

## **TAPS 1280K: Mindfulness and Movement: Interoceptive Expressive Arts**

ZOOM ADDRESS:

<https://brown.zoom.us/j/96188531125>

Summer Session: Semester III of 2021

May 12- August 6th, 2021

MWF 11-12:30 (remote but connected, synchronous)

### **Doodle When to Meet**

[https://doodle.com/poll/4i76df296yy78zqn?utm\\_source=poll&utm\\_medium=link](https://doodle.com/poll/4i76df296yy78zqn?utm_source=poll&utm_medium=link)

### **Time Evaluations:**

38 classes x1.5 Hours = 57 hours of in-class practice

Private practice, journal writing, painting= 120 hours

Primary Instructor: Michelle Bach-Coulibaly

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401-588-1688

Office Hours: By appointment

### **Google Drive Folder:**

<https://drive.google.com/drive/folders/1D9Sc7Vpzw6eebA-AaLd4Jelw4SlfFls9?usp=sharing>

Create your own digital journals that can or cannot be shared with me.

## Course Description and Teaching Philosophy

This course prioritizes **practice** as a primary source of knowledge, exploration, wisdom, and truth bearing. The body does not lie. It tells a fascinating story of our lived experiences. Everything we have witnessed or experienced in our life is housed within our cells (implicit memory), sinew and bones. They form an accumulated history seeking to be seen, heard, and expressed. Our work involves learning to listen deeply to what our body and thought patterns are revealing to us as we learn to follow its innate messages and hidden codes.

Through the exploration of mindfulness and contemplative movement practices we work to unify these lived experiences by calming the mind, opening the heart, and celebrating our bodies without judgment, condition, or malice. We learn to listen, discern, and garner respect for its deep inner wisdom as the source for our own art making. With equanimity and focused attention we will create from what is authentically ours.

We will look into the philosophical tenets of ancient text, contemplative poetry and symbolic art to unlock these hidden codes. We will engage with the soma, visual, sounding and meditative arts. Through explorations in somatic movements, visualizations, vocal work, drawing, painting, and intuitive writing we will build a life-time practice that supports a heightened sense of self-knowledge, self-regulation, and self-care.

Interoceptive Expressive Arts is a method to help us access, identify, and respond appropriately to the patterns of internal signals. We use those signals as our guide to imagine and create. This is a course on training our own internal witness, to see, feel and hear, without judgement, what arises from within, and to hold space for what comes forth. This course is ultimately about seeing and being seen, to move and be moved, to listen and be heard, and to simply become more curious and aware of ourselves and our world.

### Required Material Objects:

#### YOGA:

1. Room to move
2. Comfortable clothes
3. Yoga mat (towel, blanket, etc.), Blocks, Bolster, Elastic bands, Zafu or
4. Any other pillows or blankets that will help to raise your seating posture to meditate
5. Chair you can use to meditate and do yoga from (armless)

#### JOURNAL

1. Hard covered Journal or Paper
2. 18x24 drawing pad or Blank Paper,

3. Pens/Pencils
4. Other Arts Materials (acrylics, colored pencils, markers, watercolors, oil-crayons, charcoal drawing pens, paint brushes.)

**Class Format:**

Arrive on time ready for the day's meditation and various movement practices. Bring yoga materials, journal and drawing/painting materials to each class.

**Typical Class:**

Meditation and Readings (20 minutes)

Guided Yoga: Hatha and Vinyasa Asanas (20 minutes)

Authentic Movement/ Somatic Exercises (30 minutes)

Reflection: Drawing, Painting, Writing (20 minutes)

**ATTENDANCE:** Showing up on time and practicing for the full 90 minutes is paramount to receiving a passing grade. This is an S/NC course that relies on us all being together to practice Mindfulness, Meditation, Yoga, Authentic Movement, and various Somatic physical practices and sharing Reflections with one another through our drawings, paintings, writings, and other art works. These paintings, writings, drawings etc. need to be seen and heard. In order for us to share, I have made two folders on Google Drive: Paintings and Writings. Take photos of your artwork and place in the appropriate folder with your names on them. This way I will have a chance to witness your works. Also, please make a digital journal (your own Google Drive) to gather your reflections, responses to the readings, painting, poetry writings, etc. These are for you and you alone to start building your own private practice.

Three unexcused absences are allowed for a course that meets three times a week. Attendance will be taken at every class.

An excused absence includes an illness or special circumstance with a Dean's or Doctor's note. Please communicate if you are not going to be in class for any reason. I care.

This is a safe and vibrant space for us all to thrive in and build community; to explore and ensure there is NO JUDGEMENT, only support for one another and self.

## **SCHEDULE OF EVENTS**

### **WEEK ONE: MAY 12 -14**

#### **5/12: Introductions, Syllabus Overview & Class Expectations.**

**Meditation/Reading:** *Love Letter to the Earth* by Thich Nhat Hahn. Pgs. 8-12.

**Reading for 5/14:** *Authentic Movement* by Whitehouse, Adler, Chodorow. "What is the Witness?" Pgs. 141-204.

#### **5/14: Yamas and Niyamas Overview. (Restraints and Observances)**

- **Meditation/Poem:** John O'Donohue. "For A New Beginning". Read from *The Yamas and Niyamas*. Pgs 15-18.
- **Yoga:** Asanas from the Vinyasa and Hatha traditions.
- **Class Discussion:** *Authentic Movement* by Whitehouse, Adler, Chodorow. "What is the Witness?". Pgs. 141-204.
- **Introduction to Authentic Movement Practice**
- **Reflection:** Write, Draw or Paint.

### **WEEK TWO (MAY 17-19 and 21): AHIMSA or Non-Violence.**

#### **5/17: AHIMSA or Non-Violence (Day 1)**

- **Meditation/Poem:** John O' Donahue: " For The Artist at the Start of Day."
- **Yoga Practice**
- **Authentic Movement Practice**
- **Reflection:** Draw, Paint, Write.

#### **5/19: AHIMSA or Non-Violence (Day 2)**

- **Meditation/Reading:** *Love Letter to the Earth* by Thich Nhat Hahn. Pgs. 13-16.
- **Yoga Practice**
- **Authentic Movement Practice**
- **Reflection:** Draw, Paint, Write.

- **Reading Due 5/21:** Introduction and excerpts from Book One of the *The Yoga Sutras of Patanjali*. Pgs.1-26

### **5/21: AHIMSA or Non-Violence (Day 3)**

- **Meditation: RAIN: Recognize, Accept, Investigate, Nourish.**
- **Yoga Practice**
- **Classroom Discussion:** Introduction and Book One from *The Yoga Sutras of Patanjali*.
- **Authentic Movement Practice:** Dyad Witnessing.
- **Reflection:** Drawing, Painting, Writing. “What did you witness?”

### **WEEK THREE (MAY 24, 26, and 28): SATYA or Truthfulness**

#### **5/24: SATYA or Truthfulness (Day 1)**

**Meditation/Poem:** “For Beauty” by John O’Donohue

**Yoga Practice**

**Authentic Movement Practice**

**Reflection:** Draw, Paint, Write.

#### **5/26: SATYA or Truthfulness (Day 2)**

- **Meditation/Poem:** “Keeping What is True Before Us” from Mark Nepo’s, “*Seven Thousand Ways to Listen*.” pg. 16-18.
- **Yoga Practice**
- **Authentic Movement Practice**
- **Reflection:** Draw, Paint, Write.
- **Reading for 5/28:** \*Eight-Fold Path: *Pathways to enlightenment and the elimination of suffering. (Found in Syllabi)*
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#### **5/28: SATYA or Truthfulness (Day 3)**

- **Meditation**
- **Yoga Practice**

- **Classroom Discussion:** Eight-Fold Path: Pathways to enlightenment and the elimination of suffering.
- **Authentic Movement Practice**
- **Reflection:** Draw, Paint, Write.

## WEEK FOUR (JUNE 2 and 4): ASTEYA or Non-Stealing

### 6/2: ASTEYA or Non-Stealing (Day 1)

- **Meditation/ Poem:** Rumi's "Enter the Garden of Delights"
- **Yoga Practice**
- **Authentic Movement Practice**
- **Reflection:** Draw, Paint, Write.
- **Reading Due 6/4:** *Eastern Body/Western Mind* by Anodea Judith. Preface–pg. 16.

### 6/4: ASTEYA or Non-Stealing (Day 2)

- **Meditation**
- **Classroom Discussion:** *Eastern Body/Western Mind* by Anodea Judith. Preface–pg. 16. Identities give us meaning. Somatic: Physical identity, Self-preservation
- **Yoga Practice:** Introduction to the Root Chakra #1. *Muladhara*. Reclaiming the Temple of the Body
- **Element:** Earth, **Color:** Red, **Purpose:** Foundation, **Basic Rights:** To Be Here and To Have.
- **Authentic Movement Practice**
- **Reflection:** Love Letter to Self.
- **Reading Due 6/7:** *Yoga Sutras of Patanjali*. pgs. 129-132. (Celibacy, Fasting, Abstinence)

## WEEK FIVE (JUNE 7, 9, and 11): BRAHMACHARYA or Non-Excess

### 6/7: BRAHMACHARYA or Non-Excess (Day 1)

- **Meditation:** The Four Elements: Earth, Wind, Water, Fire. (with music)
- **Yoga Practice**

- **Classroom Discussion:** *Yoga Sutras of Patanjali*. pgs. 129-132. What is Brahmacharya and how it informs our life of practice?
- **Authentic Movement Practice-Dyads**
- **Reflection:** Draw, Paint, Write.

### 6/9: BRAHMACHARYA or Non-Excess (Day 2)

**Meditation:** The Rasa explored in the body. Emotions as conceptual frameworks. Feelings as visceral expressions from the ancient text, *The Natrashastra*; *Shrighara: Love, Vira: Courage, Raudra: Rage, Adbhuta: Awe*. (The following rasa were not expressed in classtime but deserve to be mentioned: *Hasya*: Mirth, Merriment, Mockery; *Karuna*: Empathy, Sorrow, Grief; *Bibhatsa*: Adversion, Disgust, Loathing; *Bhayanaka*: Nervousness, Fear, Terror.)

Introduction to Sacral Chakra, #2. *Svadhithana*. Swimming in the Waters of Difference.

**Identity:** Somatic, Emotional, self-gratification

**Element:** Water, **Color:** Orange, **Purpose:** Movement and Connection, **Basic Right:** To Feel and Have Pleasure.

**Reflection:** Draw, Paint, Write.

### 6/11: BRAHMACHARYA or Non-Excess (Day 3)

**Writing** on non-excess and your relationship with pleasure. (in class).

**Meditation:** Intentionality for practice. Breathing in Courage. " **E-motions are energy in motion. If they are not expressed, the energy is repressed. As energy it has to go somewhere. Emotional energy moves us as does all enegy, To deny any emotion is to deny the ground and vital energy of our life**" John Bradshaw

Hero's Journey, Draw your hero's journey

**Yoga Practice:** Laying on Back, Child Pose, Seated, Table, Downward Facing Dog, Sun Salutations, Plank, Standing Balances, Warrior Two *Virabhadrasana*, Triangle *Utthita Trikonasana*, *Squats*, *Goddess Pose*. *Savasana or Corpse*.

**Reflection:** Write on "What is a Hero?" Write About our Hero and Why?

### WEEK SIX (JUNE 14, 16, and 18): APARIGRAHA or Non-Possessiveness

## 6/14: APARIGRAHA or Non-Possessiveness (Day 1)

### Read from Aparigraha text.

- Read Rumi's poem The Guesthouse , "*This being human is a guesthouse, Every morning, a new arrival: A joy, a depression, a meanness, Some momentary awareness comes as an unexpected visitor. Welcome and Entertain them all even if they are a crowd of sorrows who violently sweep your house empty of all its furniture. Still, treat each guest honorably; they may be cleaning you out for some new delight. The dark thought, the shame, the malice; meet them at the door laughing and invite them in. Be grateful for whoever arrives, because each has been sent as a guide from above.*"
- **Meditation:** Laying down. Hands on belly and heart. Let Go.
- **Breathing In**, I calm my Mind, **Breathing Out**, My mind is at Peace. I still my body/my body is at ease. I Smile/I Release. Deep and Slow/I Slow Down. Present Moment/Wonderful Moment. Repeat each phrase 4xs before moving to the next.
- **Yoga Practice:** Short Asana Series. Chakra #2: Water, Change, Movement, Flow, Sensation, Pleasure, Emotion, Need, Desire,
- **Movement: P.E.M.S. Physical Body, Emotional Body, Mental Body, Spiritual Body.** Write what each of these "feel like" right now. Move each one until we arrive at something repeatable.
- **Reflection:** Draw, Paint, Write.
- **Reading Due 6/16:** *Offering from the Conscious Body*,
- Preface- page 42.

## 6/16: APARIGRAHA or Non-Possessiveness (Day 2)

- **Meditation/ Poem:** Open Secret by Rumi
- **Breakout partners Discussion:** *Offering from the Conscious Body*,
- Preface- page 42.
- **Yoga Practice:** Introduction to Solar Plexus Chakra #3, *Manipura*, **Element:** Fire, **Color:** Yellow or Gold, **Purpose:** Transformation, **Basic Right:** To Act
- Identity: Egoic, Ego identity, Self-Definition
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- **Authentic Movement Practice:** Move, Sense, Speak what is happening in the moment
- **Reflection:** Draw, Paint, Write.

## 6/18: APARIGRAHA or Non-Possessiveness (Day 3)

- **Meditation:** Gratitude for what is showing up in the moment.



- **Yoga Practice:** Solar Plexus Chakra *Manipura*. Issues of Power, Self-Will, Behavior, and Actions.
- **Authentic Movement Practice:** Slowing Thing Down.
- **30 minutes to go from standing to laying on floor.**
- **Reflection:** Draw, Paint, Write. Writing a gratitude page.
- **Readings Due 6/21:** *Mindful Movement: Current Trends in Somatic Thinking and Being*. Pgs. 207-230.

## WEEK SEVEN (JUNE 21, 23, and 25): YAMA REVIEW

### 6/21: YAMA REVIEW (Day 1) Mid-Term Conferences all week.

#### Contemplative Eating: Bring raisins or grapes, raspberries, etc. to class

- **Meditation:** Non-Violence, Truthfulness, Non-Stealing, Non-Excess, Non-Possesiveness.
- **Classroom Discussion:** *Mindful Movement: Current Trends in Somatic Thinking and Being*. Pgs. 207-230. Concepts from the reading to think and write about. Interoception, Neuroplasticity, Proprioception, Exteroception, Kinesthesia, Graviception, Mabel Todd (Ideokinesis-Imagery and Body Posturalization), Mathias Alexander, (Head-Spine-Pelvis Connection), Imgard Bartenieff (LMA), Moshe Feldenkrais (Verbal Cueing-Re-patterning) Bonnie Bainbridge Cohen (Mind-Body Centering, Somatization), Skinner Release Technique (Nature Imagery for ease and expression), Limbic System (Emotional Regulation), Functions of the Brain: Cortex (High-Brain:Right/Left/Motor Planning and Movement Memory), Cerebellum (balance/movement), Brain Stem (Breath Rate/Blood Pressure) Mid-Brain (visual/auditory), Thalamus (Sensations)
- **Movement:** Authentic Movement: Choose and Move one of the Yamas.
- **Reflection (Pt.1):** Draw, paint, or write about your relationship to **ONE** of the YAMAS (non-violence, truthfulness, non-stealing, non-excess, non-possessiveness).

### 6/23: YAMA REVIEW (Day 2)

- **Meditation:** Loving Kindness, Metta Practice
- **Yoga Practice:** Introduction to Heart Chakra #4 *Anahata*. **Element:** Air, **Color:** Green, **Purpose:** Love, Balance, **Basic Right:** To Love and Be Loved
- **Identity:** Egoic, Social Identity, Self-Acceptance
- **Somatization Movement Practice:** Conceptual frameworks (walking through thick mud)
- **Reflection:** Draw, paint, or write about your relationship to **A SECOND** of the YAMAS (should be different from the first choice).

### 6/25: YAMA REVIEW (Day 3)

- **Meditation:** Following the Breath as **you** Body Scan in the four dimensions: Front Body, Back Body, Right-side Body, Left-side Body. Loving Kindness: to self and whole class. May I be Well, May I May I be filled with Joy, May I find Peace, May I be Healthy, May I know my own Heart", Read John O'Donahue's "For a New Beginning".
- **Yoga Practice: Chair Yoga, Heart Chakra.** Air, Green, Love, Balance/Equilibrium, Self-Acceptance, Acceptance of others, Devotion, To Love and be loved.
- **Movement Practice:** Working with body-part leading. Connecting the kinesphere with the body. Near-Medium-Far reach. **Locate** body- part, **Imagine it moving a certain way**-Speaking it to yourself, **Visualize** yourself moving it, then actually **Moving it** as you imagined. Somatic Education of IDEOKINESIS utilizes the visuo-motor imagery process where the Cortex, Limbic system, Cerebellum are all activated. (ps.
- **Reflection:** Paint the Heart Chakra. Paint your relationship to a **Second** YAMA (should be different from the first one.)
- **Readings Due 6/28:** *Dharma Art.* Pgs. 14-36

**WEEK EIGHT (JUNE 28, 30 and JULY 2): The NIYAMAS or Observances: Internal relationship with self: purity, contentment, self-discipline, self-study, and surrender.**

### 6/28: SAUCHA or Purity (Day 1)

- **Meditation/Poem:** Chanting Vowel Sounds: OHH, OOO, AHH, AYY, EEEE, MMM, Nngg. Connecting them with specific Chakras. OHM. Repeat each sound 3x's, Then all together.
- **Classroom Discussion:** *Dharma Art.* Pgs. 14-36
- Great, East, Sun are categories of awakening or arising. Great Peace (non-aggression), Showing the Path, Victory over three-worlds (heavens, physical body and Earth) Great Eastern Sun Vision is a combined vision of sensing the goodness in first yourself, the dignity of all beings, and trusting in Goodness of all humanity. Through works of art an enlightened society can exist through meditation and goodness. Energy, Luminosity, Brilliance and being Awake are qualities to cultivate to be an artist.
- **Yoga Practice:** Introduction to Throat Chakra #4 *Vishuddha*. **Element:** *Sound*, **Color:** *Bright Blue*, **Purpose:** *Communication, Creativity, Self-Expression*, **Basic Right:** *To Speak and Be Heard, to speak what is true.*
- **Identity:** *Egoic, Creative Identity, Self-Expression*
- **Authentic Movement Practice:** Witness Dyads

- **Reflection:** Draw, Paint, Write on what you witnessed.

### 6/30: SAUCHA or Purity (Day 2)

- **Movement Warm up:** Stretching, Rotating, Shaking, Folding.
- **Authentic Movement Practice.(Solo) Movement Making Sound.** Eyes closed, start to move authentically for 5 minutes eventually adding sounds to go with your movements. Dyads: One Mover, One Sounder. Round One: Mover has eyes closed, and is secondary to the sound. Sounder Creates a Sounding Score for Mover to respond to, Round Two: Mover is primary initiator and starts to move, Sounder makes Sounding Score in response to what mover is doing.
- **Meditation** with Chanting, Singing: SEED SOUNDS: lahm, vahm, rahm, yahm, hahm, ohm, Repeat vowel sound 3xs. Meditate for one minute after each sound
- **Yoga Practice:** Exploring the Throat Chakra #5 *Vishuddha*. Issues of Communication. Listening, Resonance, Finding One's Own Voice.
- **Reflection:** Draw, Paint, Write.

### 7/2: SAUCHA or Purity (Day 3)

- **Meditation** with Chanting/All vowel Sounds 3xs, breath, meditate one minute in-between.
- **Yoga Practice:** Exploring the Throat Chakra. The right to be heard and to speak the truth.
- **Authentic Movement Practice:** Sound and movement. Vocalize what you are moving.
- **Reflection:** Draw, Paint, Write to someone you want to tell the truth to, crumple it up and possibly burn later.
- **Sound Bath with Chakra Bells**

## WEEK NINE (JULY 7 and 9): SANTOSHA or Contentment: Third-Eye Chakra

### 7/7: SANTOSHA or Contentment (Day 1)

- **Meditation/Poem:** *Alternate nostril breathing.*
- *"The Journey"* by Mary Oliver. Read it and paint what inspired you.
- **Yoga Practice:** Introduction to Third Eye Chakra #6. *Ajna*. **Element:** *Light*, **Color:** *Shades of Indigo*, **Purpose:** *Pattern Recognition, to Perceive and Command*, **Basic Right:** *To See and be Seen. Intuition, Imagination*
- *Identity: Transpersonal, Archetypal Identity, Self-Reflection.*

- **Authentic Movement:** Identifying with our Intuition.
- **Reflection:** Draw, Paint, Write a page of gratitude. Paint a dream you've had.
- **Bring candle to next class.**

### 7/9: SANTOSHA or Contentment (Day 2)

- **Meditation** with candle-like light. Poem read by William Blake, "*Each man is in his specter's power, Until the arrival of that hour, When his Humanity Awake, And cast his Spectre into the Lake*". Contentment rests on us being able to calm these fears. Six fears: Fear of Loss of Life, Fear of loss of Livelihood, Fear of loss of reputation, Fear of Unusual states of mind, Fear of Speaking before an Assembly, Fear of Ghosts. Q: Identify what you think is holding you back?
- **Yoga Practice:** Third Eye Chakra. *Ajna. Issues of Image, Intuition, Imagination, Visualization, Insight, Dreams, Vision*
- **Authentic Movement:** Identifying with our Intuition. Allow a dreamscape to unfold possibly from your painting.
- **Reflection:** Draw, Paint, or Write a Dreamscape.
- **Paint:** Qualities of Chakras: **Earth** is dense, red, solid, Earth Mother/Provider; **Water** is fluid and formless, Orange, Lover, **Fire** is radiant and transformative, Yellow, Hero; **Air** is soft and spacious, Green, Healer; **Sound** is rhythmic pulsation, Bright Blue, Artist; **Light** is illuminating, Imagination, Imagery, Indigo, Seer; (**Thought** is the medium of consciousness), Violet, Sage, Master.

### WEEK TEN (JULY 12, 14, and 16): TAPAS or Self-Discipline: Celestial Crown

#### 7/12: TAPAS or Self-Discipline (Day 1)

**Meditation/Poem: Rumi,** " If you are ever a friend of the Divine, Fire is your water, You should wish to have a hundred thousand sets of moth wings, So you could burn them away, one set a night, The moth sees light and goes into fire, You should see fire and go into light, Fire is what of the Divine is world-consuming."

#### Yoga Practice: Authentic Movement Practice: Concept of emptiness

- **Reflection:** Write what you would like to see burned away. Paint your own mandala
- **Reading Due 7/14:** *Painting Enlightenment*. Pgs. xiv-64

#### 7/14: TAPAS or Self-Discipline (Day 2)

- **Meditation: Emptiness**  
Introduction to Crown Chakra #7 *Sahasrara*. **Element:** *Thought*, **Color:** *Violet or White*, **Purpose:** *Understanding*, **Basic Right:** *To Know and To Learn*.

*Identity: Transpersonal, Universal Identity, Self-Knowledge*

- **Yoga Practice:** Crown Chakra #7 *Sahasrara*. *Issues of Transcendence, Immanence, Belief Systems, Divinity, Union, Higher Power*
- **Authentic Movement Practice**
- **Reflection:** Draw, Paint, Write.

### 7/16: TAPAS or Self-Discipline (Day 3)

- **Meditation/Poem: Body Scan.** See with your Mind's Eye what is in front, behind you, to your right side to your left side, what is beneath you, what is above you.
- **Yoga Practice:** Crown Chakra #7 *Sahasrara*
- **Authentic Movement Practice**
- **Reflection:** Paint your face in all the colors of the rainbow bridge. Share paintings of faces.

### WEEK ELEVEN (JULY 19, 21, and 23): SVADHYAYA or Self-Study

#### 7/19: SVADHYAYA or Self-Study

- **Meditation** with Chanting. Working with notion of Emptiness and All
- **Yoga Practice**
- **Authentic Movement Practice**
- **Reflection:** Draw, Paint, Write.

#### 7/21: SVADHYAYA or Self-Study

- **Meditation.** Reading from John O'Donahue, "For Solitude"
- **Yoga Practice, Standing rooted shake, shifting weight**
- **Vipassana** walking meditation. minimum of 8 counts for each step. Slowly feeling the suspension, shift and fall of each step. (in Theravada Buddhism) meditation involving concentration on the body or its sensations, or the insight which this provides.

- **Reflection:** Paint the shape of your soul. List five things you believe about the world.
- Write about the experience of slowing everything down; and possibly revisiting your list of five things about your belief system.

### **7/23: SVADHYAYA or Self-Study**

- **Meditation: Breathing techniques;** Counting inhale (4) holding for (2) exhaling for 8 counts.
- **Authentic Movement Practice: Play the music with your bodies**
- **Reflection:** Write about the story of the Mississippi River being pure (Divine), and the pollution is NOT the River, but the river just holds the particles like your mind attaches to things.
- **Readings Due 7/26:** *Surrender* Chapter from Steve Nachmanovitch.
- Pick teams for the week of August 2,4,6.
- For the final week of class (August 2,4,6th) Three-Four people will create one 45 minute experience for the rest of the class which might include Meditation with guided visualization, Poetry reading, Painting or Writing Exercise, Stretching/Yoga/Physical Theatre, Authentic Movement, Sounding, or anything we have worked on this semester that you felt worked for you. Or teach us something of your own choosing.
- Choose one person as a scribe to write down your ideas and send those to me.

### **WEEK TWELVE (JULY 26, 28, and 30): ISHVARA PRANIDHANA or Surrender**

#### **7/26: ISHVARA PRANIDHANA or Surrender (Day 1)**

- **Meditation:** Walking Meditation, Expulsion Breath.
- **Classroom Discussion:** *Surrender* chapter from Nachmanovitch.
- **Yoga Practice. Shavasana.Letting Go.**
- **Authentic Movement Practice**
- **Reflection:** What is surrender? Surrender to what?
- **Readings Due 7/30th:** *Patience-Ripening chapters* from Steven Nachmanovitch

#### **7/28: ISHVARA PRANIDHANA or Surrender (Day 2)**

- **Meet with your teams to rehearse your group presentation. MBC flying home from LAX all day.**

#### **7/30: ISHVARA PRANIDHANA or Surrender (Day 3)**

- **Meditation and Poem:** Max Ehrmann's *Desiderata*

- **Yoga Practice**
- **Authentic Movement Practice**
- **Reflection:** Write a poem of blessings and thoughts for self, friends and whole class.

**WEEK THIRTEEN (AUGUST 2, 4, 6): NIYAMA REVIEW & Closing Rituals**

**8/2: NIYAMA REVIEW: Purity, Contentment, Self-Discipline, Self-Study, Surrender**

- **TEAM One and Two** Each Give a 45 minute experience to the class. Include Niyamas of choice.
- Critical Response/Reflection with entire class.

Team One: Lily, Lemuel, Prince

Team Two: Joseph, Geogeara, Ethan

**8/4: NIYAMA REVIEW**

- **Team Three and Four** each give a 45 minute experience to the class.
- Critical Response/Reflection with entire class
- Team Three: Theo, Ellie, Jaden, Max
- Team Four: Chris, Greg, Maya, Stephanie

**8/6: NIYAMA REVIEW**

- Team Five: Sophia, Pirecua, Helena, Shea
- Team Six: Donovan, Emilie, Jessica, Liu
- Critical Responce/Reflections
- Final meditation

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**\*Eight-fold path: pathways to enlightenment and the elimination of suffering.**

**Right View** (Actions have consequences: karma and rebirth)

Look at the Wheel of Existence.

**Right Resolve** (Create an environment of kindness and impermanence),

**Right Speech** (Avoid lying, rudeness, gossip, or any negative speech),

**Right Conduct** (Don't steal, injure, assault, or kill),

**Right Livelihood** (Limit possessions to only what is necessary to live),

**Right Effort** (Work to prevent unwholesome thoughts or states that would inhibit meditation),

**Right Mindfulness** (Always remain conscious of your thoughts and actions),

**Right Samadhi** (Practice the four stages of meditation to unify the mind).

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### **Terms I might use:**

**Chakras:** Chakras metaphorically relate to archetypical elements and the passage through them. This passage alchemizes a process that continues to bring us moving towards increasing refinement. They propose to unite opposing ideas out in the world such as light/dark, female/male, spirit/matter, body/psyche. They lure us into a hero's journey of transformation as a bridge from one chakra to the next restoring hope, connection, renewal and preservation. One way to feel and learn about these connections is through Yoga, yoking us together: Human to the Divine, Mental to the Physical, and Mundane to the Spiritual. These elements are: #1: (Root) The Earth, Gravitation, Solidity and Denseness, #2: (Sacral) Water, Polarity, Formless, Fluidity, #3: (Solar Plexis) Fire, Combustion, Transformation, #4: (Heart) Air, Equilibrium, Soft, Spacious, #5: (Throat) Sound, Vibration, Rhythmic Vibration, #6: (Third Eye) Light, Luminescence, Illumination, #7 ( Celestial Crown) Thought, Consciousness, Medium of Consciousness.

**Pranayama** or Breath control: Focused awareness of the inhale and exhale, alternate nostril breathing: inhale through one side and exhale out the other, sounding breath, belly breath, expulsion breathing....

**Asanas** or postures; seated or standing, prone, on all fours, active or passive, following the context of esoteric imagery. In modern times these yoga postures help us unify and train the physical, emotional and spiritual bodies. Our daily yoga practice will include exploration of the seven chakras\*,

Seated cross-leg pose variations (siddhasana), sun salutations (surya namaskara), child pose variations (balasana), tabletop pose, knee-down lunge, bridge (banda sarvangasana),



downward facing dog (adho mukha svanasana), seated (sukhasana), warrior pose variations: 1, 2 and crescent (virabhadrasana I, 2), triangle (trikonasana), four limbed staff (chaturanga), chair (utkatasana), boat (navasana), bow (dhanurasana), dancer (natarajasana), plank variations (mayurasana), spinal twisting (matsyendrasana), corpse (savasana), plus others.

**Pratyahara** or sense withdrawal and restraint. An important factor in the development of Mindfulness where the meditator learns to see things as they are without the ego's interpretations. Involves noting.

**Dhyana** or meditation. Could include body scanning, guided breathwork, visualizations, walking, noting, metta or loving kindness, **Vipassana** (insight) and **Samatha** (tranquility) are paired as the two cornerstones of meditative cultivation.

**Satipatthana** (establishment of mindfulness) and **Anapanasati** (mindfulness of breathing) are considered forms of Mindfulness meditation.

**MBSR**- Mindfulness- Based Stress Reduction. A highly popular 8-week course of meditation, contemplation and movement developed by Jon Kabat-Zinn in relationship with research in Integrative Medicine at MIT, U-Mass Medical, Brown University, and in universities and research centers all over the world.

**Samadhi** or state of unity. The ability to establish and maintain one-pointedness of mind. Perfect Concentration. There are five levels to consider: Aspiration or Desire to Act, Determination or Resolve, Mindfulness or Memory, Concentration, Wisdom or Cognition.

**Contemplative Art:** The Divine Feminine Practices and Dharma Art propose we look into ancient representations of Buddha and his accompanying symbols: Lotus Flowers, Stupas, Dharma Wheel, Mandalas, Buddhapada or the footprints of Buddha, Wheel of Transcendence, and the multiple representations of the Heart Sutra, Diamond Sutras.

**Selected Books and Articles: (These will be located in Canvas)**

1. *Authentic Movement; A Collection of Essays by Mary Starks Whitehouse, Janet Adler, and Joan Chodorow.* 1999. Jessica Kingsley Publishers. London, U.K.
2. *Love Letter to the Earth.* Thich Nhat Hahn. 2013. Parallax Press.

California.

3. *The Yoga Sutras of Pantanjali.* Sri Swami Satchidananda. 1978. Integral Yoga Publications. Virginia.
4. *Eastern Body/Western Mind.* Anodea Judith. 2004. Celestial Arts / Crown Publishing Group @ Random House. New York.
5. *Mindful Movement: The Evolution of the Somatic Arts and Conscious Action.* Martha Eddy. 2017. Intellect. The University of Chicago Press.
6. *Offering from the Conscious Body.* Janet Adler. 2002. Inner Traditions. Vermont.
7. *Dharma Art.* Chogyam Trungpa. 1996. Shambala Publications. Boston and London.
8. *Painting Enlightenment; Healing Visions of the Heart Sutra.* Dr. Paula Arai. 2019. Shambala Publications. Colorado
9. *Free Play: Improvisation in Life and Art.* Stephen Nachmanovitch. 1990. Penguin Putnam, Inc. New York, NY.
9. Poems by John O'Donahue, Rumi, Hafiz, Thich Nhat Hahn, excerpts from The Bhagavad Gita, Audre Lorde, Langston Hughes, Maya Angelou, Max Ehrmann, Mary Oliver

## **Poems/Readings:**

### ***Beginnings* by JOHN O'DONOHUE**

*There is nothing to fear in the act of beginning. More often than not it knows the journey ahead better than we ever could. Perhaps the art of harvesting the secret riches of our lives is best achieved when we place profound trust in the act of beginning. Risk might be our greatest ally. To live a truly creative life, we always need to cast a critical look at where we presently are, attempting always to discern where we have become stagnant and where new beginning might be ripening. There can be no growth if we do not remain open and vulnerable to what is new and different. I have never seen anyone take a risk for growth that was not rewarded a thousand times over.*

### ***For A New Beginning***

*In out -of -the way places of the heart,*

*Where your thoughts never think to wander,  
This beginning has been quietly forming,  
Waiting until you were ready to emerge.*

*For a long time it has watched your desire,  
Feeling the emptiness growing inside of you,  
Noticing how you willed yourself on,  
Still unable to leave what you had outgrown.*

*It watched you play with the seduction of safety  
And the grey promises that sameness whispered,  
Heard the waves of turmoil rise and relent,  
Wondered would you always live like this.*

*Then the delight, when your courage kindled,  
And out you stepped onto new ground,  
Your eyes young again with energy and dream,  
A path of plenitude opening before you.*

*Though your destination is not yet clear  
You can trust the promise of this opening;  
Unfurl yourself into the grace of beginning  
That is at one with your life's desire.*

*Awaken your spirit to adventure;  
Hold nothing back, learn to find ease in risk;  
Soon you will be home in a new rhythm,  
For your soul senses the world that awaits you.*

### ***At The End of the Year***

*The particular mind of the ocean  
Filling the coastline's longing  
With such brief harvest  
Of elegant, vanishing waves  
Is like the mind of time  
Opening us shapes of days.*

*As this year draws to its end,  
We give thanks for the gifts it brought  
And how they became inlaid within  
Where neither time nor tide can touch them.*

*The days when the veil lifted  
And the soul could see delight;  
When a quiver caressed the heart  
In the sheer exuberance of being here.*

*Surprises that came awake*

*In forgotten corners of old fields  
Where expectation seemed to have quenched.*

*The slow brooding times  
When all was awkward  
And the wave in the mind  
Pierced every sore with salt.*

*The darkened days that stopped  
The confidence of the dawn  
Days when beloved faces shone brighter  
With light from beyond themselves,  
And from the granite of some secret sorrow  
A stream of buried tears loosened*

*We bless this year for all we have learned,  
For all we loved and lost  
And for the quiet way it brought us  
Nearer to our invisible destination.*

***Rumi from Quatrain #158 from Open Secret***

*Out beyond ideas of wrongdoing and right doing, there is a field, I'll meet you there. When the soul lies down in that grass, the world is too full to talk about.*

*Ideas, language, even the phrase each other*

*Doesn't make any sense.*

*Excerpt from **The Mahabharata***

*"The intoxication with power is worse than  
drunkenness with liquor and such,  
for who is drunk with power does not  
come to his senses before he falls."*

***The Journey by Mary Oliver***

*One day you finally knew  
What you had to do, and began,  
Though the voices around you  
Kept shouting their bad advice  
Though the whole house began to tremble  
You felt the old tug at your ankles.  
"Mend my life!"  
Each voice cried.  
But you didn't stop.  
You knew what you had to do,  
Though the wind pried with its stiff fingers  
At the very foundations,  
Though their melancholy was terrible.  
It was already late enough, and a wild night,  
And the road full of fallen branches and stones.*

*But little by little, as you left their voice behind,  
The stars began to burn through the sheets of clouds,  
And there was a new voice which you slowly  
Recognized as your own,  
That kept you company  
As you strode deeper and deeper into the world,  
Determined to do the only thing you could do  
Determined to save the only life that you could save.*

**DESIDERATA by Max Ehrman (1926)**

*Go placidly amid the noise and haste,  
and remember what peace there may be in silence.  
As far as possible, without surrender, be on good terms with all persons.  
Speak your truth quietly and clearly; and listen to others,  
even to the dull and ignorant; they too have their story.  
Avoid loud and aggressive persons, they are vexations to the spirit.  
If you compare yourself with others, you may become vain and bitter,  
for always there will be greater and lesser persons than yourself.  
Enjoy your achievements as well as your plans.  
Keep interested in your own career, however humble;  
it is a real possession in the changing fortunes of time.  
Exercise caution in your business affairs,  
for the world is full of trickery.  
But let this not blind you to what virtue there is;*

*many persons strive for high ideals,  
and everywhere life is full of heroism.  
Be yourself. Especially do not feign affection.  
Neither be cynical about love;  
for in the face of all aridity and disenchantment  
it is as perennial as the grass.  
Take kindly the counsel of the years,  
gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden misfortune.  
But do not distress yourself with dark imaginings.  
Many fears are born of fatigue and loneliness.  
Beyond a wholesome discipline, be gentle with yourself.  
You are a child of the universe no less than the trees and the stars;  
you have a right to be here. And whether or not it is clear to you,  
no doubt the universe is unfolding as it should.  
Therefore be at peace with God, whatever you conceive Him/Her to be.  
And whatever your labors and aspirations,  
in the noisy confusion of life, keep peace with your soul.  
With all its sham, drudgery and broken dreams,  
it is still a beautiful world.  
Be cheerful. Strive to be happy.*

– [Max Ehrman](#) (1926)



*Additional list of poems that deal with resistance-resilience-empowerment:*

*Langston Hughes, "I Look At The World" ; Maya Angelou, "Caged Bird" ; Denise Levertov, "Making Peace" ; Blas Manuel De Luna, "Bent To The Earth" ; Claude Mc Kay, "America" ; Danez Smith, "Tonight in Oakland" ; Zbigniew Herber, "The Envoy of Mr. Cogito" ; Allen Ginsberg, "America" ; Gwendolyn Brooks, "Boy Breaking Glass" and "Riot"; Muriel Rukeyser, Poem ( I lived in the 1st Century of World Wars" ) ; Adrienne Rich, "What Kind of Times are These?"; James Baldwin, "The Fire Next Time" ; Robin D'Angelo, "White Fragility" .*

*,Accommodations:*

*Brown University is committed to full inclusion of all students. Please inform us early in the term if you have a disability or other conditions that might require accommodations or modification of any of these course procedures. You may speak with us after class or during office hours. For more information, please contact: [Student and Employee Accessibility Services](#) at 401-863-9588 or SEAS@brown.edu.*

*Students in need of short-term academic advice or support can contact one of the deans in the Dean of the College office*

Contemplative Studies and Confronting Racism.

- Contemplative practices sustain our bodies and minds in the struggle for self-knowledge and against racism in all its forms;
- Contemplative sciences make these practices available to all people;
- Contemplative arts directly convey suffering and joy and provide a vision of our unrealized potential;
- Contemplative philosophies contextualize our efforts so we never lose our common humanity;
- Contemplative intelligence maximizes the influence of our efforts while supporting the wisdom and compassion with which we make them.