COURSE DETAIL

CONTEMPLATIVE LIFE: MEDITATION AND MINDFULNESS IN CONTEXT, THEORY, AND PRACTICE

Country
Denmark

Host Institution
Aarhus University

Program(s)
Aarhus University

UCEAP Course Level
Upper Division

UCEAP Subject Area(s)
Religious Studies Philosophy

UCEAP Course Number
110

UCEAP Course Suffix

UCEAP Official Title
CONTEMPLATIVE LIFE: MEDITATION AND MINDFULNESS IN CONTEXT, THEORY, AND PRACTICE

UCEAP Transcript Title
CONTEMPLATIVE LIFE

UCEAP Quarter Units
8.00

UCEAP Semester Units
5.30

Course Description

Contemplative practices such as mindfulness and yoga, silent retreats and pilgrimages have seen a significant rise in popularity in recent years, in part driven by a rapidly growing body of scientific literature on the purported benefits of such practices for the relief of the ills of modern life, such as stress, anxiety, depression, but also as elements in the enhancement of human resilience and capacity. A sustained, critical and practical engagement with this field using a broad humanities approach can offer students an unusually rich and concrete experience in combining scholarly and personal inquiry. Through a close engagement with contemplative practices as objects of academic study and debate, as social phenomena in contemporary society, and as lived practices, this course provides an opportunity to explore fundamental questions in the humanities; for example, about the nature and meaning of being human; about consciousness, cognition and experience; about the relationship between mind and body; about freedom and connectedness; and about the relationship between the humanities and the sciences. The course introduces a rapidly growing field of research with considerable public interest to which humanities research makes significant contributions. By exploring contemplative practices in context, in theory, and in practice, students have an opportunity to develop a critical ability for assessing scholarly and popular claims about the nature and purported effects of contemplative practices. Literature for the course includes both scholarly texts about contemplative life and practice and historical and contemporary texts from contemplative traditions, including from classical philosophy, Christian, Sufi, and Buddhist contexts, as well as modern forms, such as Mindfulness-Based Stress Reduction.

Language(s) of Instruction
English

Host Institution Course Number

111191U003

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Host Institution Course Details
https://kursuskatalog.au.dk/en/course/114056/Contemplative-Life-Meditation-and-...

Host Institution Campus
Aarhus

Host Institution Faculty
Arts

Host Institution Degree
Bachelor

Host Institution Department
Department of Culture and Society

Course Last Reviewed
2022-2023

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