

Draft ver.1.2

Self healing (awareness) and dealing with Stress from an Oriental Perspective --Spring Quarter in 2010--

Course #: PSY/IH/LP/CRP 680/790, BIS 208

Lecturer; Dr. Sailaja Pasupuleti Harada

Schedule; 2:00 – 6:00pm every Saturday (April 03 – June 5, 2010)

4/3, 10, 17, 24, 5/1, 8, 15, 22, 29 & 6/5 (days may have to be changed depending on the availability of the students and the instructor)

Venue; Library, CIHS

Textbook: Reading assignments and useful references will be given in the first class.

Useful References: to be given in the 1st Class

Course Outline

Description:

This course is aimed at improving one's self by seeking awareness into one's own inner self. By studying the basic concepts of Hinduism the students will understand the psychodynamics of their own personality and consciousness. To help the students recognize the importance of free will, and methods to overcome stress, the in-depth studies of outstanding individuals of Indian origin or those who spent their lives in the Indian soil are reviewed. They are from different path of life with political, social, philosophical, philanthropic, religious backgrounds. While studying their lives, their thoughts and achievements, we reconnect our present life situations to a better understanding of ourselves and reawakening of one's inner psyche.

This course is a goal motivated one. Hence needs active classroom participation. It also expects the student to study the biographies and collect related information on those individuals that are taken up for study and discussion.

Expected Goals:

1. Basic understanding of Hinduism and oriental psychology and its approach of dealing with stress of everyday, helping and healing. Inner awareness of the unconscious.
2. The development of positive goal achieving steps of daily life incorporating the dynamics of free will and independence.
3. Taking the ultimate journey towards reconnecting oneself to the original self, the state of ananda.
4. Developing the insights, comprehending skills of paranormal and psychic phenomena.

5. How to heal oneself and help others thus living a fulfilling life of love, harmony and peace.

Class Schedule:

Class 1 (Apr 03 Sat)

- Geography and outline of history of India based on the ancient scriptures, temples and other archeological evidences.
- Hinduism as seen from Siva, Vishnu and Shakti.
- 3 major religious paths.

Class 2 (Apr 10 Sat)

- Upanishads, the quest of Atman, Parmata.
- Patanjali's yoga sutras.
- The essence of Gita.
- The concept of karma, reincarnation and free will.

Class 3 (Apr 17 Sat)

- The four major types of yoga: 1) Raja yoga, 2. Bhakti yoga, 3. Hatha yoga, 4. Karma yoga.
- Implications and understanding of free will and self from daily life situations.

Class 4 (Apr 24 Sat)

- The psychology of human personality.
- The role of emotions and the stress
- The major categories of psychopathology

Class 5 (May 01 Sat)

- The epics, puranas, and mythologies with special references to Ramayana, Mahabharata, Bhagavatam.
- Their influences and implications in our daily life. .

Class 6 (May 08 Sat)

- Major Hindu festivals, idol worships.
- Importance and impact of bhajans, mantras, slokas and meditation.
- The inner meaning and awakening of one's psyche.

Class 7 (May 15 Sat)

- Studies of outstanding individuals of Indian origin.
- 1) S. Radha Krishnan - the president of India and the world renowned philosopher.
- 2) Mahatma Gandhi - the politician and the saint.
- 3) Ramana Maharshi - the vedantic and the saint
- 4) Shirdi Baba – the mystic and the Guru beyond religions
- 5) Sathya Sai Baba – the philanthropist and preacher of Hindu tatva
- 6) Mother Theresa – The saint of Calcutta and the world
- 7) Aurobindo and Mother Divine of Auroville Pondicherry –

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- ---- their achievements in the fields of literature, touching upon “Savithri”, their concepts on World Peace, Harmony and Love.

Class 8 (May 22 Sat)

- Developing the power of healing in oneself.
- The reconnection of oneself to the higher consciousness.
- Developing control of mind over matter, the skills of telepathy, clairvoyance, precognition and psycho-kinesis..

Class 9 (May 29 Sat)

- Understanding the unconscious.
- The nature and interpretations of dreams.
- Developing the ability to understand and evaluate the inner psyche of oneself.
- Relate the phenomenon to both living and non-living organisms—examples; pets, antiques, historical and/or archeological sites and expeditions.

Class 10 (Jun 05 Sat)

- Overview and discussions.

Course requirements and weights for assessment:

1. Attendance
2. Writing two essays on any of the 7 outstanding individuals. The student is expected to read reference books, gather material on the specific topic of interest. The instructor will be able to guide and discuss.
3. Classroom discussion
4. Practical training participation, if possible.

03/05/2010