

DONGGUK UNIVERSITY INTERNATIONAL SUMMER SCHOOL

COURSE TITLE	Meditation Practicum: Cultivating Healthy Minds	
DATES	June 21-July 5, 2022	
COURSE TIME	15:00-17:30	
CREDIT HOURS	2 credits	
PROFESSOR	Hee Jung Min (HyeJu) (aravindamhj@gmail.com / Dongguk University-Gyeongju/ South Korea)	
COURSE DESCRIPTION	<p>This course covers a wide spectrum of Buddhist meditation practices, including mindfulness meditation, concentration meditation, and Seon (Zen/Chan). Students will learn how to approach Buddhist meditation practices and explore how to practice them. By learning to understand their selves and interconnectedness among all beings, students will be able to observe how their mind works and explore how to live in harmony with all other beings with healthy and compassionate mind. This course will also discuss the global movement of meditation practices and the benefits of practicing meditation for well-being. Students will learn to apply these meditation practices to their daily lives.</p>	
SCHEDULE	DAY 1	Class Orientation
	DAY 2	Introduction to Meditation Practices & Discussion
	DAY 3	Sitting and Breathing Meditation & Discussion
	DAY 4	Breathing and Walking Meditation & Discussion
	DAY 5	Mindful Eating and Tea Meditation & Discussion
	DAY 6	Breathing and Relaxation Meditation & Discussion
	DAY 7	Korean Bowing Meditation and Seon Practice & Discussion
	DAY 8	Positive Mindfulness Meditation & Discussion
	DAY 9	Loving-Kindness and Compassion Meditation & Discussion
	DAY 10	Movement Meditation & Discussion
	DAY 11	Wrap-up
TEXTBOOKS/LEARNING RESOURCES	N/A	
EVALUATION	Attendance: 35% Participation: 35% Mind Journal: 30%	