

WE '01
Pms

Chaminade University of Honolulu
- Winter 2001 Accelerated

Psy 475 Transpersonal Psychology
Instructor Peggy Moody, Ph.D.
Office Hour Monday, 5:00 p.m. at student's request

Required Texts Wilber, K. (1979). No Boundary: Eastern and Western Approaches to Personal Growth. Boston: Shambala Publications, Inc.
Kabat-Zinn, J. (1996). Wherever You Go There You Are: Mindfulness Meditation in Everyday Life. New York: Hyperion.
Roberts, J. (1995). The Oversoul Seven Trilogy. San Rafael, CA: Amber-Allen Publishing.

COURSE DESCRIPTION

In a field where ever widening fragmentation is occurring (now over 55 subdivisions in the American Psychological Association), one branch reaches out to wrestle with the BIG questions--Who am I? How am I to live in peace and harmony with others and in my world? What is the nature of reality? There has been a return to the basics, while simultaneously an evolving of consciousness that challenges Western science suppositions of "knowing." This exploration beyond our human EGO is forging a new paradigm that is affecting not only psychology but the "harder" sciences as well.

This course will help us wrestle with the significance of this "fourth" force psychology. We will attempt our own definition of Transpersonal Psychology and examine where this discipline is headed. We will explore recommendations for living more completely, as well as personal ways to apply a more consciously rich spiritual dimension in our lives. We will conduct the course in an experiential nature, attuning to a "faith and knowing" that may be out of reach in science's narrow methodology.

COURSE OBJECTIVES

- I will
1. provide a safe environment within the class where you can explore, via your own meditations/prayers, the dimension of self that may lead you to deeper understanding of selfworldothers, or unity consciousness;
 2. encourage rich discussion of the course reading such that definition, course of application from this new field can be discovered;

3. bring in guest speakers to share their experiences integrating religion, ET consciousness, and meditative altered states into a meaningful place in the speaker's lives;

You will, by discussions and journal reflection on reading, meditation & dream journal

1. demonstrate your growing awareness of what this field of psychology is and recommends;
2. record ongoing reflections of the integration of this field with other psychology and liberal arts classes;
3. have a better understanding of spirit dimensions in your expanding socially responsible lifestyle.

STUDENT RESPONSIBILITIES

1. **Attendance & Participation:** I believe that learning does not come from the teacher to the student, but in many directions as we form a community for enlightenment. I understand that you have a life that holds many demands upon your time and commitments. I ask that you alert me if you will be absent, so that I can alert our learning community (privacy of reason honored). I will keep attendance and your presence will be a portion of your grade. Attendance = 5 points per class (total 50 for 10 weeks). One point will be deducted from the five for each half hour late to class. More than two absences drops your grade by one letter.
2. **Meditation and Dream Journal:** I would like you to keep a detailed journal of our daily in-class meditation exercises, flowing as creatively as possible with images as well as words. The purpose of this journal is to document your development over time. Each week you will hand in approx. 1 1/2 type pages from your journal for me to comment on themes and questions you may have. You will hand in 8 reflections worth 10 points each (total for journal = 80 pts). All material will be kept in strictest confidence.
3. **Oversoul Seven sharing:** One third of the class will read one book in the trilogy and present in a lighthearted manner your group's overview of Robert's story and intentions regarding time and personality development. Oral presentation = 10 pts.
4. **Final reflective papers on each of the three texts:** I will give you 3 questions, and you will have one week to reflect on your answers. Each paper will be a minimum of 2 typed pages supported by text examples. Each paper is worth 20 pts (total 60 pts).

GRADING

Journal	80 pts	90 - 100%	(180 - 200) = A
Oversoul sharing	10	80 - 89	(160 - 179) = B
Book reflections (x3)	60	70 - 79	(140 - 159) = C
Participation/ Attend	<u>50</u>	60 - 69	(120 - 130) = D
	200 total pts		(> 120) = F

WEEK	DATE	COURSE SCHEDULE ASSIGNMENT
1	1/8	Overview of course (what is Transpersonal?); begin Chapters 1-3 in Wilber's <u>No Boundary</u> ; assign one of three Oversoul books; meditation experience
2	1/15	Continue Wilber (Ch 4-7); meditation; Journal 1 due
3	1/22	Finish Wilber (Ch 8-10); meditation; Journal 2 due
4	1/29	Begin Kabat-Zinn's <u>Wherever You Go There You Are</u> (Part 1 pp 1 - 99); meditation; Journal 3 due
5	2/5	Continue Kabat-Zinn (Part 2, pp. 101 - 169); meditation; Journal 4 due
6	2/12	Finish Kabat-Zinn (Part 3, pp 171 -270); meditation; Journal 5 due
7	2/19	Begin exploration of "new age" thought vs religious thought; guest speaker: Dana Moody, Reiki Master & Crystal Healer; meditation; Journal 6 due
8	2/26	Oversoul 7, Books one and two (presentations due by assigned groups); meditation; Journal 7 due
9	3/5	Finish Oversoul 7 (Book 3, presented by assigned group); Journal 8 due; Final reflection questions handed out
10	3/12	Integration of books, talks and journals; Final Reflections due