

Cedar Crest College
Changing the World From the Inside Out
May 2009

Course: Honors 133-90 / SOC 260-90
Credits: 3

Instructor: Maynard L. Cressman
Office: Curtis 234
Phone: 610-606-4666, x3502
E-mail: mlcressm@cedarcrest.edu

Course Domain:

This course is based on the fact that throughout history, the really fundamental changes in societies have come about not from dictates of government but through vast numbers of people changing their minds. These periods of change have often resulted in profound transformations in our world and we are currently experiencing one of those historical epochs.

Exciting new paradigms based on holistic approaches to various global problems are emerging in all arenas of life. These new paradigms are a result of a rapid change of consciousness taking place on both individual and collective levels throughout the world. This course is designed to investigate this connection between inner changes and external events in a highly interactive way. Students will explore themselves through the use of a variety of personal realization techniques. As social change agents, students will be challenged to translate this self-awareness into envisioning, formulating, and analyzing creative, practical approaches to shaping the world to best meet human needs in the next millennium.

Course Objectives:

This course is designed to facilitate the student's ability to:

1. To become familiar with a wide variety of techniques and practices that are designed to enhance one's self-awareness.
2. To develop greater self-awareness, self-knowledge, and self-confidence.
3. To develop a greater sensitivity to and appreciation and feeling of connection with other people as well as all other aspects of life.
4. To better understand the connection between individual and collective consciousness and how that causes the external realities associated with cultures and societies.
5. To develop standards based on humanistic, ethical, and spiritual values for the critical evaluation of social structures.
6. To develop competency in the use of methods and frameworks that are associated with the critical analysis of social structures.
7. To explore strategies and techniques to intentionally create personal and global change.

8. To develop the creative freedom and courage to envision and fashion a world model based on humanistic, ethical, and spiritual values and standards.
9. To critically evaluate the evidence suggesting that a major paradigm shift and change of consciousness is taking place on a global level.

Texts:

Millman, D. (1992). *No ordinary moments*. Tiburon, CA: H. J. Kramen.

Schlitz, M. & Vieten, C. (2008). *Living deeply: The art & science of transformation in everyday life*. Oakland, CA: New Harbinger.

Tolle, E. (2005). *A new earth: Awakening to your life's purpose*. New York: Penguin USA.

Walsch, N. D. (1995). *Conversations with God, book 1*. New York: Penguin USA.

Reference Texts:

Barrentine, P. (ed.) *When the canary stops singing: Women's perspectives in transforming business*

Bernstein, R. J. *The new constellation: The ethical-political horizons of modernity/postmodernity*

Bohm, D. *Wholeness and the implicate order*

Boulding, E. *Building a global civic culture*

Breton, D., & Largent, C. *The paradigm conspiracy*

Catolfo, P. *Raising spiritual children in a material world: Introducing spirituality into family life*

Chawla, S., & Renesch, J. (eds.). *Learning organizations: Developing cultures for tomorrow's workplace*

Chopra, D. (2000). *How to know God*. New York: Harmony Books.

Cohen, K. S. *The way of Qigong: The art and science of Chinese energy healing*

Elgin, D. *Collective consciousness and cultural healing*

Elgin, D., & LeDrew, C. *Global consciousness change: Indicators of an emerging paradigm*

Fromm, E. *To have or to be?*

Gozdz, K. (ed.). *Community building: Renewed spirit and learning in business*

Harman, W., & Clark, J. (eds.). *New metaphysical foundations of modern science*

Harman, W., & Porter, M. (eds.). *The new business of business: Sharing responsibility for a positive global future*

Harman, W. *Global mind change*

Heilbroner, R. *21st century capitalism*

Henderson, H. *Building a win-win world*

Huxley, A. *The perennial philosophy*

Kirchoff, B. K. *Scientific communities, objectivity and the transformation of science*

Maslow, A. *Toward a psychology of being*

Mumford, L. *The transformations of man*

Murphy, M., & Donovan, S. (eds.). *The physical and psychological effects of meditation*

Ray, P. H., & Anderson, S. R. (2000). *The cultural creatives: How 50 million people are changing the world*. New York: Harmony Books.

Roszak, T. *Person-planet: The creative disintegration of industrial society*

Rothberg, D., & Kelly, S. (eds.). *Ken Wilber in dialogue: Conversations with leading transpersonal thinkers*

Schumacher, E. F. *Small is beautiful: Economics as if people mattered*

Wachtel, P. *The poverty of affluence*

Wilber, K. *Sex, ecology, spirituality: The spirit of evolution*

Williamson, M. *The healing of America*

Student Assignments:

Each student is required to do the following:

1. To regularly attend and actively participate in class sessions. Attendance will be kept and graded according to the actual percentage of class sessions the student attends.
2. To read all assigned readings in advance of class sessions in order to facilitate conceptual knowledge development and informed class discussions.
3. To participate in a variety of self-realization exercises and to maintain a personal journal that monitors the impact of these exercises. These journal entries should be made twice per week and should include what the student thought about the two particular exercises practiced that week and what the student felt in reaction to that practice. Each entry should be no less than 100 words. These journals will be submitted twice during the semester to the instructor and the contents will be confidential. Thirteen entries should be completed by midterm and twenty-six entries should be completed for the final submission of the journal. Students will be graded only on the extent to which these criteria were met and that there was adequate depth of inquiry in terms of self-reflection.

The intent of the self-realization exercises is personal growth, the status of which is highly individualized. Accordingly, in using No Ordinary Moments, each student should select those exercises which seem appropriate to that student at that time. Students are expected to practice 20 different exercises. Please indicate in your journal the title of each exercise you practiced and the page in No Ordinary on which that exercise is described. Strict confidentiality will be maintained by the instructor in regards to your journal entries. The journal is for your personal growth.

4. To write 250-word reaction papers to each of the chapters in A New Earth, Living Deeply and in Conversations with God. These papers will reflect what the student has learned from each chapter as well as the student's critique of that material. Reaction papers submitted late or of insufficient length or of inadequate content, will receive only half credit. Students will then be graded according to the percentage of correctly submitted, on time, reaction papers, for each of the books.
5. All assignments must be submitted on the due dates. Personal journal assignments turned in late will receive a 1/3 reduction in grade for each day late, including weekends. Late papers will be graded and returned without instructor comment. All multi-page papers must be stapled. The last class session is the final day when late papers can be submitted.

CLASSROOM PROTOCOL

Appropriate classroom behavior is implicit in the Cedar Crest College Honor Code. Such behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students' access to their Cedar Crest College education.

Furthermore:

Students are expected to have prompt and regular classroom attendance in accordance with the policy stated on the syllabus.

Faculty are expected to make clear on the first day of class reasons for specific classroom decorum and repercussions for non-compliance. Faculty should be aware of setting boundaries and procedures for exceptions to expectation stated in the syllabus.

HONOR PHILOSOPHY

The Cedar Crest College Honor Philosophy is based upon the principle that, as a self-governing body, students have the ability to create an atmosphere of trust and support. Within this environment, individuals are empowered to make their own decisions, develop personal regard for the system under which they live, and achieve a sense of integrity and judgment that will guide them through life.

Grading

Class attendance/participation	25%
Self-realization exercises journal	25%
<u>A New Earth</u> Papers	20%
<u>Living Deeply</u> Papers	15%
<u>Conversations with God</u> Papers	<u>15%</u>
	100%

Course Outline:

- I. Mind over matter - our mass consumption-based societies
- II. The Ageless Wisdom or Perennial Philosophy
 - A. Basic principles
 - B. Relatedness to research in quantum physics and other scientific discoveries
 - C. Interconnectedness and whole systems thinking
- III. Evaluating social structures
 - A. Standards for evaluation based on humanistic, ethical and spiritual values
 - B. Maslow's hierarchy of human needs
 - C. The pragmatic question - do contemporary socioeconomic structures fully meet individual and common human needs?
 - D. Techniques and methods of evaluating socioeconomic structures
 - E. A critical analysis of our current paradigms, their historical context, and their resultant world systems
 - F. A critical analysis of newly emerging paradigms and the proposed world systems that would materialize
- IV. Consciousness as causal reality
 - A. Inner reality to world events
 - B. Community, connectiveness, and the power of love
 - C. The soul of nations
- V. Planetary evolution
 - A. New political paradigms
 - B. New economic paradigms
 - C. New medical paradigms - integrated medicine
 - D. Transforming the workplace
 - E. New paradigms for science
 - F. Decentralization and self-governance
 - G. Envisioning change
 - H. Living in an interconnected world

Daily Class Plan

May

29 (Fri.)

Topics: Course Overview; Be Here Now, the One Spiritual Lesson; Global Mind Change: The Cultural Creatives, Maslow's Theory and Social Institutions and Systemic Problems

Videos: "Global Mind Change"
"The White Hole in Time"

Reading Assignment for Saturday:

A New Earth: C.1

30 (Sat.)

Topic: The Theory and Practice of Meditation

Video: "Art Mind with Alex Gray"

Reading Assignment for Sunday:

A New Earth: C.2

Conversations with God: C.1

Topic: Religion, Economics and Government: The origins and Practice of Capitalism and Capitalism's Impact on the Environment

Video: "The Overspent American: Why We Want What We Don't Need"

Reading Assignment for Sunday:

A New Earth: C.3

Conversations with God: C.2

Topic: To Have or To Be? Alternatives to Capitalism; What's Spirituality? All Social Problems Are Spiritual Problems

Video: "Doors of Perception"

Reading Assignment for Sunday:

A New Earth: C.4

Conversations with God: C.4 and 5

31 (Sun.)

Topic: Introduction to Metaphysics

Video: “What the Bleep Do We Know?”

Reading Assignment for Next Weekend’s Class:

A New Earth: C.5

Conversations with God: C. 6 and 7

Topic: Introduction to Metaphysics

Video: “Your Immortal Brain”

Reading Assignment for Next Weekend’s Class:

A New Earth: C.6

Conversations with God: C. 8

Topic: Cultural Constructions of the Sacred

Video: “Rumi: Poet of the Heart”

Reading Assignment for Next Weekend’s Class:

A New Earth: C.7

Conversations with God: C.9, 10 and 11

Living Deeply: C.1, 2, 3, 4, 5, 6, 7, 8 and 9

Assignment Due:

Reaction papers for all readings assigned through Saturday

June

12 (Fri.)

Topics: Mind-Body Medicine Concepts: Qigong and Chakras

Video: “Deepak Chopra: How to Know God”

Reading assignment for Saturday:

A New Earth: C.8

Conversations with God: C.12

13 (Sat.)

Topic: The Quantum Universe: The Grand Illusion as a Hologram

Video: “The Elegant Universe”

Reading Assignment for Sunday:

A New Earth: C.9 and C.10

Conversations with God: C.13

Topic: The Evolution in Science: Holarchies as an Integral Form of Hierarchies and Nature’s Tendency toward Chaos, Transformation and Increasing Complexity and Expanded Consciousness

Video: “Baraka”

14 (Sun.)

Topic: The Evolution in Science: The Bio-Psycho-Socio/Cultural-Spiritual Model of Wellness

Video: “The Power of the Mind to Heal”

Topic: Intentionality: Create Your Own Reality?

Video: “The Secret”

Topic: Putting It All Together to Change You and the World

Video: “Exploring Spiritual Politics”

Assignment Due:

Submit Personal Journals and all reaction papers