COURSE TITLE: Meditation and Creative Thought

COURSE NUMBER: PHI 221

I. RATIONALE:

In a very busy and often counterproductive world, the ancient methods of contemplation, meditation, or centering have been a real boon to those who have bothered to approach them. Meditation is the place where East and West have often met.

II. COURSE OBJECTIVES:

The student will be able to:

1. Learn several meditation methods.
2. Develop one meditation technique which is most suited to the student’s creative and centering needs.
3. Demonstrate effective mastery of these objectives through proficient written and oral expression of ideas through tests, projects, papers, and/or presentations.