

## LS 819

### Inside-out Activism: Self-making and World-making à la Vita Contemplativa

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**SPRING 2025**

#### **COURSE DESCRIPTION**

The premise of this course is that action-taking requires a well-aimed understanding of the situation in which we find ourselves. In this course, we will examine our current situatedness that is increasingly experienced as bewildering speed of change and volatility, uncertainty about the future, scale of conflict, and existential exhaustion and anomie. This course offers opportunity and ways to carry out a sustained inquiry into our present situatedness and takes an aim at living as contemplative activists who transform the world through transforming themselves. Let us call this form of activism, Inside-Out Activism. This course will run as a **living inquiry “collaboratory,”** inviting participants to conduct their own self-inquiry and self-transformation through **life writing** and other **life practices** based on **inner work** and **contemplative inquiry**. Opportunity will be provided to share whatever we discover as participants in this course. Readings and other resources will be drawn from multidisciplinary and interdisciplinary sources, including intercultural philosophies, cultural therapeutics, and Zen.

#### **ASSIGNMENTS**

Weekly Reflections	30%
<i>iChange</i> Project	50%
Group project and presentation	20%

Explanations of these assignments will be had in class on the first day.

#### **CURRICULUM MATERIALS**

We will be reading widely and viewing video materials selectively to aid our dialogue and discussion, and to support your projects for this course.

Reading selections (this is not a complete list): *The Burnout Society* and *Vita Contemplativa* (both by Byung-Chul Han), *Zen bones and Zen flesh*; *Tenzo Kyokun* (Dogen); *Coming into being* (W. I. Thompson); *A book of ecological virtues* (Bai, Chang & Scott) . . .

Note: students need not buy anything—except *Vita Contemplativa*—for this course as all materials will be supplied online.