RS 193B: Religion and Healing in Global Perspective

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Office Hours: M-W: 1:00-2:00

Course Description
This course is a comparative, historical, and cross-cultural introduction to relationships among religion, science, and healing arts. The course pays special attention to underlying religious and philosophical worldviews and to the ways in which they influence healing practices. Due to the wide ranged nature of the covered material, several guest lecturers and medical practitioners will contribute to the class.

Course Reading
1. Course Reader: available in the Alternative Copy Shop, 6556 Pardall Road, Isla Vista

Course Requirements
1. Class attendance and participation are obligatory.
2. Two midterm exams taken in class and one take home final paper
   Each exam is 40% of the final grade, and the final paper is 20% of the final grade
   • Graduate students enrolled in the course can choose to submit one research paper instead of taking exams.

Schedule of Classes
27 September (TR): Introduction to the course
I: The World of Indian Medicine

2 October (T): Introduction to the Medical Systems in India and Their Relation to Religion

4 October (TR): The Principles of Unani Medicine

9 October (T): The Principles of Ayurvedic Medicine

11 October (TR): The History and Tenets of Indian Buddhist Medicine
Reading: *Course Reader*: Kenneth G. Zysk, Chapter 3 from the *Asceticism and Healing in Ancient India: Medicine in the Buddhist Monastery*  
Karen Lang, “Mortal Bodies” from the *Four Illusions*  
Vesna A. Wallace, “Buddhist Tantric Medicine in the Kālacakratantra”

II: The World of Tibetan and Mongolian Medicine

16 October (T): Introduction to Tibetan Medicine and Its Relation to Buddhism

18 October (TR): Tibetan Medicine Today: Excerpts from the Documentary Film “The Knowledge of Healing”
Reading: *Oriental Medicine*, Fernand Meyer, “A View from Outside Tibet,”  
Kenneth Holmes, “Portrait of a Tibetan Doctor,”  
Khenpo Troru Tsenam, “A View from Inside Tibet,”  

23 October (T): Shamanism and Healing in Tibet and Mongolia
Reading: *Course Reader*: Tenzin Wangyal Rinpoche, *Healing with Form, Energy and Light*, Chapters 1-2  
Carole Pegg, “Shamanizing”
III: The World of Chinese Medicine

   Guest lecture by Dr. Pamela Grant

29 October (T): Therapeutic Modalities in Chinese Traditional Medicine
   Chen Bin-Chern, “Traditional Medicine in Taiwan,” pp. 157-208

1 November (TR): The Review of Material for the Midterm Exam

6 November (T): Midterm Exam

IV: The World of the Western Alternative and New Age Medicine

8 November (TR): The Principles of Reiki Healing
   Guest lecture by Reiki Master, Sibyl Piediscalzi
   Reading: *Course Reader:*

13 November (T): Alternative Healing Modalities in American Perspective
   Guest lecture by Albert Silva
   Reading: *Course Reader:*
   Lawrence, J. Schneiderman, “Alternative Medicine or Alternative Medicines? A Physician’s Perspective”
   David J. Hufford, “Evaluating Complementary and Alternative Medicines: The Limits of Science and of Scientists”

15 November (TR): Healing in New Age America
   Guest lecture by Taylor Hines
   Reading: *Course Reader:*
   Catherine Albanese, “Energy Medicine: The Spiritual Culture of an Emerging Paradigm” and *Nature Religion in America from the Algonkian Indians to the New Age*, Chapter, 4
20 November (T): Principles of Homeopathy
   Reading: Course Reader:
   Ananda Zaren, “The Path of Healing” from the Materia Medica: Core Elements of the Materia Medica of the Mind
   George Vithoulkas, “Samuel Hahnemann and the Law of Similars,” from Homeopathy: Medicine of the New Man

22 November (TR): Thanksgiving Holiday

27 November (T): Midterm Exam

V: The World of Buddhist and Western Psychology

29 November (TR): Lucid Dreaming and Healing in Western and Asian Traditions
   Reading: Course Reader:
   Steven LaBerge, “Lucid Dreaming and the Yoga of the Dream State: A Psychophysiological Perspective” and “The Healing Dream”
   Tenzin Wangyal Rinpoche, The Tibetan Yogas of Dream and Sleep, Chapter 3

4 December (T): Buddhist Views of Mind and Meditation in Western Psychology
   Reading: Course Reader:
   B. Alan Wallace and Shauna Shapiro, “Mental Balance and Wellbeing: Building Bridges between Buddhism and Western Psychology”

6 December (TR): Class Review

11 December (T): Submission of Final Papers by 4:00 PM in the Department of Religious Studies, HSSB 3rd floor, mailbox of Prof. Vesna A. Wallace