

PHDC7402 : Contemplative Practices: Paths toward Conscious Evolution 沉思练习：意识升华之路

This highly experiential course with a mind/body/heart orientation, is designed to explore practices that increase student's capacity to spontaneously embody mindfulness, gratitude, compassion, discernment, and love, in order to thrive on their life's path bringing their gifts into the world. This course examines life narratives, spiritual inclinations, and philosophies while exploring a wide spectrum of contemplative traditions, practices, and pathways. These experiences can serve as a touchstone for future contemplative direction.

Credits 3