

Inner and Outer Peace, PAX 120B
Course Syllabus

Instructors: Robin Moulds and Reya Stevens

Course goals:

- 1) To develop skills in mindfulness meditation both in formal meditative practice and in daily life.
- 2) To explore the key elements and ethical challenges of coexistence and reconciliation processes.
- 3) To develop skills in mindful, compassionate communication.
- 4) To practice inter-communal dialogue and facilitation of bi-communal conflict resolution.
- 5) To explore culturally specific adaptations to managing conflict and peace-building.
- 6) To become familiar with the variety of paradigms and models of reconciliation between ethno-political groups in conflict regions globally.
- 7) To explore the application of mindfulness, compassion and meditative awareness to creating peace in interpersonal, societal and global arenas.

Course requirements:

- 1) Class attendance and participation. (35% of grade)
- 2) Practicing meditation at least 5 times per week for at least 20 minutes each time. This is in addition to classroom meditation time. At least 4 of these 5 sessions must be the "formal" practices of sitting or walking meditation. At least 1 meditation session must be mindfulness of a daily life activity.
- 3) Maintaining a journal of one's experiences in meditation. The journal will be handed in once every two weeks. (20% of grade)
- 4) Weekly one-page response paper based on the assigned readings. (20% of grade)
- 5) A 7-10 page final paper on the integration of mindfulness into peace-building and reconciliation paradigms. (25% of grade)

Books:

- 1) Avruch, Kevin. *Culture and Conflict Resolution*. Washington, D.C.: United States Institute of Peace, 1998.
- 2) Goldstein, Joseph and Jack Kornfield. Selected Chapters. *Seeking the Heart of Wisdom*. Boston: Shambhala Publications, 1987.
- 3) Lederach, John Paul. *Preparing for Peace*. New York: Syracuse University Press, 1995.
- 4) Levine, Stephen. *A Gradual Awakening*. New York: Anchor Books, a division of Random House, 1979
- 5) Maas, Peter. *Love Thy Neighbor: A Story of War*. New York: Random House, 1996.

Articles, Reports and Chapters of Books:

- 1) Assefa, Hiskias. Coexistence and Reconciliation in the Northern Region of Ghana. In *Reconciliation, Justice and Coexistence: Theory and Practice*, M. Abu-Nimer, ed. Lexington Books, 2001:165-185.
- 2) Boraine, Alex. Truth and Reconciliation in South Africa: The Third Way. In *Truth v. Justice*, by R. Rotberg. Princeton: Princeton University Press, 2000:141-157.
- 3) Botcharova, Olga. Implementation of Track Two Diplomacy: Developing a Model of Forgiveness. In *Forgiveness and Reconciliation: Religion, Public Policy and Conflict Transformation*. Templeton Foundation Press, 2001:269-294.
- 4) Eagle, Gillian. Promoting Peace by Integrating Western and Indigenous Healing in Treating Trauma. *Peace and Conflict: Journal of Peace Psychology*, 4 (3) 1998:271-282.
- 5) Gopin, Marc. Forgiveness as an Element of Conflict Resolution in Religious Cultures. In *Reconciliation, Justice and Coexistence: Theory and Practice*, M. Abu-Nimer, ed. Lexington Books, 2001:87-99.
- 6) Gobodi-Madikizela, Pumla. Remorse, Forgiveness and Rehumanization: Stories from South Africa. *Journal of Humanistic Psychology*, 42 (1) Winter 2002:7-32.

- 7) Kelman, Herbert. Social-Psychological Dimensions of International Conflict. In Zartman, W. , Rasmussen, ed. *Peacemaking in International Conflict: Methods and Techniques*. Washington, D.C.: United States Institute of Peace, 1996:191-231.
- 8) Lederach, John. Of Nets, Nails and Problems: The Folk Language of Conflict Resolution in a Central American Setting. In *Conflict Resolution : Cross- Cultural Perspectives*, Avruch, K., P. Black, and J. Scimecca, eds. Westport, CT: Praeger Publishers:165-186.
- 9) Maalouf, Amin. *In the Name of Identity: Violence and the Need to Belong*. New York: Arcade Publishing, Inc., 2000 (originally published in French in 1996):.73-115.
- 10) Minow, Martha. The Hope for Healing: What can Truth Commissions Do? In *Truth v. Justice*, by R. Rotberg. Princeton: Princeton University Press, 2000:235-255.
- 11) Moulds, Robin. An American Woman's Journey to Pakistan in Wartime: Unlearning American Misconceptions about Pakistani Islam. *Journal of Intergroup Relations*, (publication pending), 2004.
- 12) Ross, Marc. Chapter 3. In *The Management of Conflict*. New Haven: Yale University Press, 1993: 35-68.
- 13) Saunders, Harold. *A Public Peace Process*. New York: St. Martin's Press, 1999:xv-xxiv, 81- 96.
- 14) Tutu, Desmond. *No Future Without Forgiveness*. New York: Doubleday, 2000:235-255.
- 15) Volkan, Vladimir. *Blood Lines: From Ethnic Pride to Ethnic Terrorism*. New York: Farrar, Strauss, and Giroux, 1997:36-80.
- 16) White, Geoffrey. Rhetoric, Reality and Resolving Conflicts: Disentangling in a Solomon Islands Society. In *Conflict Resolution : Cross- Cultural Perspectives*, Avruch, K., P. Black, and J. Scimecca, eds. Westport, CT: Praeger Publishers:165-186.

1/16/04: Course Overview

- Discussion of intention and goals
- Review course requirements
- Introductory lecture and discussion on the impact of mindfulness and internal peace on global peacebuilding

★Homework: Read *Preparing for Peace* by Lederach and article #12 by Ross due 1/20/04

1/20/04: Introduction to Concepts of Peacebuilding, Reconciliation, and Coexistence

- Brief silent meditation
- Introductory lecture and discussion on key course concepts using global examples
- Dyad exercise on conflict resolution
- Discussion of/reflection on personal experiences of successful conflict resolution

★Homework: Read *A Gradual Awakening*, Chapters 1-15, by Levine due 1/23/04

1/23/04: Introduction to Mindfulness

- Introductory lecture and discussion about mindfulness
- Experiential activities designed to distinguish true mindfulness from detached observation and from conceptualization
- Guided mindfulness meditation

★Homework: Read articles #7 & #9. Write 1-page response paper due 1/27/04

1/27/04: Identity and Psychological Dimensions of International Conflict

- Brief silent meditation
- Discussion of Maalouf reading and the role of identity in the escalation of conflict
- Which identities play the strongest role in conflict escalation and resolution?

★Homework: Read *A Gradual Awakening* by Levine, Chapters 17-30, due 1/30/04

★Homework: Group A Journals due 1/30/04

1/30/04: Acceptance & Non-Reactivity: Necessities for Internal Conflict Resolution

- Discussion on mind control: Is it possible?
- Lecture: judging, acceptance, and non-reactivity
- Practicing non-judgmental acceptance in meditation
- Walking meditation

★Homework: Read articles #4 & #15. 1-page response paper due 2/3/04

2/3/04: Intergenerational Transmission of Traumatic Conflict

- Brief silent meditation
- Discussion of Vladimir Volkan's notion of the "chosen trauma"
- Team exercise on intergenerational conflict transmission

★Homework: Read Goldstein and Kornfield, Chap. 4, pp. 38-56 due 2/6/04

★Homework: Group B Journals due 2/6/04

2/6/04: Common Difficulties in Meditation I: Symptoms & Sources of Inner Conflict

- Lecture: working with pain. Distinguishing between pain and aversion. Distinguishing between concepts and bare sensations.
- Guided meditation on physical sensations and pain
- Introduction to mindful communication including exercises in pairs

★Homework: Finish *Love Thy Neighbor* by Maas. Write 1-page response paper due 2/10/04

2/10/04: Psychosocial Impact of Bicomunal Violence

- Brief silent meditation
- Discussion of traumatic impact on a culture and stages of cultural healing
- Discuss Eagle reading and part of Maas reading

★Homework: Group A Journals due 2/13/04

2/13/04: *Common Difficulties in Meditation II: More Symptoms & Sources of Inner Conflict*

- Lecture: the prevalence of desire, sleepiness, and restlessness in meditation and in life. Understanding these energies and how to work with them.
- Guided meditation on working with desire, sleepiness, and restlessness
- Walking meditation

★Finish *Culture and Conflict Resolution* by Avruch. Write 1-page response paper due 2/24/04

2/24/04: *Culture and Conflict*

- Brief silent meditation
- Discussion: What lessons can be gleaned for peacebuilding from Ross's analysis of high-conflict and low-conflict societies?

★Homework: Group B Journals due 2/27/04

2/27/04: *A Meditative Approach to Emotions*

- Lecture: the joys and challenges of emotion. Distinguishing between emotion and reactivity. Distinguishing between physical and mental aspects of emotion. The tendency to think of emotions as "me." Mindfulness of emotion and its impact on inner healing.
- Guided meditation on emotions
- Compassion in interpersonal relationships: exercise in pairs

★Homework: Read articles #8 & #16. Write 1-page response paper due 3/2/04

3/2/04: *Culturally Sensitive Approaches to Conflict Intervention*

- Brief silent meditation
- Discussion of Lederach's elicitive and prescriptive approaches to conflict intervention
- Team exercise in elicitive and prescriptive approaches to conflict mediation

★Homework: Group A Journals due 3/5/04

3/5/04: A Closer Look at Anger

- Guided meditation on emotions
- Lecture: finding a balanced approach to anger. Anger as part of life. Anger and harm. Transforming anger with mindfulness, wisdom, and loving-kindness.
- Group activity: listening to anger, expressing anger, transforming anger

★Homework: Read articles #1 & #13. Write 1-page response paper due 3/9/04

3/9/04: The Peacebuilding Art of Intercommunal Dialogue

- Brief silent meditation
- Discussion of Assefa's and Saunder's dialogue processes: What key elements would you add to promote peacebuilding dialogue?
- Team role play practice of a Intercommunal Dialogue format

★Homework: Group B Journals due 3/12/04

3/12/04: A Meditative Approach to Thoughts

- Lecture on thinking. What are thoughts? How do we use thoughts rather than having them use us? Distinguishing between the content of thoughts and the process of thinking.
- Guided meditation on mindfulness of thoughts
- Walking meditation

★Homework: Read articles #2, #6, & #14. Write 1-page response paper due 3/16/04

3/16/04: Reconciliation

- Discussion of Gobodi-Madikzela's work in South Africa and Laura Davis's work in the U.S. as reconciliation paradigms
- Discussion of the key elements and challenges of reconciliation
- Dyad exercise: How do you want to implement reconciliation processes in your own life?

★Homework: Group A Journals due 3/19/04

3/19/04: *Views and Opinions and the Cultivation of Peace*

- Guided meditation on mindfulness of thoughts
- Lecture on views and opinions. What good are they? How can we use them wisely without having our views separate us from people with different views? Distinguishing between views and attachment to views. Fostering open-mindedness.
- Small group exercises on listening to and expressing views and opinions

*Homework: Read article #11. Write 1-page response paper due 3/23/04

3/23/04: *Coexistence after War and Genocide*

- Brief silent meditation
- Discussion of Peter Maas' work in Bosnia and Robin Moulds' work in Sarajevo and Pakistan

*Homework: Read Goldstein and Kornfield, Chap. 13, pp. 171-186 due 4/2/04

*Homework: Group B Journals due 3/26/04

3/26/04: *Deepening Contemplation*

- Alternating silent sitting and walking meditation, with teacher guidance

*Homework: Read articles # 3 & #5. Write 1-page response paper due 3/30/04

3/30/04: *Forgiveness Models in Track Two Diplomacy*

- Brief Silent meditation
- Discussion: Is forgiveness necessary for reconciliation? Do you see any problems in highlighting the role of forgiveness in the process of communal healing?
- Discuss Botcharova reading

*Homework: Group A Journals due 4/2/04

4/2/04: *Self, Other, and Interconnection*

- Mindfulness meditation
- Small group discussions: benefits and difficulties of meditation
- Lecture: What is the self? How the self can be explored in meditation and how this exploration can promote a sense of inter-being.
- Cultivating compassion: exercises in pairs

*Homework: Group B Journals due 4/15/04

4/15/04: Deepening Contemplation

- Alternating silent sitting and walking meditation, with teacher guidance

★Read article #10. Write 1-page response paper due 4/20/04

4/20/04: The Role of Justice and Truth-Telling in Peacebuilding

- Brief silent meditation
- Discussion of the reading by Martha Minow
- Small group presentations on the myriad of approaches to justice and each approach's impact on psychosocial healing

★Homework: Group A Journals due 4/23/04

4/23/04: Deepening Contemplation

- Alternating silent sitting and walking meditation, with teacher guidance

★Homework: Final paper/project.

4/27/04: Rebuilding Bi-Communal Relations

- Brief silent meditation
- Discussion of Truth and Reconciliation Commissions as a tool for rebuilding communal relations; case studies in Bosnia and South Africa.
- Class presentation on final paper or project/semester evaluation

★Homework: Group B Journals due 4/30/04

4/30/04: Bringing Mindfulness and Compassion into One's Life and the World

- Mindfulness meditation
- Opportunity for group discussion and questions
- Tips on continuing to cultivate mindfulness and compassion