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Interest Meeting: CNU Contemplative Studies

1 message

Announcement-Do Not Reply

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To: faculty <faculty@cnu.edu>, employees <employees@cnu.edu>

Join us at an Interest Meeting to Discuss a proposed Center for Contemplative Studies/Sciences at CNU.

Convener: Prof. Kenneth Rose, Philosophy and Religious Studies (krose@cnu.edu)

Leading universities, public and private, across the United States are forming contemplative studies and sciences programs that allow faculty, students, and staff from the entire spectrum of academic, scientific, artistic, and clinical inquiry and practice to develop the contemplative dimensions of the many disciplines that make up a university. The value of these new abilities is not merely the discovery of novel ways of creating new knowledge, but the development of intuitive, contemplative wisdom that inspires people to become more compassionate, insightful, and aware. No less significant are the proven health benefits of contemplative practices like mindfulness meditation and yoga (similar studies are beginning to appear on centering prayer, which can be extended to other contemplative practices such as zikr and dāvnen). These benefits include reductions in stress, chronic pain, emotional pain, depression, sleep disorders, high blood pressure, and addictions, as well as improved mood and improved immune function.

As at Brown and other leading universities such as the University of Virginia and Emory University, the CNU Center for Contemplative Studies will shift dated paradigms by integrating the reservoirs of traditional contemplative wisdom with the techniques and knowledge of the academy, the laboratory, the practice studio, the corporation, religious organizations, and the clinic. In our varied activities we will aspire to become contemplative researchers and practitioners who measure our knowledge and practices in light of a pluralistic vision of the sciences, the arts, and the humanities as multiple avenues to flourishing and well-being.

If you are interested in helping to create the CNU Center for Contemplative Studies, join us at on Thursday, April 18, 2013 at 12:30 in Tribble 209. For more information and to share your own ideas beforehand, contact Ken Rose at krose@cnu.edu.