

**SYLLABUS**  
**PERSPECTIVES IN TRANSPERSONAL PSYCHOLOGY**

**Distance Learning**

**FACULTY: Patricia Norris, PhD**

**Date Revised: 8/11/10**

**COURSE DESCRIPTION**

In this course, students will be exposed to a wide variety of transpersonal pathways, both ancient and modern, that are directed towards the evolution of consciousness and the experience of oneness and inseparability from the web of life. The focus will be on the philosophical, developmental, and transcendental aspects of transpersonal psychology, exploring an enlarged view of human nature and the Cosmos. Transpersonal understanding has existed continuously down through the ages, exemplified in Hinduism, Buddhism, Judaism, Sufism, Esoteric Christianity, and many indigenous systems. The emergence of Modern Transpersonal Psychology from these ancient philosophical and spiritual roots will be studied, and its significance and meaning in contemporary life explored. The course is offered in five monthly segments, each with assigned reading, a telephone conference and a scholarly paper.

**FACULTY BIOGRAPHY**

Dr. Norris' work emphasizes integrating body, emotions, mind, and spirit using biofeedback-assisted psychophysiological self-regulation, psychosynthesis, and imagery/visualization. Since 1978, Dr. Norris has worked with clients with cancer, autoimmune disorders such as MS and rheumatoid arthritis, and AIDS. Her research and treatment interests include brain wave self-regulation and psychosynthesis in addictive disorders, energy medicine, and states of consciousness. She is past president of the Association for Applied Psychophysiology and Biofeedback and of ISSSEEM. She served as a Faculty Member of the Karl Menninger School of Psychiatry 1979-1995. She is an Adjunct Professor of Psychology at Union Graduate School and serves on the boards of the International School for Psychotherapy, Counseling and Group Leadership, the Gladys Taylor McGarey Medical Foundation, and Health World On-Line.

**FACULTY CONTACT INFORMATION**

Faculty Name: Patricia Norris PhD

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Website:

Phone Number: 707-456-9968

Address: 27660 Poppy Drive, Willits CA 95490

**Conference Call #: - Access Code: 616-597-8000; access code 366441#**

**COURSE DELIVERY STYLE & PLAN OF ACTION**

There will be five, sixty-minute phone conference calls during the semester.

The telephone calls are organized by the instructor, and each student pays for their own individual phone cost. During the first month, you will receive a copy of the other registered students, with their e-mail address, phone number and mailing address. Mutual support of our learning process and scholastic endeavors by active participation in the conference calls and assignment exchanges will contribute to the grade.

**Course Assignments**

Assignments for this course will follow a monthly sequence. Each month there will generally be two books to read, a paper to write, and a teleconference near the end of the month. Students may also exchange papers with other students in the class, depending on the size of registration. The first month will focus on primarily modern writers who are leaders in the field of transpersonal psychology and philosophy. The second month will examine Buddhism and Sufism, as interpreted by well known proponents of the systems,

especially with regard to spiritual attainment, wisdom, and choice. The third month will look at modern writers on Christian diversity and the Kabbalah, and practice a spiritual exercise. The fourth month examines the earliest insights into the eternal truths of Transpersonal philosophy, through the Upanishads of Hinduism and through Shamanism. In the last month we come back to modern theory in *Revisioning Transpersonal Theory: A Participatory Vision of Human Spirituality*.

## LEARNING OUTCOMES

### Students will:

- List various properties of consciousness as described in Eastern and Western thought
- Describe the “full spectrum” theory of development outlined by Ken Wilber
- Compare Huxley’s Perennial Philosophy with Wilber’s Great Chain of Being
- Compare Grof’s Ways to Reunion with Cosmic Source to Wilber’s Development Theory
- Define and describe Grof’s ideas about Unitive Experiences and Boundaries
- Describe their own perspective on the philosophies of Eastern and Western thought
- Discuss their own experiences of ventures in consciousness
- Engage in an exchange of ideas regarding ego, self-image, as reflected in beliefs
- Discuss similarities and differences between Personal and Transpersonal
- Define what each system describes as the nature of mind
- Identify what Sufism and Buddhism each consider the cause of suffering
- Relate what Buddhism and Sufism Think about the Will, developing the will
- Compare and contrast the two systems in terms of personality development
- Define and discuss what is Divine Psychology
- Describe what the authors each describe about the nature of mind
- Compare and contrast how each develops training of the mind
- Define what each reading proposes about freedom of choice
- Discuss and describe commonalities in all of the readings so far.
- Demonstrate the aspect of the Transpersonal and Transcendent in each area studied
- Discuss the Three Attentions from your practice. What happened?
- Describe Shamanic techniques for healing self and others
- Compare and contrast how Shamanism fits with the major religions
- Demonstrate how the Upanishads hold spiritual truths underlying all great religions
- Define aspects of the Upanishads such as Identification, and aspects of Will.
- Discuss the core concepts, central theme of each of the twelve Upanishads
- Discuss how core ideas of Shamanism such as Transcendence, relate to the Upanishads
- Examine and describe various perspectives on these teachings
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- Discuss how core ideas of Shamanism such as Transcendence, relate to the Upanishads
- Examine and describe various perspectives on these teachings
- List and describe the five advantages of a Participatory Philosophy
- Differentiate between experiential and epistemological ways of knowing
- Analyze arguments for and against the Participatory Vision Ferrer delineates as preferable
- Discuss Ferrer’s proposition in the light of the readings in all the segments so far
- Define what they think are the underlying truths or ideas arguing for and against a need for Revisioning Transpersonal Theory

**Required Materials and Texts:**

- Ferrer, Jorge N. *Revisoning Transpersonal Theory: A Participatory Vision of Human Spirituality*. New York: State University of New York Press, 2002.
- Grof, Stanislav. *The Cosmic Game: Explorations of the Frontiers of Human Consciousness*. New York: State University of New York Press, 1998
- Khan, Hazrat Inayat. *Spiritual Dimensions of Psychology*. New York: Sufi Order Publications, 1981
- Nash, John F. *Christianity: The One, the Many; What Christianity might have been and could still become*. Jersey City Heights, NJ: Xlibris, 2007
- Parfitt, Will. *Kabbalah for Life: How to use the power and wisdom of this ancient Tradition*. London: Ebury Publishing, Random House, 2006.
- Prabhavananda, Swami and Frederick Manchester.(translators from the Sanscrit) *The Upanishads: Breath of the Eternal*. New York: Mentor Books, 1957.
- Targ, Russell and J.J. Hurtak. *The End of Suffering: Fearless Living in Troubled Times...or, How to Get Out of Hell Free*. Charlottesville, Virginia: Hampton Roads Publishing Company, Inc., 2006
- Walsh, Roger and Frances Vaughn, Eds. *Paths Beyond Ego: The Transpersonal Vision*. Los Angeles: Jeremy P. Tarcher/Perigee Books, 1993.
- Walsh, Roger. *The Spirit of Shamanism* Los Angeles: Jeremy P. Tarcher, Inc. 1990.

**Recommended Further Reading**

- Brewi, Janice and Anne Brennan. *Mid-Life Spirituality and Jungian Archetypes* York Beach, Maine: Nicholas-Hays, 1999
- Bucke, Richard. *Cosmic Consciousness: A Study in the Evolution of the Human Mind*. New York: E.P. Dutton, 1060.
- Grof, Stanislav. *Beyond the Bain: Birth, Death and Transcendence in Psychotherapy*. New York: State University of New York Press, 1986.
- James, William. *The Varieties of Religious Experience: A Study in Human Nature*. New York: Modern Library, 1936 & 1994
- Jung, Carl. *Memories, Dreams and Reflections*. Aniela Jaffe (Ed.). New York: Vintage Books, 1961
- May, Gerald G. *The Dark Night of the Soul*. San Francisco, Harper, 2004
- Myss, Caroline *The Anatomy of the Spirit: The Seven Stages of Power and Healing*. New York: Harmony Books, 1996
- Peck, M. Scott. *Further Along the Road Less Traveled: The Unending Journey Toward Spiritual Growth*.
- Transpersonal Institute. *The Journal of Transpersonal Psychology*. Palo Alto, California, 1969-present, semi-annually

**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. Students should allow three days for a response after emailing an instructor. If you have not received a 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 Read *The Cosmic Game and Paths Beyond Ego*, and write a scholarly paper, 12%; participate in a teleconference, 8%

Assignment # 2 Read *The End of Suffering and The Spiritual Dimensions of Psychology*, and write a scholarly paper, 12%; participate in a teleconference, 8%.

Assignment # 3 Read *Christianity: the One, the Many and Kaballah for Life*, and write a scholarly paper, 12%; participate in a teleconference, 8%

Assignment # 4 Read *The Upanishads and The Spirit of Shamanism*, and write a scholarly paper 12%; participate in a teleconference, 8%

Assignment # 5 Read *Revisiting Transpersonal Theory* and write a scholarly paper, 12%; participate in a teleconference, 8%

## DETAILS OF ASSIGNMENTS

### ASSIGNMENT #1

**Due Date:** October 7

**Percentage of Grade:** 12%

**Learning Outcomes of Assignment – Students will:**

- List various properties of consciousness as described in Eastern and Western thought
- Describe the “full spectrum” theory of development outlined by Ken Wilber
- Compare Huxley’s Perennial Philosophy with Wilber’s Great Chain of Being
- Compare Grof’s Ways to Reunion with Cosmic Source to Wilber’s Development Theory
- Define and describe Grof’s ideas about Unitive Experiences and Boundaries

**Required Texts and/or Materials:** Walsh, Roger and Frances Vaughn, Eds. *Paths Beyond Ego: The Transpersonal Vision*. Los Angeles: Jeremy P. Tarcher/Perigee Books, 1993.

Grof, Stanislav. *The Cosmic Game: Explorations of the Frontiers of Human Consciousness*. New York: State University of New York Press, 1998

**Assignment Description: Assignment for October 7**

In *Paths Beyond Ego*, Read Section One, *The Riddle of Consciousness*; Section Three: *Lucid Dreaming*; Section Four, *The Mind Manifesters: Implications of Psychedelics*; Section Five, *Transpersonal Dimensions of Development*; Section Eight, *Science, Technology and Transcendence*; and Section Nine, *The Philosophy of Transcendence*

In *The Cosmic Game*, Read Chapters 2. *Cosmos, Consciousness and Spirit*, 3. *The Cosmic Creative*

Principle, 5. The Ways to Reunion with the Cosmic Source, and 9. Taboo Against Knowing Who You Are in The Cosmic Game

**Write** a paper of five pages or more comparing the ideas in the selections from Paths Beyond Ego to chapters in The Cosmic Game.

### PHONE CONFERENCE #1

**Phone number:** 760-569-6000

**Access Code:** 366441#

**Time: Percentage of Grade:** 8%

**Required Texts:** Same as above

**Description of Conference:** Students will exchange papers with one or two other students. They will discuss varying perspectives on the same topics, and include discussing these ideas relevant to their own experiences and beliefs.

**Learning Outcomes of Conference. Students will:**

- Describe their own perspective on the philosophies of Eastern and Western thought
- Discuss their own experiences of ventures in consciousness
- Engage in an exchange of ideas regarding ego, self-image, as reflected in beliefs
- Discuss similarities and differences between Personal and Transpersonal

### ASSIGNMENT #2

**Due Date:** November 4

**Percentage of Grade:** 12%

**Learning Outcomes – students will:**

- Define what each system describes as the nature of mind
- Identify what Sufism and Buddhism each consider the cause of suffering
- Relate what Buddhism and Sufism Think about the Will, developing the will
- Compare and contrast the two systems in terms of personality development
- Define and discuss what is Divine Psychology

**Required Texts:**

Khan, Hazrat Inayat. Spiritual Dimensions of Psychology. New York: Sufi Order Publications, 1981

Targ, Russell and J.J. Hurtak. The End of Suffering: Fearless Living in Troubled Times...or, How to Get Out of Hell Free. Charlottesville, Virginia: Hampton

**Assignment Description:**

Read The End of Suffering and Spiritual Dimensions of Psychology

Write a paper of five pages or more comparing and contrasting the ideas expressed by Hazrat Inayat Khan, and by Russell Targ & J.J. Hurtag with respect to spiritual attainment. What do each of these have to say about the nature of and training of the mind? About wisdom, attitude, choice?

### PHONE CONFERENCE # 2

**Phone Number:** 760-569-6000

**Access Code:** 366441#

**Time:** One Hour

**Percentage of Grade:** 8%

**Description of Conference:** Each student will speak for five minutes on a topic of their choice from these reading assignments. Then we will discuss ideas presented.

**Learning Outcomes of Conference - students will:**

- Discuss what the authors each describe about the nature of mind
- Compare and contrast how each develops training of the mind
- Define what each reading proposes about freedom of choice

### ASSIGNMENT # 3

**Due Date:** December 2

**Percentage of Grade:** 12%

**Learning Outcomes – students will:**

- List and describe the Seven Paths of Christianity
- Define Esoteric Christianity? Compare it with Holos Science of Mind and All Faiths churches.
- Define and Discuss The Ekklesia
- Present some similarities between the Ekklesia and the Kabbalah for Life
- Based on their reading, describe and present a confluence of similarities between Kabbalistic and Christian unitive ideas in an area of your choice.

**Required Texts:**

Nash, John F. Christianity: The One, the Many; What Christianity might have been and could still become. Jersey City Heights, NJ: Xlibris, 2007

Parfitt, Will. Kabbalah for Life: How to use the power and wisdom of this ancient Tradition. London: Ebury Publishing, Random House, 2006.

**Assignment Description:**

Read Christianity: The One, the Many; in Volume 1, read the introduction and the first 4 chapters in Part I, and chapters 9 and 10 in Part III. In Volume 2, read Part V and Part VI.

Read Kabbalah for Life. Practice the exercise Arising from Source at the end of Chapter 6, Ways of Stillness and Pathways to Inner Peace. Do this as many days as is possible.

Write a paper of five pages or more. How do Nash's descriptions of the themes, sects and topics of Christianity compare with Parfitt's many descriptions of The Tree of Life? How do they overlap? Distribute your paper to other classmates, and we will discuss the ideas presented.

### PHONE CONFERENCE # 3

**Phone Number:** 760-569-6000

**Access Code:** 366441#

**Time:** One hour

**Percentage of Grade:** 8%

**Description of Conference:**

Be prepared to discuss your practice. Each student will be asked to speak about how their lives may have been impacted by these ideas. Which ideas are novel? Which ideas are familiar, well known to you? Remembering the Mandala of the Eight Paths that Holos students are aware of, what things are similar in all paths? What things are different?

**Learning Outcomes of Conference – Students will:**

- Discuss and describe commonalities in all of the readings so far.
- Demonstrate the aspect of the Transpersonal and Transcendent in each area studied
- Discuss the Three Attentions from their practice.

### ASSIGNMENT # 4

**Due Date:** December 30, 2010

**Percentage of Grade:** 12 %

**Learning Outcomes – students will:**

- Describe Shamanic techniques for healing self and others
- Compare and contrast how Shamanism fits with the major religions

- Demonstrate how the Upanishads hold spiritual truths underlying all great religions
- Define aspects of the Upanishads such as Identification, and aspects of Will.

**Required Texts:**

Prabhavananda, Swami and Frederick Manchester.(translators from the Sanscrit) The Upanishads: Breath of the Eternal. New York: Mentor Books, 1957.

Walsh, Roger. The Spirit of Shamanism Los Angeles: Jeremy P. Tarcher, Inc. 1990.

**Assignment Description:**

Read The Upanishads: Breath of the Eternal, and The Spirit of Shamanism

Shamanism is one of humankind’s most ancient traditions, and has remained stable for at least 20,000 years. The Upanishads divulge the oldest insights into eternal truths of the major systems we have examined, and “...are unified by their common search for the true nature of Reality, and in the course of this search afford glimpses into supreme states of the soul.”

Write a paper of five pages or more, focusing on how these early traditions and methods predate and perhaps give rise to all the others. How do you think intuition, inner experience, and wisdom predispose humans towards transcendence, towards the transpersonal, impersonal or non-personal self?

Distribute your paper to the other students in the class when you turn it in.

**PHONE CONFERENCE # 4**

**Phone Number:** 760-569-6000

**Access Code:** 366441#

**Time** One Hour

**Percentage of Grade:** 8%

**Description of Conference:** Sharing of papers, ideas and experiences of group members. Participants will discuss what they have learned from each other and with each other.

**Learning Objectives of the Conference:**

- Discuss the core concepts, central theme of each of the twelve Upanishads
- Discuss how core ideas of Shamanism such as Transcendence, relate to the Upanishads
- Examine and describe various perspectives on these teachings

**ASSIGNMENT # 5**

**Due Date:** January 28

**Percentage of Grade:** 12%

**Learning Outcomes:**

- List and describe the five advantages of a participatory Philosophy
- Differentiate between experiential and epistemological ways of knowing
- Analyze arguments for and against the Perennial vision Ferrer delineates as preferable

**Required Text:**

Ferrer, Jorge N. Revisioning Transpersonal Theory: A Participatory Vision of Human Spirituality. New York: State University of New York Press, 2002.

**Assignment Description:**

Read Revisioning Transpersonal Theory: A Participatory Vision of Human Spirituality

Write a scholarly paper of five or more pages, with special attention to chapters 2, 4, 5 and 7

**PHONE CONFERENCE # 5**

**Phone number:** 760-569-6000

**Access Code:** 366441#

**Time:** One Hour

**Percentage of Grade:** 8%

**Description of Conference:** Students will exchange their paper with one or two other students. Discussion will include referencing back to all the previous readings in the course, as we analyze the Revisioning proposal.

**Learning Outcomes of Conference:**

- Discuss Ferrer's proposition in the light of the readings in all the segments so far
- Define what to you are the underlying truths or ideas arguing for and against a need for Revisioning Transpersonal Theory

**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.