

REGIS COLLEGE: NEW COURSE PROPOSAL

COURSE #:
COURSE TITLE: THE SPIRITUAL JOURNEY
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COURSE FORMAT: 13 X 2 HR. CLASSES

COURSE DESCRIPTION: THE COURSE WILL LOOK AT THE SPIRITUAL JOURNEY AS IT IS DEPICTED FROM SCRIPTURE TO THE PRESENT DAY. IT WILL EXAMINE TEXTS FROM DIFFERENT RELIGIOUS TRADITIONS AND CULTURES TO EXPLORE THE BASIC HUMAN UNDERSTANDING OF A PERSON AS PILGRIM.

LEARNING OBJECTIVES: AN EXPLORATION THROUGH SPIRITUALITY OF WHAT IT MEANS TO BE HUMAN.

AN EXAMINATION OF A HISTORY OF SPIRITUALITY.

AN EXAMINATION OF THE GUIDES, COMPASSES, MAPS AND TECHNIQUES OF EXPLORATION OF THE TERRITORY CALLED 'THE SPIRITUAL LIFE.'

THE COURSE IS OF NOTE: TO THOSE INTERESTED IN SPIRITUALITY BOTH THEORETICAL AND PRACTICAL ; DISCERNMENT; CULTURAL HISTORY; NARRATIVE THEOLOGY

THE CLASS WILL MEET TWO HOURS A WEEK FOR INSTRUCTION. CLASS PARTICIPATION IS REQUIRED. EACH STUDENT WILL SUBMIT 8 2 PAGE PAPERS ON TOPICS DERIVED FROM THE CLASS BUT GO BEYOND WHAT WAS PRESENTED. THESE PAPERS WILL BE ASSESSED BOTH FOR CONTENT AND PRESENTATION. EACH WORTH IS 10 % OF THE FINAL MARK. THE REMAINING 20% WILL BE GIVEN FOR INTELLIGENT CLASS PARTICIPATION.

DETAILED COURSE OUTLINE OF TEACHING WEEKS

- WEEK 1: AN INTRODUCTION TO THE COURSE: CONCEPTS; AIMS, OBJECTIVES, REQUIREMENTS.
OTHER FORMS OF THE SPIRITUAL JOURNEY: THE LABYRINTH; JOURNALLING; DREAMS; THE VISION QUEST; RITES OF PASSAGE; READINGS OF PERSONAL HISTORY.
- AN EXAMPLE OF THE SPIRITUAL JOURNEY:
THE JOSEPH STORY IN GENESIS (THE BOOK OF GENESIS)
- WEEK 2: MOSES AND THE PASSOVER (THE BOOK OF EXODUS)
- WEEK 3: JESUS: FROM INCARNATION TO ASCENSION IN THE GOSPELS (THE GOSPELS).
- WEEK 4: THE BEATITUDES (MATTHEW'S GOSPEL CH.5:1-16)
- THE BEATITUDES IN MATTHEW'S GOSPEL DESCRIBE THE STAGES OF SPIRITUAL DEVELOPMENT IN A CHRISTIAN'S LIFE
- WEEK 5: AUGUSTINE: CONFESSIONS (397-398)
(Oxford World's Classics. Trans. Henry Chadwick)
- THIS CLASS WILL LOOK AT THE GENRE OF AUTOBIOGRAPHY AS IT DESCRIBES THE SPIRITUAL JOURNEY
- WEEK 6: RUMI . (13 century)
THE ESSENTIAL RUMI . trans. by Coleman Barks (Castle Books, 1997)
- THE POETRY OF THIS 13TH. C SUFI MYSTIC DESCRIBES SIGNIFICANT MOMENTS OF THE SPIRITUAL LIFE
- WEEK 7: THE SPIRITUAL EXERCISES OF ST. IGNATIUS. (16th century)
Based on *Studes in the Language of the Autograph*. Trans. Louis J. Puhl
- THE IGNATIAN EXERCISES CARRIES ONE ON A JOURNEY TO AN EVER DEEPENING UNION WITH THE CHRIST IN SERVICE TO THE FATHER

- WEEK 8: THE PILGRIM'S PROGRESS FROM THIS WORLD TO THAT WHICH IS TO COME (1678) by JOHN BUNYAN.
- AN EXAMINATION OF THE FAMOUS PROTESTANT ALLEGORY ON WHAT IS ENCOUNTERED ON THE SPIRITUAL PATH.
- WEEK 9: SONGS OF INNOCENCE AND EXPERIENCE (1794) by WILLIAM BLAKE
THE RHYME OF THE ANCIENT MARINER (1798/1817) by SAMUEL TAYLOR COLERIDGE
- THIS WEEK EXAMINES THE INTERNALISATION OF SPIRITUAL QUEST AS EXPLORED IN ENGLISH ROMANTICISM, 1789-1815
- WEEK 10: THE ORIGINS AND HISTORY OF CONSCIOUSNESS. A JUNGIAN PERSPECTIVE.
- THE CLASS LOOKS AT THE SPIRITUAL JOURNEY TOWARDS INDIVIDUATION FOLLOWING THE PATH OF THE ARCHTYPAL HERO.
- ORIGINS AND HISTORY OF CONSCIOUSNESS by ERICH NEUMANN. PRINCETON UNIVERSITY PRESS, 1970
- WEEK 11: THE OX-HERDING PICTURES.
- THESE PICTURESThese pictures FROM THE SUNG DYNASTY - 12TH. C. -- TRACE THE PATH TO ENLIGHTENMENT IN ZEN BUDDHISM
- See ZEN FLESH, ZEN BONES. ed. PAUL REPS. (CHARLES E. TUTTLE CO., 1987)
- WEEK 12: THE STALKER. (FILM DIRECTED BY ANDREI TARKOVSKY, 1979).
- THIS RUSSIAN FILM DESCRIBES THE JOURNEY OF THREE MEN TRAVELING THROUGH A POST-APOCALYPTIC WILDERNESS CALLED THE ZONE TO FIND A ROOM WITH THE POTENTIAL TO FULFIL ONE'S INNERMOST DESIRES.

SUMMING UP OF COURSE

BIBLIOGRAPHY

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Blake, William. The Complete Poetry and Prose. Ed., David V. Erdman. Bantam Doubleday. New Rev. Ed., 1988

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Cousins, Ewert ed., *World Spirituality: An Encyclopedic History of the Religious Quest* (New York: Crossroad, 1980s-1990s)

de Certeau, Michel, *The Mystic Fable: The Sixteenth and Seventeenth Centuries*, trans. Michael B. Smith, Religion and Postmodernism (Chicago: University of Chicago Press, 1992)

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Egan, Harvey, *Christian Mysticism: the Future of a Tradition* (New York: Pueblo, 1986; reprint, 1998).

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Hawker, Paul. *Soul survivor : a spiritual quest through 40 days and 40 nights of mountain solitude.* Northstone Pub., 2007

Heine, Steven. *Opening a Mountain: Kōans of the Zen Masters* (New York: Oxford University Press, 2002)

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Jentzen, Grace, *Power, Gender, and Christian Mysticism* (Cambridge: Cambridge University Press, 1995).

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Kessler, Michael & Christian Sheppard, eds., *Mystics: Presence and Aporia* (Chicago: University of Chicago Press, 2003).

Leigh, David J. *Circuitous journeys : modern spiritual autobiography.* Fordham University Press, 2000.

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Marshall, Paul, *Mystical Encounters with the Natural World: Experiences and Explanations* (New York: Oxford University Press, 2005).

Neumann, Erich. *Origins and History of Consciousness.* Princeton University Press, 1970

Reps, Paul. ed. *Zen Flesh, Zen Bones* (Charles E. Tuttle Co., 1987

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Sheldrake, Philip, ed., *Traditions of Christian Spirituality*
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Tarkosky, Andrey. *Sculpting in Time: Tarkovsky The
Great Russian Filmmaker Discusses His Art.* Trans.
Kitty Hunter-Blair. University of Texas Press, 1989

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Quest, World Spirituality 22* (New York: Crossroad,
1996)

Yamada, Mumon Roshi. *Lectures on the Ten Oxherding
Pictures.* (Hawaii:University of Hawaii, Press, 2004)

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