

Contemplative Education

Accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools, Naropa University is a private, nonprofit, nonsectarian liberal arts institution whose mission is contemplative education. This approach to learning combines the best of Eastern and Western educational traditions, enabling students to integrate academic knowledge with self-knowledge through contemplative practice. The university comprises a four-year undergraduate college and graduate programs in the arts, education, environmental leadership, psychology and religious studies. Naropa offers BA and BFA degrees through its four-year undergraduate college, as well as MA, MDiv and MFA degrees through its graduate school. Professional development training and classes for the community are available through Naropa University Extended Studies.

Founded in 1974 by Chögyam Trungpa Rinpoche, a lineage holder in the Tibetan Buddhist tradition, Naropa University integrates academic, artistic and traditional awareness training practices to help students cultivate an understanding of themselves, their field of study and the world. Through disciplines such as sitting meditation, yoga and t'ai-chi ch'uan, students develop mindfulness and awareness, learning directly from experience, moment by moment. This process creates precision, openness and compassion, teaching students how to integrate intellect and intuition and encouraging the deepening of confidence, wisdom and desire to work for the benefit of others. A Naropa University education initiates a lifelong process of creative personal development that goes well beyond the college experience.

Undergraduate Majors

Contemplative Psychology is founded on the mindfulness/awareness teachings of Buddhist and Shambhala lineages, world wisdom traditions and Western psychology. Students choose a concentration in Psychological Science; Psychology of Health and Healing; Somatic Psychology; or Transpersonal and Humanistic Psychology.

Early Childhood Education nurtures the genuine and compassionate nature of teachers and applies teaching methods drawn from Montessori, Waldorf and Buddhist traditions. Students participate in apprentice-style internships with master teachers from these traditions.

Environmental Studies welcomes students who feel drawn to study, celebrate and serve the earth. The major emphasizes experiential learning, natural science, personal growth and an awakened relationship between self and world.

Interdisciplinary Studies invites students to design a unique major by selecting courses from two or three different disciplines offered at Naropa University. The required gateway seminar, which surveys the history of disciplines as they are studied and as they constitute major and minor degree programs, prepares students to bring an informed and educated perspective to their own unique focus of study.

Music gives students fundamental training in musicianship that includes harmonic analysis, ear training, rhythmic acuity, music theory, improvisation, composition, history and multicultural perspectives on musical traditions.

Peace Studies focuses on the study of peace and explores the causes of violence and war through four related areas of inquiry: history and politics of social change; theory and practice of peacemaking; the arts in peacemaking; and engaged learning.

Performance (BFA) offers rigorous technical training, an emphasis on student-centered creative process and a contemplative approach to performance and performance studies.

Religious Studies explores the role of contemplative practice in the world's great religions, especially Buddhism, and places special emphasis on the expression of historical traditions in contemporary life.

Traditional Eastern Arts is the only degree program of its kind in the country combining the practice of sitting meditation with an in-depth study of the philosophy, history and culture of a body-mind awareness discipline. Concentrations are available in t'ai-chi ch'uan, yoga teacher training and aikido.

Visual Arts offers studio electives in several painting media, calligraphic forms, sculpture, pottery and photography. Required courses in drawing, the history of visual art, meditation in conjunction with studio practice, and portfolio preparation form the foundation of the major.

Writing and Literature offers intensive training in the practice and study of writing through small writing workshops, literary studies courses as well as exposure to a range of contemporary writing offered through the Summer Writing Program.

Minors

Contemplative Education, Contemplative Psychology, Early Childhood Education, Ecology and Systems Science, Environmental History and Justice, Environmental Sustainability, Horticulture, Music, Performance (dance or theater focus), Religious Studies, Sacred Ecology, Sanskrit, Tibetan, Traditional Eastern Arts, Visual Arts, and Writing and Literature

International and Intercultural Education

International education, when joined with contemplative practice, is a powerful way for students to explore themselves and how they engage and relate with others in a diverse and culturally complex world. Intercultural study in a Naropa University study abroad program begins with a deep and open examination of minds and hearts. Out of this inner work, students are encouraged to consider their privilege and power as westerners, as they seek a more nuanced understanding about peoples and cultures very different from their own. Studying and living overseas with Naropa University fosters intercultural competence and

critical thinking, and lays the ground for compassionate engagement with the world.

Naropa University currently offers an international education program in Prague, Czech Republic, and will be accepting applications for spring semester 2009 beginning August 1, 2008.

Campuses

Naropa University is located on three campuses in the city of Boulder, Colorado: the Arapahoe Campus in central Boulder; the Paramita Campus in north Boulder; and the Nalanda Campus in east Boulder.

Graduate Programs

Naropa University offers both in-residence and low-residency master's degree programs.

Master of Arts:

Contemplative Education (low-residency) examines various Western holistic pedagogies in order to broaden students' awareness of the wide range of choices available in developing a meaningful and authentic teaching style. The program's intention is for students to become courageously genuine and empathetically transformative teachers. The "Education Beyond the Classroom" option is available for nonteachers.

Infused with contemplative and ecopsychological perspectives, **Environmental Leadership** offers a balance of theory, skills and practical application. The program employs an integrated, whole-systems perspective, preparing the next generation of thinkers and practitioners to lead organizational and community transformation toward the creation of a just and sustainable society.

Indo-Tibetan Buddhism involves the broad, in-depth study of Buddhism as a spiritual, theological and cultural tradition. Course work emphasizes Indian and Tibetan Buddhism with opportunities to study Sanskrit and Tibetan. Students choose the History of Religions concentration or the Tibetan Tradition concentration. An **Indo-Tibetan Buddhism with Language** degree includes additional training (16 credits) in either Sanskrit or Tibetan.

Psychology: Contemplative Psychotherapy is the only graduate program in the United States that joins psychotherapy training with Buddhist meditation and a deep understanding of the mind. This program caters to Buddhists and non-Buddhists alike. Meditation practica and Maitri retreats are an integral part of the program.

Religious Studies focuses on the non-Buddhist student who wishes to join the study of comparative religions with related contemplative practices and interreligious dialogue. Students develop literacy about the living practice traditions of world religions with a special emphasis on dialogue skills and an appreciation for religious pluralism. The **Religious Studies with Language** degree includes the above course work and additional training (16 credits) in either Sanskrit or Tibetan.

The curriculum of the **Somatic Counseling Psychology** program focuses on awareness practices, movement disciplines, counseling techniques, multicultural perspectives and scholarly pursuits that prepare students to be of service both to self and others. This program offers two concentrations: **Dance/Movement Therapy** and **Body Psychotherapy**. Both concentrations integrate personal and professional learning in a contemplative and somatic framework stressing the interwoven nature of sensation, emotion, thought and movement.

Transpersonal Counseling Psychology offers three innovative concentrations in **Counseling Psychology**, **Art Therapy** and **Wilderness Therapy**.

The Arapahoe Campus includes a performing arts center; a meditation hall, classrooms, faculty and administrative offices, the Naropa Bookstore and the Allen Ginsberg Library. The Paramita Campus houses the Graduate School of Psychology, which includes the following departments: Contemplative Counseling Psychology, Somatic Counseling Psychology and Transpersonal Counseling Psychology. As a center for the performing and visual arts, the Nalanda Campus houses the BFA in Performance and the MFA in Contemporary Performance programs. Additionally, it contains a meditation hall, art studios for Visual Arts and the TCP: Art Therapy program, as well as an events center utilized by the Naropa community and Naropa University Extended Studies.

Each program offers state-of-the-art training in an engaging and supportive environment. The unique combination of transpersonal and contemplative approaches provides a larger view of the human experience as well as effective methods for working deeply with all dimensions of being. Classes are both experiential and didactic in nature, emphasizing personal integration of the material and development of one's own model of psychotherapy.

Transpersonal Psychology (low-residency) integrates theoretical, experiential and service aspects of transpersonal psychology. This program combines Naropa's whole-person education and contemplative educational approach with the benefits of online education. The concentration in **Ecopsychology** joins psychology and ecology in the study of human-nature relationships.

Master of Divinity:

The **Master of Divinity** is firmly grounded in Buddhist philosophy and meditation practice, preparing students for professional work in the fields of pastoral care, chaplaincy, dharma teaching and community development. This program includes significant internship and fieldwork experience designed to meet the interests and needs of individual students.

Master of Fine Arts:

Theater

Offered in cooperation with the London International School of Performing Arts, Naropa's **Theater: Lecoq Based Actor Created Theater** program is operated entirely in London, UK. The training is rigorously physical in its approach, focusing on the dramatic and image-making capabilities of the actor's body.

Offered on Naropa's campus in Boulder, Colorado, the **Theater: Contemporary Performance** program is designed to train professional performers, creators and facilitators of performance. It is the first graduate training program that integrates contemporary physical theater, viewpoints theory and practice, and traditional contemplative practices.

Writing and Poetics

The Jack Kerouac School of Disembodied Poetics, founded at Naropa in 1974 by Allen Ginsberg and Anne Waldman, offers courses taught by active, published writers, giving an experienced practitioner's insight into literary art. The curriculum of the **Writing and Poetics** program balances writing workshops with literary studies requirements and offers three concentrations: **Poetry**, **Prose** and **Translation**. Involvement in letterpress printing, literary magazine publication, reading performances and the outreach teaching program provides further opportunities for engagement in this lively art community.

The low-residency component of the Kerouac School is the **Creative Writing** program, which combines online writing workshops and literature seminars, online electives, contemplative practice and participation in the Summer Writing Program. Students enjoy the benefits of the Naropa educational experience without having to relinquish other commitments.

Faculty

Naropa faculty members dedicate themselves to teaching, learning, research and Naropa University's mission of contemplative education. They share an interest in and an experience of contemplative practice that helps to create and sustain the educational environment important to the university. The faculty's wide-ranging and recognized professional experience contributes a sense of immediacy and relevancy to the classroom. In addition to the ranked faculty, almost two hundred adjunct faculty members teach at the university.

"Students will find small classes and teachers who think of education as an enlivening and deepening process, one that's about personal and social transformation.... They will find teachers who care about them and who are passionate about their subject areas."

—Mark Miller, Associate Dean for Undergraduate Education and Music Faculty

Students

The Naropa University student body is a vibrant and active group comprised of 1,083 students (456 undergraduate/627 graduate students) from 48 states and 24 countries. Thirty-four percent of Naropa students are male and 66 percent are female. Naropa's student/faculty ratio is 10:1, and the average class size is 14 students.

Naropa students sharpen critical thinking skills through wide-ranging classroom discussions and uncover the wisdom contained within diverse cultures. Independent by nature, they offer one another the gift of innovative perspectives, recognizing patterns in life that make the interconnectivity of all knowledge manifest.

Alumni

Naropa graduates can be found in the United States and around the world working in a variety of service professions, creative endeavors and research initiatives. In addition, several Naropa graduates have been recipients of Fulbright awards. Despite being out of the classroom, a typical Naropa alumna continues to practice those lessons learned on campus:

"Just as the learning experience at Naropa is experiential and tends to bleed into every area of your life, I feel that the knowledge I gained at Naropa is a part of who I am and is expressed in all that I do."

—Heather Akerberg, BA Writing and Literature

Tuition

2007–08 academic year

Full-time undergraduate tuition: \$10,369 per semester (12–18 credits)

Part-time undergraduate tuition: \$673 per credit hour

Graduate tuition: \$685 per credit hour

It costs an average of \$1,300 per month to live in Boulder. This estimate includes room & board, transportation, books and miscellaneous expenses.

Community Studies Center

The Community Studies Center supports community-based learning programs and projects that cultivate awareness and effective action. Center staff work with Naropa University faculty, staff and students to connect contemplative education practices with community-based learning experiences in order to help participants gain increased understanding of the diversity of human experiences as well as develop a set of skills to participate in the public life of their communities. Center staff members teach discipline-based community studies courses as well as offer individual and departmental consultations to members of the Naropa community interested in engaging their academic and artistic work with community needs and capacities.

Research Facilities

The Naropa University Consciousness Laboratory is a training and research facility that blends contemplative perspectives with 21st-century psychological science to increase and improve the understanding of human capacities for awareness. This facility houses two major programs of research, one on synesthesia and another on meditation and contemplative spirituality. Researchers in this lab investigate consciousness with regard to two complementary topics. Meditation involves skills that could be learned by anyone. In contrast, synesthesia is an unusual sensory experience that may depend on genetic endowment and thereby be familiar to only a minority of people. Taken together, these two topics of scientific investigation overlap and encompass a broad swath of psychological inquiry involving awareness, perception, imagery, attention, emotion and more.

Center for the Advancement of Contemplative Education

Since its creation in the fall of 2005 with a grant from the Frederick P. Lenz Foundation for American Buddhism, Naropa University's Center for the Advancement of Contemplative Education (CACE) has served as the home and hub of a range of projects aimed at investigating the ways in which contemplative approaches enrich higher education research, teaching, administration and campus life. The center seeks to develop the field of contemplative higher education to reflect cultural diversity and include voices from many world wisdom traditions.

In the summer of 2007, fourteen professors from thirteen colleges and universities in the United States and Canada gathered during the first CACE faculty summer seminar to learn from Naropa educators how to infuse the academic experience with mindfulness, compassion and creativity. Theoretical discussions were interspersed with hands-on activities, allowing participants to learn on multiple personal levels.

Other initiatives include the Rocky Mountain Contemplative Higher Education Network and the forthcoming Contemplative Education Digital Resources.

Special Initiatives

Naropa University is actively engaged in the preservation of special collections in literature and spiritual studies for greater public accessibility and use by scholars. These initiatives support Naropa University's goal of making important, unique and original source works influencing 20th and 21st-century literature, culture and spirituality more broadly available.

Naropa University Archive Project

In 2006, Naropa University received a grant from the National Endowment for the Arts (NEA) for the Curriculum Project, which provided funding for Archive staff to provide audio material for classroom use. Working with high school teachers and college professors, Naropa staff identified short, focused audio clips from more than two thousand hours of audio from Naropa University's Writing and Poetics collection that had been digitally reformatted under previous grants from the NEA, National Endowment for the Humanities, Save America's Treasures and the GRAMMY Foundation. See www.naropa.edu/archive/litproject.cfm for more information on the Curriculum Project.

Another federal grant is helping to preserve Naropa's history. Naropa University has recently been awarded a \$90,000 grant from the National Historical Publications and Records Commission (NHPRC), the grant making arm of the National Archives and Records Administration. The goal of the grant-funded project is to help the university establish a basic archive of its most important papers, thus preserving its historical records, a primary interest of NHPRC. It also recognizes the important and distinctive role that Naropa has played in the spread of Buddhism in North America, which makes these records of interest to scholars beyond the university.

Reb Zalman Legacy Project

The goal of this partnership with the Yesod Foundation is to preserve the legacy of Professor Emeritus of Religious Studies Rabbi Zalman Schachter-Shalomi, whose works are integral to the deepening and strengthening of Jewish spirituality.

Through this fruitful collaboration with the Yesod Foundation, Naropa University is beginning to develop a series of online courses in contemplative Judaism, which are based in part on the teachings of Rabbi Zalman Schachter-Shalomi. Naropa University Extended Studies is currently offering the online course *From Age-ing to Sage-ing: A Course in Spiritual Eldering*. In addition, the Yesod Foundation has just agreed to develop an online course for summer 2008 called *Wrapped in a Holy Flame: A Course on Hasidism*. See www.rzlp.org for more information.

Tibetan Buddhist Canonical Collections Cataloging Project

Naropa University and the Tibetan and Himalayan Digital Library (THDL) at the University of Virginia are jointly creating an online database of the Tibetan Buddhist canon that is funded by a two-year \$350,000 grant from the National Endowment for the Humanities, to be completed in 2008. The online database is based on an extensive catalog database developed over the last thirteen years by D. Phillip Stanley, co-chair of Naropa's Religious Studies Department, which will be placed online using the expertise in creating online cataloging systems for Tibetan texts developed by THDL under the direction of David Germano of the Religious Studies Department at the University of Virginia.

The database will include a highly searchable, analytically oriented catalog of 1) seven Kangyurs, which contain the sutras and tantras attributed to the Buddha, including the Peking, Cone, Dege, Unga, Nartang, Lhasa and London Kangyurs; and 2) all five extant Tengyurs, which contain the Indian commentaries on the teachings of the Buddha, including the Peking, Cone, Dege, Nartang and Golden Tengyurs. In addition, the project will scan a complete set of the 5,200+ Tibetan texts in these Kangyurs and Tengyurs, which will be accessible worldwide online through the database catalog. The Library of Congress has joined the project by offering to scan its copy of the Dege Kangyur printed in the early 1900s. In a parallel project, the British Library is creating searchable text files for all 1,100+ texts in the Dege Kangyur, which they will link to the catalog database as well.

Naropa University Extended Studies

Serving as a resource for community-building, insight and lifelong learning, Naropa University Extended Studies offers workshops, certifications, professional development, online education and classes open to the public. Workshops and classes explore art, music, creativity, spirituality and health for personal enrichment. Professional development programs are available in business (through Naropa University's Marpa Center for Business and Economics), end-of-life care and wilderness therapy.

Marpa Center for Business and Economics

The Marpa Center integrates Naropa's unique experience of contemplative liberal arts education with the contemporary world of business, economics and work to nurture the growing convergence between for-profit and nonprofit realms, as businesses recognize the need to expand their missions to include social responsibility, and nonprofits recognize the benefits of using for-profit strategies to accomplish social missions. The Marpa Center offers certificate programs in professional development, an ongoing lecture series and conferences that showcase innovative ways in which for-profits and nonprofits can tackle challenging business, economic and social issues. Its programs are grounded in values of social responsibility and in the principles of a contemplative liberal arts education.

History

Naropa was founded in 1974 by Chögyam Trungpa Rinpoche, a scholar and artist as well as meditation master. Trungpa Rinpoche has become widely recognized as one of the foremost teachers of Buddhism in the West. With the founding of Naropa, he realized his vision of creating a university that would combine contemplative studies with traditional Western scholastic and artistic disciplines.

Naropa University is inspired by Nalanda University. Established under the auspices of Mahayana Buddhism, Nalanda flourished in India from the fifth to the twelfth centuries. At Nalanda University, Buddhist philosophy and the discipline of meditation provided an environment in which scholars, artists and healers from many Asian countries and religious traditions came to study and debate. Nalanda was known for its joining of spiritual inquiry and intellectual rigor and for the atmosphere of mutual appreciation and respect among different contemplative traditions.

The university takes its name from Naropa, the eleventh-century abbot of Nalanda University and a great Buddhist scholar, teacher and practitioner. Naropa was renowned for bringing together scholarly wisdom and meditative insight.