BA in Religious Studies

The Bachelor of Arts in Religious Studies is a 36-credit major in which students explore religion in a variety of ways, with an emphasis upon the relevance of historical traditions in contemporary life. Special emphasis is placed upon the role of contemplative practice in the world’s great religions, especially Buddhism. All students must take a series of 16 credits that introduce the study of religion and contemplative practice. Students also choose 9 credits from the Religious Traditions courses, which serve as introductory studies of major world religions. The additional 11 credits may be selected from core areas of study: contemporary issues in religion, contemplative practice, and practice intensives.

Declaration of Major

In accordance with university policy, students can declare their major at any time. Because of the nature of this program, it is important to meet with program faculty either before you declare or soon after. Please consult with your Academic Advisor to plan your schedule in the program.

Degree Requirements

BA in Religious Studies

Required Courses

- REL328W BA Religious Studies Retreat (0.5) Year One
- REL328W BA Religious Studies Retreat (0.5) Year Two
- REL351 Religious Studies Seminar: Theory & Method (3)
- REL479 Capstone Seminar & Senior Project (3)

SUBTOTAL 7

Choose 3 credits from the following courses:
(Prerequisites for 300-level classes)

- REL158W The Breeze of Simplicity: Meditation Weekend (1)
- REL160 Meditation Practicum I: Freeing the Mind (3)
- REL255W Opening the Heart: Meditation Weekend (1)
- REL271 Centering Prayer as Christian Contemplation (3)
- REL390W Shambhala Training Level I: The Art of Being Human (1)
- REL391W Shambhala Training Level II: Birth of the Warrior (1)
- REL392W Shambhala Training Level III: Warrior in the World (1)

SUBTOTAL 3

Choose 6 credits from the following courses:
(Prerequisites for 300-level classes)

- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL210 Religion & Mystical Experience (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)

SUBTOTAL 6

Choose 9 credits from the following Religious Traditions courses:

- REL150 Buddhist Journey of Transformation: An Introduction (3)

- REL229 Foundations of Judaism: Torah, Prayer, and Acts of Kindness (3)
- REL240 Foundations of Buddhism (3)
- REL314 Contemplative Islam (3)
- REL321 Introduction to Jewish Mysticism (3)
- REL323 Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
- REL325 Contemplative Christianity (3)
- REL330 Contemplative Hinduism (3)
- REL334 Hindu Yoga-Tantra (3)
- REL346 Wisdom and Compassion: The Buddhist Path (3)
- REL349 Tibetan Buddhism: Inside the Mystique (3)
- REL355 Sanskrit in the Sacred Traditions of India (3)
- REL376 Inner Oral Tradition of the Torah (3)

SUBTOTAL 9

Undergraduate students may petition to take MA courses in Buddhism after REL60, 240, and 346 are completed.

Choose 11 credits from the following two categories:

Contemporary Issues in Religion

- REL210 Religion & Mystical Experience (3)
- REL212 Queer Theory, Feminism, and Religion (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)
- REL312 Spiritual Models of Social Action (3)
- REL348 Buddhism in America: Dharma Comes West (3)

Contemplative Practice

- REL158W The Breeze of Simplicity: Meditation Weekend (1)
- REL160 Meditation Practicum I: Freeing the Mind (3)
- REL170 Meditation Practicum II: Igniting Compassion (3)
- REL250 Spirituality and Creative Expression (3)
- REL255W Opening the Heart: Meditation Weekend (1)
- REL258 Contemplative Practice Intensive (1.5-6)
- REL271 Centering Prayer as Christian Contemplation (3)
- REL345 Zen Buddhism (3)
- REL390W Shambhala Training Level I: The Art of Being Human (1)
- REL391W Shambhala Training Level II: Birth of the Warrior (1)
- REL392W Shambhala Training Level III: Warrior in the World (1)
- REL393W Shambhala Training Level IV: Awakened Heart (1)
- REL394W Shambhala Training Level V: Open Sky (1)

SUBTOTAL 11

TOTAL CREDITS 36

Course Listings

REL150
Buddhist Journey of Transformation: An Introduction (3)

This course traces the transformation of emotional and conceptual confusion into wisdom on the Buddhist path. Beginning with insights into how humans generate confusion and habitual patterns, we extend that insight to develop compassion and skill in working with others and discover skillful means within our confused states in the
present moment. Students are introduced to the rich diversity of Indo-Tibetan Buddhist "three vehicles" within the context of Buddhist history, texts and traditions.

REL156W
Zen Intensive Weekend (1)
The teaching and practice of Zen Buddhism assumes that there is a big mind present in all mental and physical activities, that this big mind can be realized and that its realization can be matured. The class will look at how this Zen paradigm-its teachings, practices and realization-can be a personal vision and part of professional contemporary psychology. Cross-listed as REL552W.

REL157W
Theravada Vipassana Weekend (1)
When mindfulness meditation is practiced, the exquisite ordinariness of the movement of breath, of the sensation of the body sitting on the earth and of the busyness of the mind and emotions is discovered. This intensive weekend introduces insight meditation, "vipassana," from the Theravada Buddhist tradition of Southeast Asia. This course will include mindfulness practice in sitting, walking and daily life through short talks, guided meditations and the practice of "noble silence." Cross-listed as REL501W.

REL158W
Breeze of Simplicity (1)
This course introduces spiritual practices, meditation, and various themes from specific spiritual traditions. The spiritual tradition will vary depending on the visiting instructor presenting. Beginning or experienced students are welcome and guided through the presentations. The weekend includes lectures, discussion, meditation, and/or other spiritual practices. Cross-listed as REL504W.

REL160
Meditation Practicum I: Freeing the Mind (3)
Students are introduced to sitting meditation practice drawn from the Tibetan Buddhist tradition of shamatha-vipashyana. Weekly lectures emphasize experiential aspects of the practice, involving such topics as the discovery of impermanence, working with emotions and the cultivation of maitri (loving-kindness). The course includes weekly discussion groups, individual meetings with a meditation instructor and daily meditation practice, midterm and final oral exams.

REL170
Meditation Practicum II: Igniting Compassion (3)
This course continues the instruction in meditation practice begun in the fall semester, emphasizing Mahayana practice, including the generation of an enlightened attitude (bodhicitta), the practice of the perfections (paramitas), the training of the mind (lojong) and the exchange of self and other (tonglen). The course includes midterm and final oral exams. Prerequisite: REL160 or TRA100.

REL190
Special Topics in Religious Studies (1)
The Special Topics course explores topics of general focus and relevance to the field of Religious Studies, geared toward the research interests of the faculty. Specific topics are announced the semester the course is offered. Cross-listed as REL590. Fall 2014: Radical Compassion Symposium. What does a world based on compassion and awakened kindness look like? How can we bear witness to the suffering, fear and aggression that surround us and harness our resources to support the evolution of a community founded on awareness, interconnectedness, and global citizenship? The Symposium gathers national and international contemplatives, activists and scientists to explore the cultivation of an enlightened society in our modern age. While addressing the causes of aggression and fear, the course creates a fertile gathering that celebrates and nourishes the seeds of global compassion and a community of awakened kindness. Cross-listed as REL590.

REL210
Religion and Mystical Experience (3)
This class explores the essential core of the world’s wisdom traditions: their mystical teachings, rituals, and esoteric practices. Special attention will be given to the nature of mystical experience - characterized by a direct encounter with Ultimate Reality or the Divine - and to the variety of its manifestations in and out of the world’s major religious traditions.

REL212
Queer Theory, Feminism and Religion (3)
Religion has greatly influenced our experiences as gendered beings in the areas of sexuality, power, gender roles, personal identity, privilege and wisdom. Feminism has identified the biases and abuses of patriarchy and sought to rectify them. It has also birthed the LGBT movement and queer theory. How have these efforts spoken to the spiritual subjectivities of women, sexual minorities or men in these traditions? On what terms can gender be appreciated and valued? This course traces the historical evolution and cultural influences of patriarchy, feminism and gay liberation on religious experience as well as religion’s impact on the formation of gender roles.

REL229
Foundations of Judaism (3)
This course traces the evolution of rabbinic Judaism in its history, beliefs, literature and practices. Beginning with its formation in the first century of the Common Era, we follow major developments through the Middle Ages and into the modern period. Along the way, we learn about the Jewish conception of Torah in both its metaphysical and practical elements. We study material from the foundational texts of the Oral Torah: Mishnah, Gemara and Midrash, as well as later texts. Jewish law, philosophy, Kabbalah,
sacred time and contemplative prayer are studied and discussed. Prerequisite: COR110. Cross-listed as REL529.

REL240
Foundations of Buddhism (3)
An introduction to Buddhism including a survey of Buddhist history, philosophy and practice. Special emphasis is placed on the basic Buddhist view and perspective as expressed in the life of the Buddha, the four noble truths and the Buddhist understanding of the mind. The course examines the close relationship between Buddhist thought and the central spiritual discipline of meditation. Grading criteria includes a final paper.

REL247
Embodying Sacred Wisdom: Modern Saints (3)
An exploration of the human thirst for spiritual experience and transformation through the studies of biographies of 19th and 20th century contemplatives from several selected religious traditions, both Eastern and Western. Through examining the spiritual and religious journey of saints and their relationships with their traditions, students learn the diversity of religious traditions of sainthood. How do the journeys of their saints relate to our personal journeys? Readings include sacred biographies (hagiographies), study of modern religious traditions in context, and interpretations of sainthood in both theological and cross-cultural perspectives.

REL250
Spirituality and Creative Expression (3)
This course focuses on exploring spirituality and its manifestation in our lives through creative expression. The foundation for this exploration is Maitri practice, which cultivates awareness of our own energetic makeup and how these energies manifest as the core patterns of our daily lives. Developed by Trungpa Rinpoche, the founder of Naropa, this practice is done in five different colored rooms, representing the Five Buddha Families. In addition to the Maitri room practice, we work with several contemplative art forms, such as object arrangement, painting, brush stroke and space awareness exercises. The challenge for each of us is to discover, integrate and appreciate our energetic expressions and to bring our creativity to form, individually and as a group. Prerequisite: REL160 or COR130.

REL255W
Opening the Heart (1)
This course introduces spiritual practices, meditation, and various themes from specific spiritual traditions. The spiritual tradition will vary depending on the visiting instructor presenting. When the vast network of pain and confusion in the world is experienced, one can become overwhelmed and full of despair. This weekend provides tools that allow one to work with this in order to discover compassion and the courageous heart available to everyone. Cross-listed as REL554W.

Contemplative Judaism This retreat course will explore the ancient Kabbalistic symbol of the Tree of Life as a map of consciousness and embodied awakening. The course will be lead by Rabbi Miles Krassen, PhD. and Rabbi Zvi Ish-Shalom, PhD. Rabbi Krassen is a teacher, author, scholar in the fields of comparative mysticism, World’s Wisdom Traditions, and a musician. He proceeded Rabbi Ish-Shalom as the Contemplative Judaism scholar at Naropa. He now works with disseminating mystical Jewish teachings based on early Hasidism and Kabbalah. Sunday will include special events and guests to celebrate the life and legacy of Rabbi Zalman Schachter-Shalomi, Professor Emeritus at Naropa University and founder of the Jewish Renewal movement.

REL258
Contemplative Practice Intensive (1.5)
The purpose of this intensive is to give students the opportunity to deepen their discipline and knowledge of their own spiritual tradition in a community setting that offers a prescribed schedule of practice and of service. Undergraduate students may choose to do a program ranging in length from one week to a maximum of four weeks at a retreat center of their choice. The center or organization must be approved by the Religious Studies program. Some examples of these sites are Tibetan Buddhist meditation centers, Shambhala Retreat Centers, Zen Centers, Christian monasteries, Ashrams, and Jewish Contemplative retreats. Others choices are possible with the approval of the program. It is advisable to check with the Contemplative Practice Coordinator to make sure that your choice of retreat center can be approved. Cross-listed as REL547.

REL271
Centering Prayer as Christian Contemplation (3)
This course introduces the Christian contemplative practice of Centering Prayer, as taught by Fr. Thomas Keating and Contemplative Outreach. It places this practice in the broader tradition of Christian contemplation, as a path of transformation in Christ that allows greater freedom in oneself and greater compassion for others. The course includes instruction in an active practice for integrating Centering Prayer into daily life, a day of Intensive Practice and study of Christian contemplative practice. Cross-listed as REL571.

REL274
Tibetan I (4)
This class develops a foundation in literary Tibetan and begins the study of modern spoken Tibetan. The first semester focuses on the grammatical foundation of the language, the acquisition of basic vocabulary and training in the skills of correct pronunciation, handwriting and spelling. Students should expect to study at least eight hours a week outside of class. Cross-listed as REL503.

REL277
Sanskrit I (4)
An introduction to the classical Sanskrit language. The first-year course includes developing familiarization with the Sanskrit alphabet [devanagari], mastering the conventions of euphonic combination [sandhi] and learning the basics of Sanskrit grammar. In addition, we begin reading texts from the classical Indian tradition, particularly selections from the Mahabharata and Ramayana and from some simple Buddhist texts [e.g., the Heart...
Prerequisite: REL229. Cross-listed as REL535.

**REL228**
Tibetan I (4)
A continuation of Tibetan I. The second semester will continue the work begun in Tibetan I with the addition of working on an actual Tibetan text. Students use a mandala approach of developing varied oral, aural and written skills to produce an overall knowledge of the language. Prerequisite: REL274. Cross-listed as REL533.

**REL228**
Tibetan II (4)
This course is a continuation of Tibetan I. Prerequisite: REL228. Cross-listed as REL533.

**REL287**
Sanskrit II (4)
This course is a continuation of Sanskrit I. Prerequisite: REL277. Cross-listed as REL537.

**REL312**
Spiritual Models of Social Action (3)
A study of historical and contemporary figures who exemplify the spiritual ideals of nonviolent social action, tracing their unique ways of turning their personal challenges into nonviolent leadership. Drawing upon autobiography, biography, critical analysis, and film as source material, students develop a personal dialogue with each of these activists, examining how inner and outer journeys join in spiritually based social activism. Cross-listed as REL585. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

**REL314**
Contemplative Islam (3)
An introduction to the belief system and cultures of the Islamic world via an interactive approach. Emphasis is placed on the traditional values, beliefs, and prescribed practices of the Islamic world as expounded in the key authoritative Islamic sources: the Qur’an and the Sunna of the Prophet Muhammad. A central theme that is examined is the doctrine of tawhid, or the unity of God, which underlies all Islamic thought and belief. Students participate in a variety of Islamic rituals and practices in order to gain a firsthand experience of Islam. Offered alternate years. Co-requisite: REL247, REL150, REL158W, REL210, or REL255W.

**REL321**
Introduction to Jewish Mysticism (3)
The course focuses on three major trends in the history of Jewish mysticism: Spanish Kabbalah, the School of Isaac Luria and East European Hasidism. Topics include theosophy and theurgy, ecstatic and contemplative prayer, mystical psychology, soul transmigration and esoteric interpretation of scripture. The course provides a basic kabbalistic vocabulary and introduction to primary mystical sources that prepare a student for further study of contemplative Judaism. Prerequisite: REL229. Cross-listed as REL535.

**REL323**
Religious Experience in Africa: Sacred Cosmos, Ritual and Community (3)
The course is an introduction to the cultural study of traditional African religions. We begin with close attention to cosmology, the traditional view of the world as filled with living, sacred powers. These powers are experienced in various ways as ancestral presences, nature deities, personal guardian spirits. Therefore we will focus on ritual practices—ways of communicating with unseen forces to bring communal and personal healing, restoring balance in the human relationship to nature. Offered alternate years. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

**REL325**
Contemplative Christianity (3)
This course examines the contemplative and mystical tradition of Christianity and its recent recovery by mainstream Christians through the work of Thomas Merton and others. Students will examine contemplative perspectives on such major topics as God, Christ, salvation, divine union, delification, scripture, and spiritual evolution, especially as these views contrast with modern fundamentalism. This class will also study the contributions of the major historical writers of the tradition. The class includes ample time for contemplative practice. Offered alternate years. Co-requisite: REL150, REL158W, REL210, REL247, or REL255W. Cross-listed as REL525.

**REL328W**
B.A. Religious Studies Retreat (0.5)
Introduction to the field of religious studies from the perspective of contemplative education as well as to important thematic and analytic perspectives. Basic contemplative practice from several traditions is present and career opportunities in the arena of religious studies are explored. Building community, forming friendships and sharing our mutual journey is central to this retreat. Course fee.

**REL330**
Contemplative Hinduism (3)
An experiential and philosophical introduction to the scriptures and spiritual practices of Hindu traditions with emphasis on the Vedas, early tantra and the yoga sutras of Patanjali. A portion of each class is devoted to practice: meditation, pranayama, mantra and ritual. Offered alternative years. Cross-listed as REL530. Co-requisite: REL150, REL158W, REL210, REL247, or REL255W.

**REL334**
Hindu Tantra-Yoga (3)
Hindu Tantra envisions Ultimate Reality as intertwined aspects of Shiva and Shakti. We study contemplative theory and practices from Tantric texts and commentaries, including sacred ritual, deity forms, mantra, yantra (sacred geometry), nyasas (sacred energetic placements), chakras, and visualizations. We also explore Kashmir Shaivism, a nondualistic monism, and the Srividya Goddess tradition. Tantric influences in Indian poetry, art, and dance-music forms are shared whenever possible. The last class features a culminating class worship ritual (puja) incorporating many Tantric
contemplative tools studied all semester. Co-requisite: REL150, REL158W, REL210, REL247, or REL255W. Offered alternate years. Cross-listed as REL634.

REL345
Zen Buddhism (3)
Taking the path of Zen is for the purpose of bringing about a profound transformation at the core of one’s being, enabling one to live with greater selflessness and affection for the benefit of all that breathes and does not breathe. The course includes instruction in zazen (the cornerstone meditation practice of Zen), periods of sitting zazen, instructions on applying mindfulness to one’s daily life, as well as studying the classic texts and teachings of the tradition. The course may include all-day sitting at one of the Zen centers in the Denver area. Co-requisite: REL150, REL210, REL247, REL258W, or REL255W.

REL346
Wisdom and Compassion: the Buddhist Path (3)
Mahayana Buddhism presents an ideal of the spiritual path that is grounded in love for all beings. This course examines the basic teachings and practices of the Mahayana path including the notion of emptiness, its inseparability with compassion, the bodhisattva vow, the cultivation of the awakened heart and the six paramitas or transcendent actions in the benefit of others. Readings are taken from the literature of both sutra (Buddha’s word) and sastra [commentaries] and includes writings of contemporary teachers. Co-requisite: REL150, REL210, REL247, REL158W, or REL255W.

REL348
Buddhism in America: Dharma Comes West (3)
This course surveys the variety of ways in which Buddhism continues to influence contemporary American culture, and in turn be influenced by it. In particular, we explore the ways in which Buddhism has changed and adapted in the different American Buddhist communities. Our scope includes spirituality and religion, literature, social activism, pluralism and dialogue. Student projects focus on specific Buddhist communities that have joined facets of Buddhist and American culture. Grading criteria includes short writing assignments, final exam and term paper. Cross-listed as REL546.

REL349
Tibetan Buddhism: Inside the Mystique (3)
This course introduces Buddhism as it flowered in the Tibetan cultural region, with emphasis on the traditional cosmology of Tibet, its religious history, its esoteric teachings and practices (Hinayana and Mahayana), and its esoteric teachings and practices (Vajrayana). Special attention will be paid to the meditative traditions of Tibet and the Tibetan Book of the Dead. Pre-requisite: REL351. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

REL351
Religious Studies Seminar: Theory and Method (3)
An introduction to the theoretical models of the field of Religious Studies. The course reviews religious studies as an academic discipline with a special emphasis on applying religious studies methodology to religious traditions and phenomena. Special emphasis is placed on written and oral expression, integrative understanding and the relationship between religious traditions and the personal spiritual understanding/journey. The goal of this course is to give students the necessary tools to produce academically rigorous research projects in any area of the field.

REL355
Sanskrit in Sacred Traditions of India (3)
A basic introduction to the Sanskrit language directly linked to sacred concepts drawn from the sacred traditions of Yoga, Tantra, Vedanta and Sankhya. Language skills presented include the oral and written Sanskrit alphabet [devanagari], Roman transliteration, and an introductory recognition of some Sanskrit grammar elements. Explanations of sacred Sanskrit terms/concepts with brief overviews of the representative sacred traditions are interwoven in the course. Participatory oral chanting of the alphabet, sacred seed syllables, and sample concepts/terms/verses are integrated into the class format.

REL375
Tibetan III (4)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as sutras, lives of Buddhist saints, history, philosophy and so forth. It also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL284. Cross-listed as REL553.

REL376
Inner Oral Tradition of the Torah (3)
An examination of the mystical contemplative tradition of Judaism through a demonstration of its approach to Torah texts. The emphasis in the course is on the development and expression of critical thinking and intuition. Good questions are a priority over good answers. Age old Chassidic methodologies will be used towards this end. Dramatization of stories will be utilized to access the students’ emotions and intuitive powers. Exposure to practices like shofar and succah will give the students a first-hand experience of Jewish contemplative practice. Offered alternative years. Cross-listed as REL676. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

REL377
Sanskrit III (4)
A continuation into the second year of basic Sanskrit grammar, pronunciation, dictionary usage, and vocabulary acquisition. There will be strong emphasis on noun compounds (samaasas). We will move onwards through the Goldman and Goldman primer, Devavanipraveshika. We read selectively in a range of texts, including Hindu and Buddhist scripture, and secular court
Shambhala Training is the path of study and practice of Shambhala warriorship—the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action. The Shambhala Training path of study and practice begins with a series of weekend levels, known as the Heart of Warriorship—which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

REL392W
Shambhala Training Level III: Warrior in the World (1)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as sutras, lives of Buddhist saints, history, philosophy and so forth. It also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL375. Cross-listed as REL377.

REL390W
Shambhala Training Level I: The Art of Being Human (1)
This semester we complete the range of Sanskrit grammar, with Secondary conjugations, vocabulary acquisition, an investigation of etymology, and a study of the principles behind words and their meanings. In addition to finishing the textbook on grammar, the Devavanipravesika, the class reads examples of a range of Buddhist, Hindu, and secular verses. Increased attention is given to translation and the hands-on practice of bringing ancient texts into the contemporary world. Cross-listed as REL587. Prerequisite: REL377.

REL393W
Shambhala Training Level IV: Awakened Heart (1)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as sutras, lives of Buddhist saints, history, philosophy and so forth. It also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL375. Cross-listed as REL377.

REL391W
Shambhala Training Level II: Birth of the Warrior (1)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as sutras, lives of Buddhist saints, history, philosophy and so forth. It also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL375. Cross-listed as REL377.

REL394W
Shambhala Training Level V: Open Sky (1)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as sutras, lives of Buddhist saints, history, philosophy and so forth. It also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL375. Cross-listed as REL377.
need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

REL479
Capstone Seminar and Senior Project (3)
This course reviews religious studies as an academic discipline with a special emphasis on applying religious studies methodology to religious traditions and phenomena encountered in their major study. Special emphasis is placed on written and oral expression, integrative understanding and the relationship between religious traditions and the personal spiritual understanding/journey. The principal that both outer and inner knowledge contribute to one’s path, which was introduced at the beginning of the student’s journey, is brought to fruition. The particular focus of the second half of the class is the final preparation and presentation of the senior project.

REL490W
Shambhala Training Level VII: Windhorse (1)
Shambhala Training is the path of study and practice of Shambhala warriorship—the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action. The Shambhala Training path of study and practice begins with a series of weekend levels, known as the Heart of Warriorship—which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

REL491W
Shambhala Training Level VIII: Drala (1)
Shambhala Training is the path of study and practice of Shambhala warriorship—the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action. The Shambhala Training path of study and practice begins with a series of weekend levels, known as the Heart of Warriorship—which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

REL492W
Shambhala Training Level IX: Meek/Perky (1)
Shambhala Training is the path of study and practice of Shambhala warriorship—the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action. The Shambhala Training path of study and practice begins with a series of weekend levels, known as the Heart of Warriorship—which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

REL493W
Shambhala Training Level X: Perky (1)
Shambhala Training is the path of study and practice of Shambhala warriorship—the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action. The Shambhala Training path of study and practice begins with a series of weekend levels, known as the Heart of Warriorship—which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

REL494W
Shambhala Training Level XI: Outrageous & Inscrutable (1)
Shambhala Training is the path of study and practice of Shambhala warriorship—the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action. The Shambhala Training path of study and practice begins with a series of weekend levels, known as the Heart of Warriorship—which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

REL495W
Shambhala Training Level XII: Golden Key (1)
Shambhala Training is the path of study and practice of Shambhala warriorship—the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action. The Shambhala Training path of study and practice begins with a series of weekend levels, known as the Heart of Warriorship—which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

REL499
Independent Study: Religious Studies (1)
This course offering is an opportunity for students to engage in in-depth, concentrated study with a particular faculty member for a semester. The design of study and coursework is decided upon by the student and faculty member.