

N.E.H. Institute:
Literatures, Religions, and Arts of the Himalayan Region

Schedule of Lectures, Workshops, and Readings

Institute Schedule:

9:00-12:00	Morning Session
12-1:00	Lunch Break
1:00-4:00	Afternoon Session
4:30-9:00	Web Page Consultations (some days)

All Sessions in Room 404 of the Hogan Campus Center, unless otherwise noted

Institute Books:

- Naomi H. Bishop, *Himalayan Herders*. (NY: Harcourt Brace, 1998).
- John Esposito, Darrell Fasching, and Todd Lewis, *World Religions Today*, 5th ed. (New York: Oxford University Press, 2014).
- Robert E. Fisher, *The Art of Tibet* (London: Thames and Hudson, 1997).
- Melvyn Goldstein, *The Snow Lion and the Dragon* (Berkeley: University of California Press, 1997).
- Melvyn Goldstein, et al. *The Struggle for Modern Tibet: The Autobiography of Tashi Tsering* (Armonk, N.Y.: M.E. Sharpe, 1997).
- Matthew T. Kapstein, *The Tibetans*. (Malden, Massachusetts: Blackwell, 2006)
- Todd T. Lewis and Theodore Riccardi, Jr. *The Himalayas: A Syllabus of the Region's History, Anthropology, and Religion* (Asian Studies Association, 1995).
- Todd T. Lewis, *Popular Buddhist Texts from Nepal: Narratives and Rituals of Newar Buddhism* (Albany: State University of New York Press, 2000).
- Todd Lewis and Subarna Man Tuladhar, trans. *Sugata Saurabha: An Epic Poem from Nepal on the Life of the Buddha by Chittadhar Hridaya*. (NY: Oxford University Press, 2010)
- Patrul Rimpoche, *Words of My Perfect Teacher*. (Walnut Creek: Altamira Press, 1998).
- Manjushree Thapa, *The Tutor of History*. London: Penguin, 2001
- David Zurick, et al, *Illustrated Atlas of the Himalaya*. (Univ. of Kentucky Press, 2006).
- ☐ Institute Reader [on the Institute MOODLE Site]

WEEK 1 of the Institute, July 5th—10th

- Sunday
July 5th Afternoon check-in for participants
- Monday
6th Morning Program: Profs. Lewis and Van der Kuijp
Practical Orientation and Overview of the Curriculum
Orientalism and the Study of Asia, Asian Religions, and the Himalayas
Geology and the Physical Geography of the Regions; Frontier Zone Theory
Required Readings:
Zurick, *Illustrated Atlas of the Himalaya*, 1-66
Lewis and Riccardi, *The Himalayas: A Syllabus ...*, 5-40, Part II
☐ Peter Molnar and Paul Tapponnier, "The Collision between India and Eurasia," *Scientific American* 236 (4), 1977, 30-41.
Further Reading:
Martin Brauen, *Dreamworld Tibet: Western Illusions* (Weatherhill, 2004).
Peter Bishop, *The Myth of Shangri-La* (Berkeley: Univ. of California Press, 1989)
Afternoon Program: Expert Presentation, Profs. Lewis and Van der Kuijp
Central Place & Trade Theory; Culture Regions: Kashmir, Nepal, Tibet
Required Readings:
Zurick, *Illustrated Atlas of the Himalaya*, 67-98
Lewis and Riccardi, *The Himalayas: A Syllabus ...*, Part III
- Evening
5-7 PM **Welcoming New England Clambake Dinner**
Hosted by Holy Cross President and Dean, North Side of Hogan Center
- Tuesday
7th Morning Program: Expert Presentation, Prof. Van der Kuijp
Languages and Writing Systems of the Himalayan Region
Required Readings:
Lewis and Riccardi, *The Himalayas: A Syllabus ...*, Part III
☐ G. "Cultures and Peoples of the Himalayas," *Asian Survey* 1963: 289-30"
Afternoon Program
Curriculum Workshops with Dorothy Verheyen/Maureen Stephens:
"Institute Teacher Implementation Plans" ; "Geography of the Himalayan Region"
- Wednesday
8th Morning Program: Expert Presentation, Prof. Lewis
Hinduism: Overview of Core Doctrines and Practices
Required Reading:
Lewis and Riccardi, *The Himalayas: A Syllabus...*, 41-43
Further Readings:
Diana Eck, *Darshan: Seeing the Divine in India*, 2nd ed.
Afternoon Program
1-2 PM: Library Orientation
2-4 PM: Films on Hinduism with Discussion
"Village of the Himalayas: Pilgrimage to Deoprayag"; "Wages of Action"

Thursday
9th

Morning Program: _____ Expert Instruction, Mary Morrisard-Larkin
Scalia Lab, 2nd Floor Dinand Library
Plenary Web Page Creation and Design Workshop

Afternoon Program: _____ Expert Presentation, Prof. Lewis
Buddhism: Overview of the Buddha's Life, Basic Doctrines, and Practices
Required Readings:
Patrul Rimpoche, *Words of My Perfect Teacher*, 1-132.
Todd Lewis, "Buddhism," from *World Religions Today*, 4th ed. (Oxford, 2010).

Evening Program: Brooks Concert Hall, _____ 7-8:30 PM
Concert: "Himalayan Rhapsodies"

Friday
10th

Morning Program: _____
Free Time

Afternoon Program 1-3 PM _____ Paula Newburg, University of Texas
Political Developments in the NW Himalayas: Pakistan and Afghanistan
Required Readings:
 Paula Newburg articles: "Governing Pakistan"; "Risky Business: Talking to the Taliban"; "Neither War nor Peace"; "Why Pakistan is Friends with Everyone – and No One"; "Displaced Diplomacies: Reframing Development and Humanitarianism in Taliban-Era Afghanistan."

Afternoon Program 3:15-5 _____ Prof. Nirmal Tuladhar, Social Science Bahal, Kathmandu
Kites and Kite Flying in the Himalayas

WEEK 2 of the Institute, July 13th—17th

- Monday 13th Morning: Expert Presentation, Prof. Michael Witzel, Harvard University
Ancient Kashmir & Nepal: History of the Himalayan Centers up to 1200 CE
Required Readings:
Lewis and Riccardi, *The Himalayas: A Syllabus...*, 49-92
 Excerpts from the *Rajatarangini* of Kalhana and the *Gopalarajavamshavali*
- Afternoon Program: Expert Presentation, Prof. van der Kuijp
Ancient Tibet: Cultural and Political History up to 1100 CE; Bön
Required Readings:
Matthew Kapstein, *The Tibetans*, 27-83
- Tuesday 14th Morning Program: Expert Presentation, Prof. Lewis
Buddhist Literature: Story Narratives^[a]
Mahayana Buddhism and its Himalayan Traditions^[b]
Required Readings:
[a] Todd Lewis and Subarna Man Tuladhar, trans. *Sugata Saurabha: An Epic Poem from Nepal on the Life of the Buddha by Chittadhar Hridaya*.
 Readings from the *Jatakas*, in *Translations from Nepal and Tibet*
[b] Lewis and Riccardi, *The Himalayas: A Syllabus...*, 44-46.
 Mark Blum, "Mahayana Buddhism" *Buddhism: The Illustrated Guide* 221-235.
 Gregory Schopen, "Mahayana" *The Encyclopedia of Buddhism*, 492-499.
Further Readings:
David Snellgrove, *Indo-Tibetan Buddhism* (Boston: Shambhala, 1987), Pts I/2.
- Afternoon Program: Expert Presentation: Prof. Van der Kuijp
Medieval Tibet: History up to 1600 CE; Bön Tradition
Required Reading:
Matthew Kapstein, *The Tibetans*, 84-139
Further Readings:
David Snellgrove and Hugh Richardson, *A Cultural History of Tibet* (Boulder: Prajna Press, 1980), 1-110.
- Wednesday 15th Morning Program: Expert Presentation: Prof. Van der Kuijp
The History of Tibet through the Early Modern Period
Required Readings:
Melvyn Goldstein, *The Snow Lion and the Dragon*
_____. et al. *The Struggle for Modern Tibet: The Autobiography of Tashi Tsering*
Matthew Kapstein, *The Tibetans*, 155-174; 269-300
Further Readings:
Melvyn Goldstein, *A History of Modern Tibet, 1913-1951: The Demise of the Lamaist State*. (Berkeley: University of California Press, 1989.)

Afternoon Program [1-2:30] Expert Presentation, Prof. Lewis
State Formation in the Himalayas; Colonialism

Required Readings:

Lewis and Riccardi, *The Himalayas: A Syllabus...*, 109-116; 159-209

Further Readings:

John Whelpton, *A History of Nepal*. Cambridge: Cambridge University Press, 2005.

6:30-10:30 PM Program: Film/Discussion with Prof. Mat Schmalz, Holy Cross
Indian Feature Film: "Lagaan"

Thursday
16th

Morning Program: Expert Presentation, Prof. Jinah Kim, Harvard University
Buddhist Art; Art of Gandhara and Afghanistan

Required Readings:

Kurt A. Behrendt, *The Art of Gandhara in The Metropolitan Museum of Art*. 2007

Afternoon Program: Discussion with Prof. Lewis and Prof. van der Kuijp
2-4 PM: Worcester Art Museum

Friday
17th

Morning Program: Expert Presentation, Prof. Kurtis Schaeffer, University of Virginia
Tibetan Buddhist Literatures

Required Readings:

Matthew Kapstein, *The Tibetans*,

Afternoon Program: Prof. Dina Bangdel, Virginia Commonwealth University
Art and Architecture of the Himalayan Region: Kashmir; Kulu; Nepal; Tibet

Required Readings:

Robert E. Fisher, *The Art of Tibet* (London: Thames and Hudson, 1997).

Further Readings:

David and Janice Jackson, *Tibetan Thangka Painting: Methods and Materials*. 2nd ed. (Ithaca: Snow Lion Press, 1988).

Marylin M. Rhie and Robert Thurman, *Wisdom and Compassion: The Sacred Art of Tibet* (New York: Harry Abrams, 1996).

Mary Slusser, *Nepal Mandala* (Princeton University Press, 1982).

Robert Beer, *Encyclopedia of Tibetan Symbols* (Boston: Shambhala, 1999).

WEEK 3 of the Institute, July 20th—July 24th

Monday 20th **Excursion to the Rubin Museum for Tibetan Art and Karmapa Monastery**
Museum Program hosted by Curators and Educators of the Museums
Departure from the College at 6:45 AM; return by 9 PM
[Popular Tibetan and Nepali Movies to be shown on the road trip]

Tuesday 21st Morning: Expert Presentation, Prof. Caner Dagli
Islam Overview I: Muhammad, Core Beliefs, Five Pillars
Required Reading:
John Esposito, "Islam" from *World Religions Today*, 5th ed. (Oxford, 2014).

Afternoon Program: Lauran Hartley, Columbia University
Modern Tibetan Literature in Translation

Required Readings:

- ☐ Lauran Hartley, "Themes of Tradition and Change in Modern Tibetan Literature," *Lungta* 12 (Summer 1999): 29-44.
- ☐ Selections from *Song of the Snow Lion*
- ☐ Steven Ventura, "Where is Tibet in World Literature" *World Literature Today*

Further Reading

Bhum, Pema. *Six Stars with a Crooked Neck: Tibetan Memoirs of the Cultural Revolution*. Dharamsala: Tibet Times, 2001.
Tailing, W. *The Secret Tale of Tesur House*. Beijing: Tibetology Pub House, 1998.
Norbu, Jamyang. *Sherlock Homes: The Missing Years*. NY: Bloomsbury, 1999.
Alai. *Red Poppies*. Boston: Houghton Mifflin, 2002. (Chinese original)

Wednesday 22nd Morning Program: Expert Presentation, Prof. Charles Ramble Oxford University
Practices of Tibetan Buddhism; Traditions of the Tibetan Frontier Peoples

Required Readings:

- ☐ "The People of Mustang and their History," from Charles Ramble , *The Navel of the Demoness: Tibetan Buddhism and Civil Religion in Highland Nepal*. (NY: Oxford Univ. Press, 2008)

Further Readings:

David Holmberg, *Order in Paradox: Myth, Ritual, and Exchange among Nepal's Tamang* (Ithaca: Cornell University Press, 1989).

Afternoon Program: Expert Presentation, Dr. Anne de Sales, Centre National de
Shamanism in the Himalayas la Recherché Scientifique

Required Readings:

- ☐ Mumford, Stan Royal. *Himalayan Dialogue: Tibetan Lamas and Gurung Shamans in Nepal*. Madison: University of Wisconsin Press, 1989, chapters 3-7
- ☐ Anne de Sales, "The Kham Magar Country, Nepal: Between Ethnic Claims and Maoism," *European Bulletin of Himalayan Research* 19, 41-71

Further Readings:

John Hitchcock, John and Jones, Rex eds. *Spirit Possession in the Nepal Himalayas* (New Delhi: Vikas, 1976).

Thursday
23rd

Morning Program: Expert Presentation, Prof. Lewis
Buddhism and Hinduism in the Kathmandu Valley

Required Readings:

Todd Lewis, *Popular Buddhist Texts from Nepal: Narratives and Rituals...*

Afternoon Program: Expert Presentation, Naomi Bishop, Univ. of California
Buddhism among Tibeto-Burman Peoples

Video: "Himalayan Herders"

Required Readings:

Naomi H. Bishop, *Himalayan Herders*. (NY: Harcourt Brace, 1998)

Friday
24th

Morning Program: Expert Presentation, Sienna Craig, Dartmouth University
Tibetan Buddhism in Practice: Medicine and Healing

Core Readings:

Matthew Kapstein, *The Tibetans*, 244-268

- Meyer, Fernand, 1995. "Theory and Practice in Tibetan Medicine" in *Oriental Medicine: An Illustrated Guide to the Asian Arts of Healing*, 109-141

Afternoon Program: Expert Presentation, Naresh Bajracarya, Tribhuvan Univ.
Newar Buddhist Mahayana Ritualism and the Mandala

Required Reading:

- Naresh Bajracarya, "The *Guru-mandala-Arcana*"
- John Locke, "The *Uposatha Vrata* of Amoghapasa in Nepal," *L'Ethnographie* 83 (100-101), 159-189.

5-7 PM Early Evening Program, Campus Green: Newar Feast

Workshop: A Newar Buddhist Feast and Making Nepalese Feast Foods

WEEK 4 of the Institute, July 27th — July 31st

Monday
July 27th Morning Program: Expert Presentation, Manjushree Thapa, Kathmandu
Nepali Literature: Its Emergence in the Modern Era
Required Reading:
 Excerpts, Michael Hutt, *Himalayan Voices*. Univ. of California Press, 1991.
Manjushree Thapa, *The Tutor of History*. London: Penguin, 2001

Afternoon Program: Expert Presentation: Prof. Dagli
Islam II: Ritual Practices and Muslim Traditions of South Asia
Required Reading:
John Esposito, “Islam” from *World Religions Today*, 5th ed. (Oxford, 2014).

Tuesday
July 28th Morning Program: Expert Presentation: Peter Burleigh, Carter Center
Nepal and the Indian Himalayas in Transition
Required Readings: Both are available at: www.icg.org
“Nepal: from People Power to Peace?” (Asia Report # 115, 10 May 2006)

Afternoon Program
Free Time

Wednesday
July 29th Morning: Expert Presentation Prof. David Smith, University of Minnesota
Contemporary Human Ecology: Tigers and Humans
Required Readings:
Zurick, *Illustrated Atlas of the Himalaya*, 9-98

Afternoon Program I: Expert Presentation by Dr. Narayan Kaji Shrestha
Community Forestry, Women’s Empowerment, Contemporary Movements
Required Readings:
Zurick, *Illustrated Atlas of the Himalaya*, 99-142
 Kaji Shrestha, “Community Forestry in Crisis: Where do we go from here?”

Thursday
July 30th Morning I: [9-10:30] Expert Presentation: Mat Schmaltz, Holy Cross
Christian Missionaries in Asia and the Himalayas
Required Readings:
 selections from Trent Pomplun, *Jesuit on the Roof of the World: Ippolito Desideri’s Mission to Tibet*. NY: Oxford University Press, 2009

Morning II: [10:45-12:15] Expert Presentation: Keiko Yamanaka, Univ. of
A Dalit Sadhu in the Garhwal Himalayas California-Berkeley

Afternoon Program
Free Time

6-8 PM Evening Program: Farewell Dinner
Workshop on Making Tibetan Foods in Hogan Kitchen, 3rd Floor

Friday
July 31st Morning and Afternoon:
Presentations of Teacher Implementation Plans

Friday
August 1 **Check-out from Campus Apartments**

Narrative Description. 3.0. Preface For over twenty years, the directors have participated in outreach programs to enhance the general public's understanding of Asia, most often in middle and high school teacher continuing education workshops across New England. In 2001 when we first proposed this Institute and its treatment of the Himalayan region's cultures, religions, and peoples, we were aware that some might regard this subject as "too esoteric" for school teachers. Writers and artists have represented aspects of Buddhist narratives, beliefs, practices, traditions, figures, and understandings through copious manners and perspectives. Below, you will find only a portion of these representations, originating from only several places of the "Buddhist world"; several of these texts have been widely known, recited, and read, holding great historical and cultural significance to those who have experienced them. NEH Institute for Teachers: Literatures, Religions, and Arts of the Himalayan Region 2015. Menu. Skip to content. Arts, Cultures and Religions of the Himalayan Region. Of all of the topics that we covered, the teachings of Buddha called out to me. For the final project, I chose to investigate the use of mindful mediation in the classroom as it relates to the teachings of the Buddha. I teach in an Upper Elementary classroom (4th, 5th & 6th grades) at a public Montessori school in Denver, Colorado. I started doing morning mediation with my students last year as a way to transition from the chaos of the morning commute to school and into the work period. We started by sitting for one minute in silence an