

COURSE DETAIL

MEDITATION AS PHILOSOPHY: MIND, SELF AND SELF-CONSCIOUSNESS

Country

United Kingdom - Scotland

Host Institution

University of St Andrews

Program(s)

University of St Andrews

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Philosophy

UCEAP Course Number

133

UCEAP Course Suffix**UCEAP Official Title**

MEDITATION AS PHILOSOPHY: MIND, SELF AND SELF-CONSCIOUSNESS

UCEAP Transcript Title

MEDITATION AS PHIL

UCEAP Quarter Units

12.00

UCEAP Semester Units

8.00

Course Description

Western philosophy, although often concerned with practical questions such as how one ought to live, almost invariably restricts itself to theoretical methods of enquiry. This course examines other philosophical traditions, such as Zen Buddhism, that instead give great prominence to practical methods in the pursuit of their enquiries, most notably, breathing techniques and various forms of meditation. The course focuses on key philosophical issues raised by the adoption of non-theoretical modes of enquiry, including epistemological questions such as the justificatory status of non-alethic modes of knowledge-acquisition (e.g. meditation), and questions in the philosophy of mind concerning the conception of the Self developed and disclosed through meditation. The course also discusses ethical questions raised by a philosophical practice that appears to privilege individual attainment over socially shared commitments.

Language(s) of Instruction

English

Host Institution Course Number

PY4677

Host Institution Course Title

MEDITATION AS PHILOSOPHY: MIND, SELF AND SELF-CONSCIOUSNESS

Host Institution Course Details

https://www.st-andrews.ac.uk/subjects/modules/catalogue/?meta_semester_sand=2&m...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Philosophy

Course Last Reviewed

2025-2026

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