Compassion: A Contemplative Studies Seminar

Instructor: Steven Rosenzweig, MD

Overview: This seminar explores compassion as the heart of medicine through formal meditation practices and inquiry.

Traditionally, meditation and other contemplative practices have been utilized to calm the mind, relax the body, open the heart, and discover deeper aspects of self and world. Compassion meditation in particular is practiced as a path of cultivating greater empathy, connection with others, openness to experience, and happiness. Recently, the neurobiological and health effects of compassion meditation have begun to be studied and documented.

Each session will include formal guidance through a different compassion meditation practice. We will explore our meditation experience through reflection and informal conversation. We will inquire into the meaning of compassion by looking at spiritual and psychological texts, poetry, visual arts, and cognitive neuroscience. Daily home meditation practice is strongly encouraged. Previous experience with meditation practice is not required.

Time and place: The course includes six late afternoon sessions PLUS a visit to the Philadelphia Museum of Art on Sunday March 2.
Tues Oct 15 – 5-6:15 PM; Seminar Room A12
Mon Nov 11 – 5-6:15 PM; Seminar Room A12
Tues Dec 10 – 5-6:15 PM; Seminar Room A12
Mon Feb 3 – 5-6:15 PM; Seminar Room A12
Mon Feb 24 – 5-6:15 PM; Seminar Room A12
Sun Mar 2 – Meet at Philadelphia Museum of Art 11AM-1PM
Mon Mar 17 – 5-6:15 PM; Seminar Room A12

Pre-registration is not required but please let Dr. Rosenzweig know if you plan to attend the first session; this will help with session preparation (steven.rosenzweig@drexelmed.edu)