

CHAMINADE UNIVERSITY OF HONOLULU

Spring 1998 Semester

Psy 475 TRANSPERSONAL PSYCHOLOGY
Instructor Peggy Moody, PhD
Office Hours TR 10 - 11 am, Kieffer Hall, cubicle M
Phone 739-4604 (Kieffer); 942-8654 (home)

Required Texts Wilber, K. (1979). No Boundary: Eastern and Western Approaches to Personal Growth. Boston: Shambala Publications, Inc.
Kabat-Zinn, J. (1994). Wherever You Go There You Are: Mindfulness Meditation in Everyday Life. New York: Hyperion.
Grasse, R. (1996). The Waking Dream: Unlocking the Symbolic Language of Our Lives. Wheaton, IL: Quest Books.
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 50 subdivisions in the American Psychological Association), one branch, perhaps a lofty one, high up on the tree, reaches out to wrestle with the BIG questions of the once philosophers and great teachers of East and West--Who am I? How am I to live in peace and harmony with others and in my world? What is the nature of reality? These questions might sound more familiar in philosophy or religion than the young science of Wundt and Freud. Nonetheless, there has been a return to the basics, while simultaneously an evolving of consciousness that challenges western science suppositions of "knowing" is forging a new paradigm that is affecting not only psychology but the "harder" sciences as well.

This course will help you wrestle with the significance of this new "fourth" force psychology. We will attempt our own definition of Transpersonal in light of what others are presenting, to make sense of its course and recommendations for living more completely, as well as grasp personal ways to apply a more consciously rich spiritual dimension in our lives. Along those lines of comprehension, 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 understandings of self/world/others, or unity consciousness;
2. encourage rich discussion of the course readings such that definition, course of application from this new field can be discovered;
3. bring in guest speakers to share their experiences integrating religions, ET consciousness, and meditative altered states into a meaningful place in their lives.

You will, via readings, discussions, meditation & dream journal, reflection on books:

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:** My passion is to have your presence and insight in each class. 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). However, because the class meets only once per week, missing more than two classes will jeopardize your grade by one.
2. **Weekly Reflections:** Each week, I will be giving you questions to reflect on the reading and class discussions ("seedings"). These reflection will be due each week (10 points x 12 weeks = 120 pts), and take the place of exams.
2. **Meditation and Dream Journal:** I would like you to keep as detailed a journal of our daily in class meditation exercises (time will be given for this in class), flowing as creatively as possible with images as well as words. The purpose of this journal is to document your development over time, and to use it as a source for qualitative research. We will share our discoveries (per comfort level) with the class to encourage awareness of the process of illumination of the inner world, exploring themes as they arise. All content will be held in confidence to create an environment of trust. (Journal = 10 pts per entry per week x 13, total = 130 pts).
3. **Oversoul Seven presentation:** One third of you will read one of the trilogy, and present as a group, your overview of that book in a light-hearted manner, preserving the beautiful humor Roberts intended to help us learn some wonderful concepts about time and personalities. Oral presentation = 10 pts possible per group member.
4. **Final Reflection:** I will give you summative questions about the readings and process of learning you experienced during the course. This reflection will be due during final week (5 May, no later than 4 p.m.). This will be worth 50 pts.
5. **Extra credit option:** If you are interested in investigating and leading a meditation exercise during class, you may opt out of one week's reflective questions, plus earn an extra 5 pts (total points that week = 15). This is for those students interested in meditation and want practice leading one for the class.

GRADING

Weekly Reflection (10 x 12)	120 pts	90 - 100%	(279 - 310) = A
Journal (10 pts x 13)	130	80 - 89	(248 - 278) = B
Oversoul presentation	10	70 - 79	(217 - 247) = C
Final Reflection	<u>50</u>	60 - 69	(186 - 216) = D
	310 pts		(>186) = F

COURSE SCHEDULE

WEEK	DATE	ASSIGNMENT
1	1/13	Introduction to course; overview into the definitions and history of Transpersonal Psychology; first meditation/ journal entry; reflection questions due 4 p.m Thurs (same week)
2	1/20	Begin Ch 1-4 of Wilber's <u>No Boundary</u> , covering "Who am I?" "Half of it" "No Boundary Territory" and "No-Boundary Awareness"; meditation/journal entry; reflection due Thurs
3	1/27	Continue Wilber's Ch 5-7, covering "The No-Boundary Moment" "The Growth of Boundaries" and "The Persona Level: Start of Discovery;" meditation/journal entry; reflection due Thurs
4	2/3	Finish Wilber's Ch 8-10, covering "The Centaur Level;" "The Self in Transcendence" and "The Ultimate State Consciousness;" meditation/journal entry; weekly reflection due Thurs
5	2/10	Begin Kabat-Zinn's <u>Wherever you go there you are</u> Part 1: "Bloom of the Present Moment"--exploring mindfulness in light of journal entries to date; meditation/journal entry
6	2/17	Continue Kabat-Zinn's Part 2: "The Heart of Practice;" in light of journal entries; experiential exercises from the book; synthesis back to Wilber's "boundaries;" meditation/journal entry; weekly reflection due Thurs
7	2/24	Finish Kabat-Zinn's Part 3: "In the Spirit of Mindfulness;" interconnections of psyche with spirit and planet; experiential exercises from the book; begin qualitative look for themes in journal (Qualitative research overview);meditation/journal entry; weekly reflection due Thurs
8	3/3	Overview of archetypes (Houston ala Campbell; Jung; cultural themes); Begin Grasse's <u>The Waking Dream</u> , Ch 1-4: "The World as Dream;" "The Forgotten Language;" "A Landscape of Symbols;" and "Omens and Divination;" meditation/journal entry; weekly reflection due Thurs
9	3/10	Continue Grasse's Ch 5-8: "A Personal Cast of Characters" "Karma and the Law of Cycles;" "Life as Guru" and "The Way of Ritual;" eye to critical analysis; update on qualitative theme research; meditation/journal entry; weekly reflection due Thurs

- 10 3/17 Finish Grasse's Ch 9-12: "The Astrological Universe" "Archetypes--within and without," "The Songs of Dismembered Gods" and "Symbolism and Synchronicity in the New Millennium;" ASTROLOGY GUEST SPEAKER; meditation/journal entry; weekly reflection due Thurs
- 11 3/24 NO CLASS--SPRING BREAK
- 12 3/31 Overview of world religions; student's oral presentation of investigation of their own religion's beliefs as they relate to psychology and the "forming" of a spiritual dimension in their personal life; borrowing from Lao Tzu's Tao de Ching; GUEST SPEAKER from Hebrew, Muslim or Hindu background; meditation/ final journal entry; weekly reflection due Thurs
- 13 4/7 Overview of altered states information for Transpersonal Psychology; Begin Robert's Oversoul Seven Trilogy: Book 1: Education of Oversoul 7 (presentation by students with relevance to student's journal work); meditation/journal entry; final weekly reflection due Thurs
- 14 4/14 Continue Robert's book 2: The Further Education of Oversoul 7 (presented by students); meditation/ optional journal entry
- 15 4/21 Finish Robert's book 3: Oversoul 7 and the Museum of Time (presented by students); meditation/ optional journal entry
- 16 4/28 Video: "The Dreaming Universe" (I will be at the Consciousness conference in Tuscon, Arizona; will return 2 May)

FINAL REFLECTION PAPER DUE Tues 5 May 98 no later than 4 p.m. in my office.