Kenna 323.

Fifth Week

Feb. 3 TERROR ARTICLE
 Uprooting seeds of fear and *Calming the Fearful Mind*, TNH's
 hatred Recommendation and Chptrs 1 & 2.

FIRST SET OF JOURNALS DUE IN CLASS. HUMANITARIAN ARTICLE.

Feb. 5 Watching the movie *Paradise Now*
 No homework but humanitarian article

Sixth Week**TERROR ARTICLE**

- Feb. 10 Discussing the
Movie
How is fear related to conflict?
How is fear transformed?
- Calming the Fearful Mind,*
Chptrs 3 & 4, Appendix:
“What I would say to Osama
Bin Laden”
New Seeds of Contemplation,
Chptrs 16 & 17

SECOND SET OF JOURNALS DUE IN CLASS. HUMANITARIAN ARTICLE

- Feb. 12th Can suffering be redemp-
tive? How might that be
possible? What does
martyrdom have to do
with this?
*Uprooting seeds of fear
And hatred: How might
this be redemptive?
Transformative?*
- The Transformation of Suffering*
by Keating, pp. 3-13; 23-30.
- New Seeds, Chapt. 14, 15, & 18.*

Seventh Week**TERROR ARTICLE**

- Feb. 17 What is Christian non-violence?
How is it related to contemplation?
- Faith and Violence*
“Toward a Theol. of Res.”
“Blessed are the Meek”
“An Enemy of the State”
- Articles from the web will be emailed to you. Please print them out, read them, and bring them to class.

- Feb. 19 HUMANITARIAN ARTICLE
THIRD SET OF JOURNALS DUE
What caused Sept. 11th according
to TNH and TK? What can we
do about it?
- The Transformation of Suffering*
by TK and *Calming the Fearful
Mind*, Chapter 5 and Appendixes 1
and 2.

SECOND PAPER DUE BY 5 P.M. FRIDAY, FEB. 20TH in my mailbox in Kenna 323.

Eighth Week:**TERROR ARTICLE**

- Feb. 24th Movie in class—*Doing Time, Doing Vipassana*

Eighth Week contd.

FOURTH SET OF JOURNALS DUE IN CLASS.

Feb. 26th HUMANITARIAN ARTICLE
FIFTH SET OF JOURNALS DUEWhat are the seeds of war and
Violence?*Faith and Viol.*, pp. 87-95;
Pp. 106-118.**Ninth Week:****TERROR ARTICLE**Mar. 3rd How can tragedy be transformed and what is the role of meditation? Chapter 9 of TGE: "Tragedy and Transformation"Mar. 5th TBATHIRD PAPER DUE BY 5 P.M., FRI., Mar. 7TH in my mailbox in Kenna 323.**Tenth Week:**

HUMANITARIAN ARTICLE

Mar. 10 What is contemplation's role in overcoming terror? Is it possible from either the Zen or Catholic perspective? *Transforming Suffering* ed. by Mitchell and Wiseman Chap. 9 & 12 & 'Epilogue.' WILL BE EMAILED TO YOU.

Please print out and read the emailed chapters and bring them to class.

NO ARTICLE

Mar. 12 Informal 3-5 min. Presentations on how your meditation went and if it helped or hurt your understanding of the material. The only homework for this day is to bring me a brief write up of your presentation to hand in to me, anonymously.

LAST PAPER AND JOURNALS DUE BY 5 P.M., THURSDAY, MARCH 19TH IN MY MAILBOX IN KENNA 323.

