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EMP 861: Teachings on Nondual Awareness (3 Credits)

Overview of Course:

An exploration of nondual teachings and nondual awareness from philosophical, spiritual, ontological, and phenomenological perspectives, in contemporary neurological and health research, and through self-reflection, self-inquiry, and the deepening of awareness.

Course Topics:

Nondual teachings and nondual awareness

Learning Objectives:

After completing this course participants will have gained an understanding of nondual teachings and nondual awareness, and developed ways of applying this understanding to their personal and professional lives.

Audience:

Open to all students in the Distance Certificate or Distance Masters or PhD program.

COURSE DESCRIPTION

This course explores nondual teachings and nondual awareness. It includes explorations of nondual awareness from philosophical, spiritual, ontological, and phenomenological perspectives, and in contemporary neurological and health research. The course includes self-reflection, self-inquiry, and the deepening of awareness.

NEED STATEMENT

Students will:

- 1) Develop an in-depth awareness of nondual teachings.
- 2) A graduate student in a healing profession needs to understand the assumptions and values at the core of their knowledge. Understanding nondual teachings and nondual awareness can assist them in more fully communicating their own knowledge, assessing the work of other professionals, and extending their own research and therapeutic methods.
- 3) Develop skills needed in identifying essential factors pertaining to nondual teachings and nondual awareness.
- 4) Be able to assist clients based on their understanding of nondual teachings and nondual awareness.
- 5) Apply their understanding of nondual teachings and nondual awareness in their professions.

FACULTY-STUDENT COMMUNICATION

- **Telephone Contact:**
Students should arrange all telephone communications with the instructor by email beforehand. An initial phone contact to clarify course objectives and develop a schedule should be made prior to beginning the course. This contact should be scheduled within the first few weeks of commencement of the semester. After this, periodic telephone communication can be arranged with instructor. All telephone calls will be at student's expense.
- **Email Contact:**
Reflection on and questions about the coursework papers and field placement internship should be addressed via email as needed. Students are always encouraged to contact the instructor via email whenever a problem arises.
- **Communications:** It is requested that students stay in weekly or every other week correspondence with the instructor using email. The student should also set up periodic telephone conversations, at their expense, to discuss problems, concerns, or determine the direction of their course work. Students are always encouraged to contact the instructor by email, fax, or telephone whenever a major concern may arise. It should be understood that as mature students, it is the responsibility of the students to stay in contact with their instructors. The instructor may be able to set up one-on-one discussions with the student using Skype. Students should check email frequently for professor and EMU messages.
- **All papers must be copied to lessons@energymedicineuniversity.org** from both the student and professor.

Students will normally send communications via email and submit papers as MSWORD format files attached to email messages. Synchronous Internet sessions may be used for "chat sessions" using Yahoo Messenger Chat or Skype. Check with your instructor on the type of communications s/he uses.

Internet Forums: Please contact our Registrar to be included in the EMU Internet forums.

Length of Course:

Length of this Energy Medicine course is five (5) months or one (1) semester.

COURSE DELIVERY STYLE

Distance Education - Coursework is completed at a location determined by the student utilizing a computer that has the ability to play audio and video clips, with Microsoft Office Word, Excel, PowerPoint, Adobe Reader, along with a current web browser, internet connection and email address. Contact and communication with distance students is typically conducted by telephone, Internet, Skype, text chat, and email. Students are also encouraged to contact the University by facsimiles, and postal mail, and by personal visit to the University.

1) Reading Assignments

Students will read the following text materials and complete the following course assignments. Alternate materials will be provided for texts that students are already familiar with.

Adyashanti. *True Meditation. Discover the Freedom of Pure Awareness.* Sounds True. Louisville, CO. 2006

Blofeld, John, Trans. *The Zen Teaching of Huang Po on the Transmission of Mind.* Grove Weidenfeld, New York. 1958

Gangaji. *The Diamond in Your Pocket. Discovering Your True Radiance.* Sounds True. Boulder, CO. 2005

Katie, Byron, and Stephen Mitchell. *A Thousand Names for Joy: Living in Harmony with the Way Things Are.* Three Rivers Press. New York. 2008

Klein, Jean. Emma Edwards, Ed. *I Am.* Non Duality Press. Salisbury, UK. 2006

Komito, David Rose, Geshe Sonam Rinchen, Tenzin Dorjee, Nagarjuna's *Seventy Stanzas: A Buddhist Psychology of Emptiness.* Snow Lion Publications. Ithaca, N.Y. 1987

Osborne, Arthur. *Ramana Maharshi and The Path of Self-Knowledge.* Century Hutchinson. Ltd. London. 1970

Peace Pilgrim. *Steps Toward Inner Peace. Harmonious Principles for Human Living.* pdf

Poonja, H. W. L. *Wake Up and Roar.* Satsang with H.W.L. Poonja, Pacific Center Press. Kula, Maui, HI. 1992

Rabjam, Longchen. Keith Dowman, Trans. *Natural Perfection: Longchenpa's Radical Dzogchen.* Wisdom Publications. Somerville, MA. 2010

2) Course Paper/Project

Prepare a scholarly paper of approximately 20 double spaced typewritten pages, 12 point, Times Roman Font. Students will make use of a library to complete the paper. Papers will focus upon a specific aspect of the course. Grades will be given on content, and use of source material, also grammar, spelling, and originality. Students should use the Style Manual. Students may also have the option of designing a research project.

Students will conduct research based on secondary and primary source materials and the required texts. From this research, students will write a paper on a specific aspect of the course (approved by the instructor). Students may also elect to do a graduate level research project.

3) Essay Examination

Students are issued a set of topic assignments, readings and explorations, in preparation for an oral examination of the materials. Before the deadline, students schedule with the instructor the time and date for the face-to-face, telephone or Skype conference.

COURSE ASSIGNMENTS

Assignment 1. Research, Reflection, Practicum, Dialogue

Participants will research, explore, and reflect on nondual teachings and nondual awareness, completing the required reading and practicums and sharing their reflections in writing and dialogue.

Assignment 2. Selected Reading, Reflection, Practicum, Dialogue

Participants will research, explore, and reflect on nondual teachings, nondual awareness, and neurological and health research, completing the required selected reading and sharing their reflections in writing and dialogue.

Assignment 3. Immersion

Participants will apply theory, research and experimentation to immersion in an aspect of the course topic and Consciousness in consultation with the instructor.

Assignment 4. Final Paper or Project

Students have the option of preparing a scholarly paper of approximately 20 double-spaced typewritten pages using the appropriate style manual, or designing a research project. Research projects and scholarly papers will focus upon a specific aspect of the course. Research projects will be evaluated based on content, originality, the use of source material, and documentation. Scholarly papers will be evaluated based on content, originality, source material, grammar, and spelling.

Assignment 5. Course Review

The Course Review will be given by telephone (or other means) and will cover the assignments. Students will negotiate the timing of the review.

INDIVIDUALIZATION OF STUDENT ASSIGNMENTS

Each research project will be chosen by the student to best support their individual professional goals, yet each student will also benefit from seeing the fruits of all fellow students' research and providing professional criticism of each others work.

Each student will be afforded the opportunity of writing on a subject that is related to his or her field of interest. This will assist the student in making each paper individualized. Also the student is encouraged to go outside the field and obtain research data from other interdisciplinary areas. Each student, based on his or her background, will be encouraged to transfer that theoretical information which the course provides into a practical format in the final paper or project.

COURSE EVALUATION AND GRADING DETERMINANTS

The course grade will be based upon student participation, the promptness of postings, the satisfactory completion of all coursework, the quality of the research paper or project, and the course review, in consultation with the instructor.

SPECIAL NOTES AND INSTRUCTIONS

All coursework must be completed in a timely fashion. Students are encouraged to phone or email the instructor whenever they need advice, comments, or instruction.