

RELS 375.001 ASIAN ESOTERICISM: YOGA AND TANTRA
 Dr. June McDaniel
 Spring, 2014

Office: 4 Glebe St, Room 101
 Office hours: Tuesday, Thursday 11-12, Wednesday 2-4 PM
 Office phone: 953-5956
 E-mail: mcdanielj@cofc.edu

Texts: Feuerstein, *The Deeper Dimensions of Yoga*
 Mookerjee, *Kundalini: The Arousal of the Inner Energy*
 Svoboda, *Aghora: At the Left Hand of God*
 Yeshe, *Introduction to Tantra*
 Readings on the OAKS site

This class will explore religious beliefs and practices in the fields of yoga and tantra in Asia. It will include Hindu schools of yoga and tantra, including Shaiva, Shakta, and Sahajiya schools, and several Buddhist and Daoist forms of theory, ritual practice, and symbolism. We shall examine the roles of deities, gurus, and ascetics, and meditative practices. We will also look at some of the ways that tantric practices have been changed and reinterpreted in the West.

Grading: Grades will be based **upon 2 tests and 2 papers**, each will be worth **1/5** of the total class grade. Class participation and research presentations will be the final fifth of the grade.

Paper #1:	20%
Term paper:	20%
Test #1:	20%
Test #2:	20%
Participation, presentations:	20%

Tests: Tests will have short answer and essay questions. I give makeup tests only for emergencies, and they are harder than the original tests (there is no choice of questions).

Papers: Papers should be based on ideas and approaches covered in class, and should be at least 10 full pages in length, typed (longer papers are fine, but shorter papers will have points deducted).

Paper #1: Explain a yogic ritual practice in one Asian religion. How does it work? Why do people perform it? What do they hope to get out of it? This paper should be both descriptive (describe the ritual in detail, based on a sacred text or ethnographic study) and analytical (explain how it works within its religious system). You can include explanatory diagrams and pictures. Include background data on its religious origins.

Paper #2: Many systems of yoga and tantra have ideas of the relationship of body and spirit that are different from Western ideas. Explain the ideas of body, mind and soul/ spirit within any school of yoga or tantra. How do these concepts affect their understandings of religious experience, healing of illness, and the goals of human life?

Presentations: Students should present the major ideas of their papers to the class, and provide questions and issues for discussion.

The passing grade is D-, or 60. Grades are not curved. They range as:

A	94 and over
A-	90-93
B+	87-89
B	84-86
B-	80-83
C+	77-79
C	74-76
C-	70-73
D+	67-69
D	64-66
D-	60-63
F	below 60

Attendance: There will be THREE allowed absences. On the third absence, I shall note a warning on the attendance roster, that one more missed class will cause a student to be dropped (that will be two weeks of work missed). If you have any excused absences (illness, emergency), please let me know and I will cross them off. An additional point is given on the total grade for perfect attendance

Academic Integrity and the Honor Code: There is a zero-tolerance policy toward plagiarism or any other form of academic dishonesty in this course. This means that anyone caught taking credit for work that is not his or her own, or cheating in any other way, will receive a failing grade for the entire course, which will show up on the transcript as an XF grade. Students are expected to abide by the Honor Code of the College.

If you have a disability that qualifies you for academic accommodation, please present a letter from the Center for Disability Services at the beginning of the semester. For more information, please contact www.cofc.edu/~cds/index.htm

ALL CELL PHONES MUST BE TURNED OFF DURING CLASS!

SYLLABUS

Date	Topic	Assignment
1/9	Introduction	
1/14	Origins in Hinduism- Veda, Upanishads, Yoga	OAKS, White, "Yoga, Brief History of an Idea", Svetasvatara Upanishad (chap 1-4)
1/16	Patanjali and Yoga	OAKS- Yoga Sutra
1/21	Yoga and the Mind	
1/23	Yoga- orientation	Deeper Dimensions, part 1
1/28	Yoga- practice	Deeper Dimensions, part 2
1/30	Yoga- morality	Deeper Dimensions, parts 3-5
2/4	Kundalini yoga and meditation	Kundalini book, chaps 1-3
2/6	Kundalini yoga and its problems	Kundalini book, chaps 4-5 OAKS, Gopi Krishna, chaps 1-3
2/11	Hatha yoga- guest speaker	OAKS, Singleton on History of Yoga Paper #1 due!
2/13	Presentations on papers	Optional reading: http://michaeljaltman.net/?s=yoga
2/18	Bhakti and yoga	OAKS, Bhakti Sutras of Narada
2/20	Sahajiya yoga	OAKS, Sahajiya article
2/25	TEST #1	
2/27	Buddhism- origins and types	OAKS, Buddhism and types

3/4	Spring break	
3/6	Spring break	
3/11	Buddhist yoga and tantra	Yeshe, Introduction to Tantra OAKS, Amitayus
3/13	Buddhist meditation- Guest speaker	
3/18	Tibetan Buddhist Tantra as Performance- guest speaker	OAKS, Mandalas
3/20	Tibetan Yogas of Naropa	OAKS, Dream Yoga
3/25	Yogis and tantrikas- guest speaker	
3/27	Daoism and Daoist yoga	OAKS, Daoism http://www.acmuller.net/con-dao/daodejing.html
4/1	Daoist yoga meditation- guest speaker	
4/3	TEST #2	
4/8	Types of Shakta Tantra	OAKS, Tantric and Yogic Shaktism
4/10	Hindu Folk tantra	Aghora book PAPER #2 DUE!
4/15	American Hindu tantra and ethics	OAKS, Tantra American Style
4/17	American Buddhist tantra and ethics	OAKS, Compassionate Violence, Kalachakra article
4/22	Concluding remarks Discussion of papers and modern tantra	