

CHN 190: MIND AND BODY IN CHINA
T. Th. 1:00- 2:15 PM (Woodruff Library 775)
Instructor: Wan-Li Ho

Office hours: W. 4:00-5:00pm and Th. 3:00-4:00pm
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This course follows the guidelines of the Emory University honor code.

Course Description:

Welcome to Chinese 190: Mind and Body in China. I am delighted to be your guide in this class and I look forward to many fascinating discussions and discoveries with you. This course will be an exploration of the theoretical and practical aspects of the concept of *Mind and Body* in Chinese religious traditions. We will examine the significance of *Mind and Body* in Confucianism, Daoism, and Mahayana Buddhism from historical, physiological, psychological, and religious perspectives and their impact on social experiences and popular culture.

We will not only explore how these traditional Chinese views fit into a modern context, but also will give you, the students, some hands-on experiences with this ancient wisdom, such as the Daoist-rooted practice of Qigong and Tai-chi and the Buddhist-based practices of seated and moving meditation. We will also study acupuncture, traditional herbal medicine, and Daoist longevity, among others. Finally, we will analyze contemporary responses to traditional representations of spiritual, sexual, and social issues through close readings of various original texts, particularly from the Buddhist and Daoist traditions.

From this course, I hope that you will gain awareness of cultural differences in the perception of body and mind and a better understanding of the fascinating study of traditional Chinese religions. The course also aims to provide the students with a forum where they can engage in comparative study of American, Chinese, and other cultures' concepts and practices concerning the body and mind.

Required Readings-All readings are on E-reserve

Budapest, Zsuzsanna E. "Self-Blessing Ritual". *Woman Spirit Rising: A Feminist Reader in Religion*. Ed. by Carol. P. Christ & Judith Plaskow. Harper& Row: New York, 1979

Cassidy, Claire M. and Mitra C. Emud: “What Patients Say About Chinese Medicine” in *Contemporary Chinese Medicine and Acupuncture*, ed. by Claire Monod Cassidy. NY: Churchill Livingstone, 2002

Chan, W.T., “Excerpts from Dao De Jing of Laozi” in *A Source Book in Chinese Philosophy*. New Jersey: Princeton, 1973.

Chang, Jolan: “The Tao of Loving” in *The Tao of Love and Sex – The Ancient Chinese Way to Ecstasy*. NY: E. P. Dutton, 1977

Davey, H. E.: “Uniting Mind, Body and Brush” in *Brush Meditation*. Berkeley: Stone Bridge Press, 1999

Douglas, Bill: “Introducing Qi Gong,” “Sitting Qi Gong,” and “Moving Qi Gong” in *The Complete Idiot’s Guide to Tai-Chi and Qi Gong*. IN: Alpha, 2002

Douglas, Bill, “Medical Ti-Chi: The Prescription for the future”, “Expand Mind and Lighten the heart” and “Tai Chi as Therapy for Young and Old” in *The Complete Idiot’s Guide to Tai Chi and Qigong*. IN: Alpha, 2002

Goleman, Daniel: “The Lama in the Lab” in *Destructive Emotions: A Scientific Dialogue with the Dalai Lama*. NY: Bantam Books, 2003

Hafen, Brent Q. etc.: “The Healing Power of Spirituality” in *Mind Body Health*. MA: Allyn and Bacon, 1996

Hale, Gill: “Introduction” in *The Practical Encyclopedia of Feng Shui*. NY: Barnes and Noble, 2002

Ho, Wan-Li. “Environmental Protection as Religious Action” in *Ecofeminism and Globalization: Exploring Culture, Context, and Religion*. Rowman and Littlefield Inc. 2003

Ho, Wan-Li. “Harmony between the Past and the Present: A Dialogical Experience” in *Commonweal-A Review of Religion, Politics & Culture*, January 14, 2005.

Ho, Wan-Li.. *The Tao of Jesus: An Experiment in Inter-Religious Understanding* (co-authored with Father Joe Loya and Chang-Shin Jih). New York: Paulist Press, 1998.

Hopfe, Lewis M. and Mark R. Woodward, “Buddhism” in *Religions of the World*. New Jersey: Prentice Hall, 1998.

Hudson, John: “What is Meditation?,” “History of Meditation,” “The Mental And Physical Benefits of Meditation” in *Instant Meditation for Stress Relief*. NY: Barnes and Noble, 1996

- Ishida, Hidemi: “Body and Mind: The Chinese Perspective” in *Taoist Meditation and Longevity Techniques*, ed. by Livia Kohn. MI: University of Michigan, 1989.
- Jarmey, Chris and John Tindall: “Oriental Medicine – The Basic Concepts” in *Acupressure for Common Ailments*. NY: A Fireside Book, 1991
- Koller, John M. and Patricia Koller, “The Vision of Confucius” in *A Sourcebook in Asian Philosophy*. New York: MacMillan, 1991.
- Lin, Jami: “The Foundation Background and History” in *Feng Shui Today – Earth Design the Added Dimension*. Miami: Earth Design Incorporated, 1995
- Liu, Xiaogan: “A Taoist Perspective: Appreciating and Applying the Principle of Femininity” in *What Men Owe to Women*, ed. by Raines, John C. and Daniel C. Maguire. NY: State University of New York, 2001
- Milton, John P.: *Sky Above, Earth Below*, Boulder: Sounds True. 1999
- Molloy, Michael. “Taoism and Confucianism” in *Experiencing the World’s Religions - Tradition, Challenge, and Change*. Mountain View, CA: Mayfield Publishing, 1999.
- National Institutes of Health: “NIH Consensus Statement on Acupuncture” in *Contemporary Chinese Medicine and Acupuncture*, ed. by Claire Monod Cassidy. NY: Churchill Livingstone, 2002
- Pelletier, Kenneth R.: “Between Mind and Body: Stress, Emotions, and Health” in *Mind Body Medicine*. NY: Consumer Reports Books, 1993
- Schipper, Kristofer: “Lao Tzu, the Body of the Tao” in *The Taoist Body*. Berkeley, University of California Press, 1993
- Smith, Huston. “Taoism” in *World’s Religions—A Guide to Our Wisdom Tradition*. New York: Harper San Francisco, 1994.
- Stein, Joel: “Just Say Om” in *Time (Cover Story: The Science of Meditation)*, August 4, 2003.
- Wang, Tao: “Chinese Herbal Medicine” in *Contemporary Chinese Medicine and Acupuncture*, ed. by Claire Monod Cassidy. NY: Churchill Livingstone, 2002
- Yung, Bell: “Choreographic and Kinesthetic Elements in Performance on the Chinese Seven-String Zither” in *Journal of the Society for Ethnomusicology*, Sep. 1984.

Course Requirements:

1. Attendance:

I expect you to attend class regularly. You are permitted two absences during the semester for any reason, but that's it. Since this is a small seminar class, *everyone's* participation is crucial. We can't have lively, stimulating discussions if some of you show up only half the time! So, if you miss more than two classes, for whatever reason, then your final score will be lowered by one point each time, e.g. from 92 to 91 if you miss three classes, and from 91 to 90 if you miss four classes. An attendance sheet will be circulated at the beginning of each class. It is your responsibility to remember to sign the attendance sheet. Suggestion: Save your two absences for the unexpected!

2. Participation:

Your participation includes individual contributions and discussion leadership. For your *individual contribution*, you will be expected to participate in class discussions, share your responses to our readings and bring your own insights to bear on the material covered. For *discussion leadership*, be prepared to lead class discussion for the day. Everyone must sign up to lead discussion at least once or twice throughout the semester. When it is your turn to lead the discussion, you must post 8-10 questions for discussion to the class conference at least twenty-four hours before class.

3. Pop quizzes:

We will have 10 pop quizzes over the course of the semester. The quizzes will not be hard as long as you keep up with the required readings before you come to classes.

4. Bi-weekly writing assignments:

Every other week, you should bring a 1 ½ or 2 page critical analysis of an assigned reading. In general, please include what the writer is saying, what is the writer saying well? How could she say that even better? What parts of the paper would I write differently? How would I change them? Please see the instructions for details of what the paper should include

5. Group Project

You will also be required to participate in a group project in which you either engage in team practice or co-design an activity to promote physical health and dwelling in tranquility. These activities can be symbolic, material or a combination of both and will aim to promote awareness and activism in mind and body's health. They are also opportunities for you to re-interpret what you have learned in a new, creative way. This is a chance for you to have fun and examine the course material from a different angle.

Examples include spiritual rituals as described in course packet or research on historical issues that are still relevant today.

6. Research Paper and class presentation

Finally, you will be required to submit a 15-page (double-spaced, 12-point Times New Roman font, 1-inch margins all around) **research paper** on a topic of your choice. Be creative! While the final paper will be due at the end of the semester, you will be working on this project during the entire semester. To make sure that no one falls too far behind, I have set a couple of deadlines along the way: one for the paper proposal (one paragraph) and the other for an annotated bibliography that supplies bibliographic information with a short paragraph of annotation for each item (2-3 pages). You are welcome to discuss the paper with me during office hours or by appointment. Before you submit your final paper, you will also be required to give a 10-minute **in-class oral presentation** to share findings from your initial research for the paper. You will be paired with a fellow classmate to critique each other's presentations, including the opening thesis and outline.

Grading

Grading of the group project, research paper, and class presentation will be based on intellectual quality, organization of ideas, and creativity. Since this course will emphasize the diversity and relationships among different traditions and practices, I strongly encourage you to develop and articulate your own perspective on cultivating oneself to be healthy in mind, body and spirit.

Attendance and Participation (20%)

Pop quizzes (10%)

Bi-weekly writing assignment (15%)

Group-project (15%)

Research paper (40%--Annotated bibliography and class presentation 10%

Final paper 30%)

Attention:

You cannot park your car in the REALC parking lot. No reason will be accepted even for a 5-minute parking. Violation of this rule may result in your car being towed away and high penalty. The teachers cannot help you with this.

Course Schedule:

Jan. 20: **Introduction and The Mind-Body Connection**

Reading: Budapest, Zsuzsanna E. "Self-Blessing Ritual"

Reading: Pelletier, Kenneth R.: "Between Mind and Body: Stress, Emotions, and Health"

Part One: Confucianism and Health

- Jan. 25: **Introduction to Confucianism**
Reading: Molloy, Michael. “Taoism and Confucianism”
- Jan. 27: **The Confucian Notion of Body and Mind**
Reading: Ishida, Hidemi. “Body and Mind: The Chinese Perspective”
- Feb. 1: **Calligraphy**
Reading: Davey, H. E.: “Uniting Mind, Body and Brush”
- Feb. 3: **Chinese Classical Music**
Yung, Bell: “Choreographic and Kinesthetic Elements in Performance on the Chinese Seven-String Zither”
Demonstration of traditional Chinese music by Liling Wang
- Feb. 8: **Film: “The Hero”**
- Feb. 10: **Discussion of film: “The Hero”**

Part Two: Daoism and Health

- Feb. 15: **Introduction to Daoism**
Reading: Smith, Huston. “Taoism”
Reading: Ho, Wan-Li, “Harmony between the Past and the Present: A Dialogical Experience”
- Feb. 17: **The Daoist Notion of Body and Mind: The Spirituality of Body-Cosmos Relatedness**
Reading: Schipper, Kristofer. “Lao Tzu, the Body of the Tao”
Reading: Chan, W.T., “Excerpts from Dao De Jing of Laozi”
- Research paper proposal due in class (one paragraph)**
- Feb. 22: **Qi Gong**
Readings: Douglas, Bill: “Introducing Qi Gong,” “Sitting Qi Gong,” and “Moving Qi Gong”
Demonstration by Dr. Reverend Donald Wu
- Feb. 24: **Tai-Chi**
Readings: Douglas, Bill, “Medical Ti-Chi: The Prescription for the future”, “Expand Mind and Lighten the heart” and “Tai Chi as Therapy for Young and Old”
Demonstration by Dr. Wan-Li Ho

- Mar. 1: **Acupuncture and Acupressure**
Reading: Jarney, Chris and John Tindall: “Oriental Medicine – The Basic Concepts” in *Acupressure for Common Ailments*
Reading: National Institutes of Health: “NIH Consensus Statement on Acupuncture”
 Demonstration by Acupuncturist Xiu Zhen Tsai
- Mar. 3: **Chinese Herbal Medicine**
Reading: Wang, Tao: “Chinese Herbal Medicine”
Reading: Cassidy, Claire M. and Mitra C. Emud: “What Patients Say About Chinese Medicine”
 Field trip to Chinatown- Y.T. Herb Store
- Mar. 8: **2000-year-old Body of Erotic Wisdom**
Reading: Liu, Xiaogan. “A Taoist Perspective: Appreciating and Applying the Principle of Femininity”
Reading: Chang, Jolan: “The Tao of Loving”
- Part Three: Buddhism and Health*
- Mar. 10: **Introduction to Buddhism**
Reading: Hopfe, Lewis M. and Mark R. Woodward, “Buddhism”
- Annotated Bibliography for final paper due in class** (2-3 pages that should contain at least 5 relevant journal articles and 5 books. I encourage you to include additional bibliographic information.)
- Mar. 22: **The Buddhist Notion of Body and Mind**
Reading: Goleman, Daniel: “The Lama in the Lab”
 Guest Speaker-Buddhist Monk, Master Chi-Yi
- Mar. 24: **Meditation**
Readings: Hudson, John: “What is Meditation?,” “History of Meditation,” “The Mental And Physical Benefits of Meditation”
Reading: Stein, Joel: “Just Say Om”
- Mar. 29: **The Power of Belief**
Reading: Hafen, Brent Q. etc.: “The Healing Power of Spirituality”
- Mar. 31: **Research Paper Presentations I**
 If your presentation is due today, prepare a 2-page outline and /or summary of arguments due by Mar. 29 (leave enough copies for all members of class)
Presenters: Prepare a 10-minute presentation of your project (time yourself!)

Non-Presenters: Read the 2-page outline prepared by each presenter and prepare comments and questions for each presenter for class discussion. Two people will be chosen to critique each presentation.

Apr. 5: **Research Paper Presentations II**
If your presentation is due today, the outline and/or summary are due by Mar. 31. (See above for preparation instructions.)

Apr. 7: **Research Paper Presentations III**
If your presentation is due today, the outline and/or summary are due by Apr. 5. (See above for preparation instructions.)

Part Four: Praxis and Transformation

Apr. 12: **Ecological Consciousness in Chinese Culture: Popular Culture Practice for Century Feng Shui and Gardening in China**
Reading: Hale, Gill: “Introduction” in *The Practical Encyclopedia of Feng Shui*.
Reading: Lin, Jami: “The Foundation Background and History”
Class Observer-Professor Thee Smith, from Department of Religion

Apr. 14: **Environmental Concerns and Health**
Reading: Ho, Wan-Li: “Environmental Protection as Religious Action”

Apr. 19: **Spiritual Practice in Nature**
Reading: Milton, John P.: *Sky Above, Earth Below*
Field Trip-Lullwater Park, Tai Chi Practice and Meditation

Apr. 21: **Group Project Presentations I**

Apr. 26: **Group Project Presentations II**

Apr. 28: **Conclusion-Review, Class Evaluation**