

SYLLABUS
752: MYSTICISM – ANCIENT TO NEW THOUGHT
(opR-Spring) Core Course
One-Day Residential & Distance Learning.
FACULTY: Bob Nunley, PhD, Teri Martin, MA, Benjamin Martin, MA
Date Revised: 6/15/10

COURSE DESCRIPTION

This course provides a survey of Mysticism across the major religious traditions by investigating what is historically universal about the mystical experience across all religions and eras as well as what is unique about the mystical experience within each tradition. Faculty and students will explore the language and experience of “beloving” (as opposed to believing) as it has been expressed by mystics from days ancient to contemporary, with special emphasis given to the “practical mystics” who were able to marry their vision to their daily lives of action. In addition, this course surveys some of the current Science of Mysticism and what Science has to say about mystical experience. A major goal of this class is to build spiritual community through didactic and experiential activities that deepen the personal and professional understanding of mysticism on the part of each participant and each professor.

FACULTY BIOGRAPHY

Ms. Martin earned her Undergraduate Degree in Mathematics from Pepperdine University and her Master of Liberal Arts degree from St. John’s College, Santa Fe, NM. Ms. Martin has spent 30 years teaching and developing curriculum for a spectrum of subjects including mathematics, history, literature, art history, philosophy, and music. For 30 years, Ms. Martin has also been a student of Sacred Humanism under the late Dr. William Boast, founder of the Christuman Church and former Dean of Academic Studies and Humanities at Community College, Red Rocks. She is an ordained minister of the Christuman Church and is Rectrix and President of the Christuman Humanities Institute. Ms. Martin is author of numerous spiritual writings on Sacred Humanism and has been a student of those who have been models of the Sacred Human through the ages.

Mr. Martin earned his Undergraduate Degree in Psychology from Pepperdine University and his Master of Arts degree in Instructional Technology from the University of Colorado. He is co-author of the management book *Masters of Change*. He is a former Vice President of global content management for J.D. Edwards (an ERP software company) and has over 28 years of industry experience in single-source publishing and content management solutions. During this same period as a corporate executive, he studied under the late Dr. William Boast, founder of the Christuman Church and former Dean of Academic Studies and Humanities at Community College, Red Rocks. For over 35 years, Dr. Boast held scholarly rigorous private classes through which he mentored Mr. Martin and selected other students in history, literature, philosophy, world religions, music and art. In the course of his learning, Mr. Martin was ordained as priest and minister of the Christuman Church. He is a poet and author of many spiritual treatises centered on that which is universal and true in all religions and has been a student of the way of the mystic through the ages.

Dr. Bob Nunley is a Professor Emeritus of Geography at the University of Kansas. His degrees include a Bachelor of Science in Marketing, an MS in Geography and Political Science from Marshall University, and a PhD in Geography from the University of Michigan. He is a geodemographic and computer consultant and an innovative explorer in the psychology of learning and the human potential. He served on the Fetzer Energy Medicine Advisory Board. He is a past Co-President and Board member of ISSSEEM. He is Co-Instructor of the Inner Counselor courses. He is an ordained minister of the *All Faiths Church of Spirituality and Health*.

FACULTY CONTACT INFORMATION

Faculty Name: Teri Martin
E-mail Address: chimartin@aol.com
Phone Number: 303-697-0630
Address: 17421 N. Canyon Rd, Littleton, CO 80127
Conference Call #: - Access Code:

Faculty Name: Ben Martin
E-mail Address: benhmartin@aol.com
Phone Number: 303-697-0630
Address: 17421 N. Canyon Rd, Littleton, CO 80127
Conference Call #: - Access Code:

Faculty Name: Bob Nunley, Ph.D
E-mail Address:
Phone Number:
Address:
Conference Call #: - Access Code:

COURSE DELIVERY STYLE & PLAN OF ACTION

Required readings, scholarly papers, journalistic responses, exploratory and synthesizing research assignments, and experiential assignments are designed to provide students with a deepened understanding of the history and nature of various mystical traditions as well as the literature and lives of particular mystics, ancient to contemporary. In addition to individual work, students may participate in an optional one-day residential component held during Campus Week at Unity Village in which students are introduced to instructor-led materials and exercises as well as the sharing of personal spiritual practices. Conference calls are scheduled monthly with assignments to be completed before the call.

Students may proceed as follows:

1. Contact the Instructor by email.
2. Obtain the required textbooks and other materials.
3. Read the Syllabus, Outline of Assignments, and Assignment Schedule and clarify any questions you have on your individual plan of action for the course.
4. Submit all of your assignments and attend all telephone conferences according to the Assignment Schedule. Contact the instructor if there are problems with this.

OP-RESIDENTIAL REGISTRATION

Register with the HU Bursar, Marilyn McGehee (888-272-6109) for the optional residency portion of the course. There is an additional \$25.00 per day campus fee for residency classes held at Unity Village.

LEARNING OUTCOMES

Students will:

- Develop and discuss definitions of *mystic, mysticism, practical mysticism, loving*
- Discuss and write cogently about the value of a mystical way of life
- Analyze the way of mystic in terms of the hero path
- Identify and describe examples of “practical mysticism” and “practical mystics”
- Discuss and write cogently about what is *universal and common* in the mystical experience across all religious traditions

- Discuss and write cogently about what is *different* in the mystical experience across religious traditions
- Identify representative mystics from different eras and/or religious traditions
- Identify, discuss and write cogently regarding the language and experience of “beloving” from the literature of mystics
- Design and describe a daily practice as an experiential connection to a particular mystic or to a lineage of mystics
- Choose and experience one to three mystical practices and describe your experience
- Understand and describe your experience of five levels of consciousness
- Describe current scientific studies of neurotheological experience.
- Identify and discuss questions raised by scientific studies regarding mystical experience

Required Materials and Texts: (All but #6 available through Amazon.com)

1. Abhayananda, Swami, *HISTORY OF MYSTICISM*, ATMA Books, Olympia, 1996.
2. Carmody, Denise and John. *HOLINESS EAST AND WEST*, Oxford University Press, New York, 1996.
3. Govinda, Lama Anagarika, *FOUNDATIONS OF TIBETAN MYSTICISM*, Weiser Books, Boston, 1969.
4. Hagerty, Barbara Bradley, *FINGERPRINTS OF GOD*, Riverhead Books, New York, 2009.
5. Underhill, Evelyn, *PRACTICAL MYSTICISM*, Ariel Press, Columbus OH.
6. *THE ENNEANEAN*. A Christuman Church publication. (Available as a PDF file.)

HOLOS FACULTY-STUDENT COMMUNICATIONS POLICY

Students and instructor communicate frequently via email, and phone conferences create a collegial forum for sharing ideas among class participants. Telephone conferences and calls with instructors are the student’s expense. Faculty should inform students of any times that they are not available for email or phone communication. Students should inform instructors if they will not be available for scheduled phone conferences. Assignments will be returned with comments, guidance and/or suggestions for improvement. Some assignments may also be exchanged with other students in the class, and comments to each other are encouraged. These may be in writing, or during the conference calls. Students should allow three days for a response after emailing an instructor. If you have not received any response after three days, re-send the email, call the instructor and leave a voice message. If you have still not received a response after two more days, forward your email communications with the instructor to the Dean of Faculty. Further action will be determined by the Dean of Faculty.

ASSIGNMENT FORMATS

- All written assignments must be **Microsoft Word** documents sent by email as attached files.
- All papers should be **double-spaced**.
- **FONT:** Times or Times New Roman.
- **E-MAIL SUBJECT LINE:** Always include your name and the Assignment number in the subject line of your E-mail and on the title page of your assigned papers.
- **END NOTES:** All referenced material must be cited using endnotes. Include the Author's name, the publication name, the publisher, the date of publication, and the page number.
- **FILE NAME:** **When you “save” your document**, you **MUST** use the following format to name your Word file: Or your file will be returned so that you can add the proper file name and format: The document you attach to your e-mail should be in the following format:

SmithJ_887#1.doc. (Last Name, First Initial Course #, Assignment#.doc) Use Times, Times New Roman, or Helvetica fonts, 12 pt. and cite all referenced material using *Chicago Manual of Style* endnotes.

OUTLINE OF ASSIGNMENTS & PERCENTAGE OF COURSE

Assignment #1	Journal Report: Read and Write: 3-5 pages, <i>Enneanean & Underhill</i>	10%
Assignment #2	Journal Report: Read and Write: 5-8 pages: Mystic as Guide, <i>Abhayananda</i> Journal/Contemplative Reading practice (assessed as part of Assignment 6)	10%
Assignment #3	Scholarly paper: Read and Write: 5-8 pages: Neurotheology & Mysticism, <i>Hagerty</i>	10%
Assignment #4	Experiential: Read and Write: Mystical practice/Skandhas, <i>Govinda</i>	10%
Assignment#5	Scholarly paper: Read and Write: 12-15 pages: Comparison/Contrast of Two Mystics, <i>Carmody</i>	20%
Assignment #6	Research Project: <i>Mysticism Textbook</i>	40%

DETAILS OF ASSIGNMENTS

ASSIGNMENT #1

Due Date: Monday, September 27, 2010

Percentage of Grade: 10%

Learning Outcomes of Assignment – students will:

- Explore and develop definitions of *mystic, mysticism, practical mysticism, loving*
- Think, discuss and write cogently about the value of a mystical way of life
- Identify and describe examples of “practical mysticism” and “practical mystics”

Required Texts and/or Materials: Evelyn Underhill’s *Practical Mysticism, The Enneanean*

Assignment Description:

READ: Underhill, *Practical Mysticism*, “The Enneanean”

WRITE: In a 3-5 page journal report:

- Define or describe *in your own words* each of the following: “mystic”, “mysticism”, “practical mysticism” and “loving”.
- Discuss how your concept of each compares to the denotations and/or connotations found in *The Enneanean* and Underhill’s *Practical Mysticism*.
- Discuss whether your concepts and experience of “mystic”, “mysticism”, “practical mysticism” and “loving” *challenge or support, differ or agree with, expand upon or narrow* those described in the readings.

ASSIGNMENT #2

Due Date: Monday, October 18, 2010

Percentage of Grade: 10%

Learning Outcomes of Assignment – students will:

- Develop definitions of *mystic, practical mysticism, loving*
- Identify and describe examples of “practical mysticism” and “practical mystics”
- Identify representative mystics from different eras and/or religious traditions
- Identify, discuss and write cogently regarding the language and experience of “loving” from the literature of mystics
- Design and describe a daily practice as an experiential connection to a particular mystic or to a lineage of mystics

Required Texts and/or Materials: Abhayananda, *History of Mysticism*

Assignment Description:

READ: *History of Mysticism*.

RESEARCH and choose a mystic who displayed “practical mysticism” and a “loving” in their life and could serve as a guide to your own spiritual journey. (It does not need be a mystic referenced in *Holiness East and West*.)

WRITE: In a 5-8 page well-researched and well-referenced report, discuss the life, mystical experience and the creative outpourings (writings, poetry, music, theology, art, healing, etc) of your mystic including 1) how your choice of mystic demonstrated a practical mysticism and “beloving” and 2) why you would choose this mystic as a guide.

JOURNAL: Begin a daily practice in which you read a selection from the life or writings of your chosen mystic. Spend 5-10 minutes in contemplating the reading and then write a short personal response to the reading. (A summary of these entries will be included in Assignment #6, “Mysticism Textbook”.)

ASSIGNMENT #3

Due Date: Monday, November 15, 2010

Percentage of Grade: 10%

Learning Outcomes of Assignment – students will:

- Describe current scientific studies of neurotheological experience.
- Identify and discuss questions raised by scientific studies regarding mystical experience.

Required Texts and/or Materials: Hagerty, *Fingerprints of God*

Assignment Description:

READ: *FINGERPRINTS OF GOD*

WRITE: A 5-8 page referenced scholarly paper in which you describe some aspect of current neurotheological research and discuss how this research is impacting assumptions or beliefs regarding mystical experience. (Include references to at least one scholarly journal article and one other scholarly source.)

ASSIGNMENT #4

Due Date: Monday, December 13, 2010

Percentage of Grade: 10%

Learning Outcomes of Assignment – students will:

- Choose and experience one to three mystical practices and describe their experience.
- Understand and describe their experience of five levels of consciousness

Required Texts and/or Materials: Govinda, *Foundations of Tibetan Mysticism*

Assignment Description:

READ: *Foundations of Tibetan Mysticism* in its entirety, but with special focus on Part 2 #6.

RESEARCH: a “Mystical” practice: Examples: use of sound, mantras or prayer, mandalas, yoga, Qigong, dance, etc.

EXPERIENCE: For a period of three weeks, set aside ten minutes or more per day to experience the use of a specific mystical practice. You may use the same practice for all three weeks, or have a different practice each week. During and after each session become aware of your body/mind/emotions and describe briefly, in writing, any thoughts, emotions, or sensations you notice. The amount of time you spend is not nearly as important as the regularity with which you do the practice.

COMPILE: A personal report describing the effects of the practice. Did you notice changes in your body, emotions, and mind that you would attribute to the practice? Use the Govinda text, Part 2 #6, to reference and discuss the six levels of consciousness as they relate to your experience.

ASSIGNMENT #5

Due Date: Monday, January 10, 2010

Percentage of Grade: 20%

Learning Outcomes of Assignment - students will:

- Discuss and write cogently about what is universal and common in the mystic experience across all religious traditions
- Discuss and write cogently about the differentiating characteristics of mystical experience across religious traditions
- Identify representative mystics from different eras and/or religious traditions

- Identify, discuss and write cogently regarding the language and experience of “beloving” found in literature of mysticism
- Identify best reference resources for the lives of mystics
- Critique reference resources and compile best mysticism and mystic reference bibliographies

Required Texts and/or Materials: Carmody, *Holiness East and West*

Assignment Description: Scholarly paper, well-researched, well-referenced, 10-20 pages in which you select and research a representative mystic from *each of two religious traditions* (may or may not be of same era) and compare and contrast their lives, mystical experiences, creative outpourings, their mystical lineage and tradition, and subsequent influence.

ASSIGNMENT #6

Due Date: Monday, January 24, 2010

Percentage of Grade: 40%

Learning Outcomes of Assignment – students will:

- Develop definitions of *mystic, practical mysticism, loving*
- Discuss and write cogently about the value of a mystical way of life
- Identify and describe examples of “practical mysticism” and “practical mystics”
- Discuss and write cogently about what is universal and common in the mystic experience across all religious traditions
- Discuss and write cogently about the differentiating characteristics of mystical experience across religious traditions
- Identify representative mystics from different eras and/or religious traditions
- Identify, discuss and write cogently regarding the language and experience of “beloving” found in literature of mysticism
- Design and describe a daily practice as an experiential connection to a particular mystic or to a lineage of mystics
- Identify best reference resources for the lives of mystics
- Critique reference resources and compile best mysticism and mystic reference bibliographies

Required Texts and/or Materials: To be compiled by student

Assignment Description:

RESEARCH PROJECT: PERSONAL TEXTBOOK ON MYSTICISM

WRITE, COMPILE, CREATE the Mysticism Textbook you would want to use if you were to teach this class. Your textbook should be presented in a scholarly format, well-researched and well-referenced and should include but is not limited to the following elements:

- Title
- Table of Contents
- Introductory essay (3-5 page): in which you discuss your major learnings and insights from the class
- Papers from the class (Assignments: 1-5) reflecting rewrites and corrections along with added Appendix for each paper to accommodate related information, links, and additional commentary, insights or discoveries
- Annotations two-three paragraphs in length, on all of the required texts and at least four other books and three other scholarly articles
- Collected examples of literature of “beloving” – cited passages from literature of mysticism or “favorite” words of wisdom from mystics
- 3-5 page summary or “best of” of your journal insights
- Annotated Bibliography (2-3 sentence annotations) of all resources you have used or uncovered during the semester including required readings, and references used in all papers

- and any other “best sources” (journal articles, links to websites, videos, seminars, etc.) on specific mystics or mystical traditions, science of mysticism, mystical practices, etc.
- Other possible, but optional inclusions: any creative original works (art, music, poetry, etc) that have been inspired by course readings or experience, collections of prayers, articles on mystical practices...

PHONE CONFERENCES

Phone number: 605-715-4920

Access Code: 689 2398#

Percentage of Grade: Built into assessments of Assignments 1-6.

Learning Outcomes of Conference: Listed in Assignments 1-6.

Description of Conference: Students will be sent directions for joining each Conference Call which may take the form of a GoToMeeting with sharing papers, powerpoints, etc. Topics for discussion will generally be focused on assignments, but may include special topics which students will be notified of in time for preparation. Calls are normally scheduled for 7 - 8:30 p.m. Central Time. The following is a tentative schedule for the conference calls. If you know you have a conflict with these dates and times, please email as early as possible with 1) a time you *are* available on the scheduled date and/or 2) a time you are available on the day before and the day after the scheduled date.

Tentative Schedule of Conference Calls

- | | |
|---|-------------------------------|
| 1. Introductory Conference Call: | Thursday, September 23 |
| 2. October Conference Call: | Thursday, October 21 |
| 3. November Conference Call: | Thursday, November 18 |
| 4. December Conference Call: | Tuesday, December 14 |
| 5. January Conference Call: | Thursday, January 20 |
| 6. Optional “Afterglow” Call: | Thursday, January 27 |

FINAL ASSIGNMENT:

Complete and return the course evaluation form you will receive a course evaluation form in August and February. You will receive notification of your final course grades only after you have submitted an evaluation for all courses you completed this semester. Students who plan to take an Incomplete in a course must wait until finishing a course before returning the evaluation form for the course.

ADDITIONAL INFORMATION FOR THIS COURSE

Assessment of Assignments: Individual assignments will not receive grades, but rather the assessment of each will come in the form of comments, guidance and suggestions for improvement. A grade for this course will be based subjectively upon the clarity, quality and demonstrated understanding of the subject matter, promptness of written assignments and verbal participation. Final Course grades will be either A, B, H (Honors) or I (Incomplete).

References/Recommended Reading Lists

1. Arseniev, Nicholas. *MYSTICISM & THE EASTERN CHURCH*, St Vladimir’s Seminary Press, Crestwood, New York, 1979.
2. Barks, Coleman, *THE SOUL OF RUMI*, Harper, San Francisco, 1995.
3. Bouteneff, Vera. *FATHER ARSENY 1893-1973*, St Vladimir’s Seminary Press, Crestwood, New York, 1998.
4. Goleman, Daniel. *THE MEDITATIVE MIND: VARIETIES OF MEDITATIVE EXPERIENCE*, Jeremy P. Tarcher, Inc., Los Angeles, CA, 1988.
5. Horgan, John, *RATIONAL MYSTICISM*, Houghton Mifflin Company, New York, 2003.

6. James, William. *THE VARIETIES OF RELIGIOUS EXPERIENCE*, Modern Library, New York, 1936 (original 1902).
7. Mascaró, Juan. *THE UPANISHADS*, Penguin, New York, 1965.
8. McGinn, Bernard. *THE PRESENCE OF GOD: A HISTORY OF WESTERN CHRISTIAN MYSTICISM*, 4 vols., Crossroad, New York, 1991 -2005.
9. McGinn, Bernard. *THE ESSENTIAL WRITINGS OF CHRISTIAN MYSTICISM*, Image Books, Garden City, New York, 1941.
10. Merton, Thomas. *RAIDS ON THE UNSPEAKABLE*. New Directions, New York, 1964.
11. Nicholson, R. A. *THE MYSTICS OF ISLAM*, Routledge and Kegan, London, 1914.
12. Otto, Rudolf. *THE IDEA OF THE HOLY*, Oxford University Press, London, 1923.
13. Purce, Jill. *THE MYSTIC SPIRAL: JOURNEY OF THE SOUL*, Thames and Hudson, 1974.
14. Scholem, Gershom. *MAJOR TRENDS IN JEWISH MYSTICISM*, Weiser Books, Boston, 1969.
15. Smith, Huston, *THE ILLUSTRATED WORLD RELIGIONS: A GUIDE TO OUR WISDOM TRADITIONS*, Harper, San Francisco, 1994.
16. Underhill, Evelyn, *MYSTICISM, THE PREEMINENT STUDY IN THE NATURE AND DEVELOPMENT OF SPIRITUAL CONSCIOUSNESS*, Doubleday, New York, 1990.
17. Underhill, Evelyn. *THE SPIRITUAL LIFE*, Penguin Books, New York, 1993.
18. Yogananda, Paramahansa, *AUTOBIOGRAPHY OF A YOGI*, Self-Realization Fellowship, Los Angeles, CA, 1969.