The Body: East and West

Course Description:
This course assumes a comparative approach to investigate how we understand our body, how we live our body, and how our body changes through the practice of self-cultivation. It will first examine some of the traditional Western concepts of the body, including those of Plato, Aristotle, Descartes, and Merleau-Ponty. Then it will turn to the study of the body as it has been articulated in the Eastern intellectual tradition, primarily focusing on Samkhya Kārikā, Patanjali’s Yogasutra, and Yuasa Yasuo's The Body, Self-Cultivation and Ki-Energy. Through this comparative study, we will try to formulate the concept of the lived-body most appropriate for understanding the nature of human existence.

N.B.: When you call me at home, please call after 11:00 a.m. and before 9:00 p.m.

Course Requirements:
The student is required to complete 1) a substantial term paper, and 2) a class presentation.

- Term Paper: the student is required to write a substantial research paper (15-20 pages, double spaced) on a topic reflecting his/her interest in the course materials. A topic for the paper must be approved in consultation with the instructor. (The student may entertain several possible topics before consulting the instructor.) At the time of consultation, he/she is recommended to present to the instructor an outline of his/her possible topic. Before turning in a final draft, the student is expected to submit a working draft for the purpose of improving the quality of his/her paper. Please refer to Paper Evaluation for the criteria that are examined in grading the paper.

- Class Presentation: the student is given an opportunity to present to the class his/her ideas on a topic related to the course. The presentation consists of twenty minutes of delivery and twenty minutes of discussion. The presenter must hand out an outline to the class before the presentation.

Grading Policy:
The final grade will be determined by averaging the points achieved for the term paper (70%), a class presentation (20%), and a class participation (10%). The numerical scale is shown below. In addition, class attendance and participation in discussion are also considered toward the final grade.
A 94 - 100  B+  89 - 87  C+  79 - 77  D+  69 - 67  F Below 59
A  93- 90  B   86 - 83  C   76 - 73  D   66 - 63
B-  82 - 80  C-  72 - 70  D-  62 - 60

Due Dates: Nov. 20 Paper Due

Tentative Schedule:

Sept.
4 Introduction
11 Plato, Phaedo
18 Aristotles, De Anima, pp. 533-603.
25 Descartes, Meditation, pp.144-199.

Oct.
9 Samkhya Kārikā in A Source Book, pp. 424-452.
23 to be announced

Nov.
20 Class Presentation
27 Class presentation

Dec.
4 Class presentation

Required Texts:
Nagatomo, Shigenori. A Selection of Attunement Through the Body.
René Descartes, Meditation in The Philosophical Works of Descartes pp. 144-199, [and for contrastive purpose, Passion of the Soul (2, 3, 6,7, 31,32, 34, 36, 38,41,47,50,147,211, and 212)]
Pantajali’s Yogasūtra, in A Source Book of Indian Philosophy, pp.453-485.
Samkhya Kārikā, in A Source Book of Indian Philosophy, pp. 424-452.

Suggested Readings:
Benedict Spinoza, The Ethics
Drew Leder, The Absent Body,
Neitszche, “of the Despisers of the Body” and “Of the Afterworldsmen,” from *Thus Spoke Zarathustra*; and sections #226, 227, 407, 408, 409, 489, 491, 532, 659, and 676 from *The Will to Power*.