

Florida International University

Healing in Asian Religions

Rel 3316

MWF

12:00 to 12:50 PM

Meeting hours: with appointments on MWF between 1:00 to 1:30 PM

Course Description

We may often ask: Why do we suffer? Why are we ill? How do we heal? In addressing these questions this course will analyze the healing panorama in Asian traditions, including the nature of illness, the multiplicity of causes and the diversity of healing techniques. We will examine the philosophical imperatives as well the practical applications of healing techniques in Hinduism, Buddhism, Jainism, Confucianism, and Daoism. Students will also reflect on the differences and similarities of concepts and techniques of healing that have arisen with geographical changes, even those as small as the distance from India to China. The course will also serve as an opportunity to analyze the role of healing in dissolving barriers between religion and secularity.

Course Objectives

Students will be able:

- To obtain a broader idea of how various Asian traditions define health and ailment.
- To explore the contribution of Asian traditions to the development of philosophy and practice of healing.
- To apprehend the roles of body, mind and spirit in healing.
- To learn the efficient and alive healing techniques of Asia.
- To explore the beliefs and practices of mystical healing techniques.

Textbook

No textbook is required.

Reading material will be made available online in the course content. There could be more than one article for each lecture, please read all the study.

Research Paper:

Research and write a 2500 to 3000 (7-8 pages) word article on any one healing tradition/ technique (only from Asian Countries). Develop a paper analyzing its survival and contribution

in an alien land (a place other than its origin).

Research paper will be graded on the basis of Research, Thesis/Argument, and Style.

The class presentation will be related to the term paper. The presentations are planned for last week of the semester. But, it is open to change.

Pls make sure you are take note of any class announcements to keep yourself updated with any change of plans or modifications.

The presentations will not be organized after the last week of semester. Neither term papers or any assignments will be accepted after the last week of the semester. The last week of the semester is the week before your exam week.

The professor will have authority to deny any late submissions. Any late submission if accepted will be with a lower grade.

Course Policies:

Under university rules: Incompletes are only available to students who have completed the majority of work in the class. Incompletes will be given only when asked, and only when asked in advance of the end of classes, and incompletes granted will only extend until the next semester you enroll for courses (or, if you do not return to classes will default to F under university rules after two semesters.)

Make-Up Policy: There are no automatic make-ups given in this course. All assignments are due as indicated. If some unforeseen emergency arises that prevents you from taking an exam or handing in an assignment, documentation must be provided (i.e., a summons for jury duty, letter on Physicians letterhead stating explicitly why student could not hand in assignment/take exam, etc). This documentation will be verified by contacting the appropriate individuals; be sure to include contact numbers. Once verified, a decision as to how to proceed will be made by the Professor.

Course requirements	Grades
Test 1	20%
Test 2	20%
Test 3	20%

Term paper	20%
Class Discussion & attendance	10%
Class Presentation	10%

1/7	Intro to course	
1/9	1. Sacred or Profane Lecture	<p><u>Read:</u> The Sacred And The Profane- Mircea Eliade-Intro 8-18</p> <p><u>Read:</u> The Sacred And The Profane- Mircea Eliade- Chapter 1pgs. 20-64</p>
1/11	Indian Healing –pranayama	Health & Medicine in the Living Tradition of Hinduism- Kakar, pgs.111- 126
1/14	Yoga/asanas & healing	
1/16	Prayer & Faith	Prayer and Healing, A medical and scientific perspective, 10pgs

		Aghor Healing
1/18	Sound/ mantras	Proposal details
1/21	Holiday	
1/23	Tantric healing	Traditional Healing in India - Mrinal, Nihar, pgs. 75-94
1/25	Hata yoga's shatkarma	
1/28	<u>Video:</u> Ayurveda Lecturer from UCSF	Hinduism & the Tradition of Ayurveda - Knipe, pgs. 89- 107, Integrative Endeavor for Renaissance in Ayurveda, 5pgs
1/30	Family Therapy	Family Therapy in India
2/1	Indian Diet & healing	
2/4	Test 1	
2/6	Buddhism and Healing Lecture	Chinese Buddhist Traditions of Healing-Birnbaum, pgs. 33-57
2/8	continued	
2/11	<u>Tibetan Buddhism & Healing</u> <u>Film:</u> The Knowledge of Healing	

2/13	<u>Oracles of Ladakha</u>	Oracles of Ladakh, pgs. 59-74
2/15	<u>Documentary</u>	Proposal submission due date
2/18	Spirit Possession	Healing through the Spirits- Majumder, pgs. 167-207
2/20	Discussion	
2/22	Healing between crossroads	
2/25	Jain Ascetic Life Style for Healthy Living Walking life & Ascetics	
2/27	Vegetarianism	Mortality Rates - Vegetarians vs. Non-vegetarians, pgs. 33- 58
3/1	Pratikraman & purification	Devotion of Asceticism in Jainism, pgs. 719-742
3/4	<u>Levels of existence</u>	The Levels of Human Existence” by Zaveri Term paper submission
3/6	<u>Karma & health</u>	In the Vestibules of Karma - T.G. Kalghatgi
3/8	Test 2	

3/11	Spring Break	
3/13	Spring Break	
3/15	Spring Break	
3/18	<u>Preksha Meditation</u>	Preksha Meditation, an introduction
3/20	<u>Kayotsarg & healing</u>	
3/22	<u>Breathing & healing</u>	
3/25	<u>Healing modalities/ anupreksha</u>	Article Anupreksha/ contemplation
3/27	<u>Chakras & healing</u>	Chakras and Endocrine Glands, pgs. 21-25
3/29	<u>Color therapy</u>	
4/1	Daoism & the Elixir	The Immortals, from The Taoist Body- Girardot pgs. 160-182 The Crucible & the Elixir pgs. 67-120
4/3	<u>Chinese Healing & Daoism</u>	History of Chinese Alchemy- Pregadio, pgs. 203-223
4/5	Healing and the Mind, Mystery of Chi (in six parts)	Conditions, Ways, and Means of Healing in the Perspective of

		the Chinese Taoist- Florian C. Reiter
4/8	Class Presentation	
4/10	Class Presentation	
4/12	Class Presentation	
4/15	Class Presentation	
4/17	Class Presentation	
4/19	Review	
4/22	Test 3	