



REL 3027

Meditation and the Mystical Traditions

Section: U01

In Person

Fall Term 2026

Course Meeting Information

Class meeting times	
Day:	TuTh
Time:	12:30 PM - 1:45 PM
Location:	GC 283B

Professor Information

Carlos Grenier

Roles: Primary Instructor

Email: cagrenie@fiu.edu

Phone: 3058157502

Office Hours: Tuesdays and Thursdays, 3-4 PM

Office Location: SIPA II, 524

Department or Academic Unit: Religious Studies

Course Prerequisites

Course prerequisites, if any, are listed below.

Course Description

This course offers a comparative exploration of mystical traditions: the expressions of individuals and communities seeking encounters with ultimate reality. This course will examine the phenomena of mysticism through historical, sociological, and psychological lenses the historical, cultural, and psychological contexts of mystical phenomena, seeking to understand both the unifying features of mystical experiences and traditions as well as the particular forms they take within different religious and secular frameworks.

Textbook and Course Materials

Introduction to the Study of Mysticism

Required/Recommended: Required

Authors: Richard H. Jones

Publisher: SUNY Press

Publication Date: 2021

Copyright Date: 2021

ISBN 10: 1438486332

ISBN 13: 978-1438486338

Chapters/Pages: Entire book

Panther Book Pack

Get all required course materials for \$22 per undergrad credit hour through Panther Book Pack. You'll be charged automatically unless you opt out within 3 days after the add/drop deadline.

For more details, to compare costs, and to learn how to access your course materials, visit the [Panther Book Pack information page on FIU OneStop](#).

Readings, Materials, and Open Educational Resources (OER)

Other materials will be posted on Canvas in the MODULES section.

Student Learning Outcomes/Objectives

Students will be able to identify and describe key concepts and themes across various mystical traditions.

Students will be able to compare and contrast different approaches to mystical experience and practice.

Students will develop an understanding of the diverse historical and cultural contexts in which mystical traditions emerge and evolve.

Students will enhance their critical thinking skills through the analysis of primary and secondary sources related to mysticism.

Expectations of the Course

Students are expected to attend every course session. Assignments must be completed on time; if this is not possible, the student must communicate this to the instructor before the original due date.

Using AI to complete assignments is strictly forbidden.

Assignments & Assessments

Weekly Source Reading Reflection (20%)

Quizzes (16%)

Practice Reflections (16%)

Midterm Exam (16%)

Final Exam (16%)

Attendance and Participation (16%)

Policies & Resources

Before starting this course, please review the Policies & Resources Page in Canvas which includes comprehensive information on various University and Course Level Policies such as:

- University Policies
- Accessibility and Accommodations
- Online Etiquette
- Technical Requirements and Skills
- Computer & Digital Literacy Skills
- Course Technology Accessibility Statements and Privacy Policies
- Academic Integrity
- Copyright Statement
- Core Principles of This Course
- Nondiscrimination Statement

- Panthers Care & Counseling and Psychological Services (CAPS)
- Fair Use Policy

Grading

Weekly Source Reading Reflection (20%)

Quizzes (16%)

Practice Reflections (16%)

Midterm Exam (16%)

Final Exam (16%)

Attendance and Participation (16%)

Schedule of Topics

Week 1: Introduction to the study of religion and the comparative approach

Week 2: Classifying Mystical Experiences

Week 3: Knowledge and Practice

Week 4: Science, Neuroscience

Week 5: Psychedelic Mysticism

Week 6: Mysticism and Language

Week 7: Mysticism and Morality

Week 8: Christian Mysticism

Week 9: Islamic Mysticism

Week 10: Buddhist Mysticism

Week 11: Daoist, Confucian, Shinto mysticism

Week 12: Jewish Mysticism

Week 13: Hinduism

Week 14: Final discussions

Nondiscrimination Statement

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