This course is about Life—its deep recesses and potential—and about your Life.

In our time together, you will be invited to ponder:

- where you have been,
- where you are in Life so far, and
- what you are searching for most at this point in your Life.

One way to summarize your college years—and really all your years—is to speak about them as the discovery of knowledge. This knowledge is intellectual, emotional, and kinetic (physical).

The purpose of this course is to discover more about what it is that you have discovered these past four years, to discover knowledge about others, and to till the ground for what you need to discover at this point in your Life.

You will have a chance to look into your way of life or spirituality—past, present, and future.

Spirituality is the way of life—that mixture of thinking, feeling and acting—you carry out in the light of your ultimate origin, ultimate destiny, and ultimate depth.

Where the course takes you on your journey, depends largely on you. It is you who learn, I only put things in front of you. This includes readings, lectures, and always class discussions revolving around what I have learned so far about Life—or at least have an inkling about.

Remember, the purpose is for you to see what wisdom there may be in these insights, and what wisdom you can add from your own insights.
Here is a list of some of this learning in no particular order, keeping in mind that they all intersect.

1. Bernard Lonergan on how we learn, obtain knowledge.
   - This process also involves unlearning. It is said, before we can learn we must unlearn.
   - The Islanders, The Truman Story

2. ‘Discernment of Spirits
   - Autobiography of Ignatius Loyola,
   - Spiritual Exercises of Ignatius Loyola
   - The Imitation of Christ

3. Sufism—
   - its horizons, its leaven for all traditions, it teaching stories, its poetry of Rumi, its impact
   - O.M.B. Dervish: Among the Dervishes
   - Idres Shah, The Islanders, Caravan of Dreams, The
   - Robert Ochs: Green Book, Teaching Stories

4. Buddhism and Meditation Practice
   - Pema Chodron Chödrön readings and lectures on CD
   - Huston Smith

5. Probability that evolutionary development of consciousness is taking place. Are we done or not done evolving as human beings?
   - Teilhard’s spirituality of the world coming to greater consciousness: Divine Milieu and The Phenomenon of Man
   - Hegel and recent writing on the probability of continued evolution of human consciousness.

6. The Idea and Experience of the Holy in time, space, and soul
   - Rudolf Otto
   - archeology and archetypes of the soul
   - Eliade, Jung, Turner (Liminality),

7. Christmas as a lens onto being able to study our consolations and desolation
   - The Troubles and Happiness of Christmas
   - W.H. Auden, Christmas Oratorio
   - T. S. Eliot, Journey of the Magi
   - Christmas and the Elementary Forms of the Spiritual Life

8. Meditation in Action—Finding God in All Things, developing maître (loving compassion toward oneself) through
   - meditation
   - The Spiritual Exercises of Ignatius Loyola
   - Daily Life as Spiritual Exercise
• Nadal: Contemplation in Action

10. charity, care, philia—
• Aristotle, Toner, Aquinas, and the experience of God
• Receiving and Giving as Spiritual Exercise

Attendance at all class meetings is required.

**Evaluation**

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<th>Component</th>
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<tr>
<td>Spiritual autobiography of inner self</td>
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<tr>
<td>Analytical papers</td>
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<tr>
<td>Interview, transcription, and analysis of some else’s biography</td>
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<td>Christmas memoir</td>
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<td>Final exam synthesis (due date and time of final)</td>
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<td>Class attendance and participation</td>
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