

# Empire College School of Law

## CLASS SYLLABUS

<b>COURSE NUMBER:</b>	<b>C562</b>
<b>COURSE NAME:</b>	<b>CONTEMPLATIVE PRACTICES &amp; LEGAL PRACTICE</b>
<b>TOTAL HOURS/UNITS:</b>	15 hours— 1 unit
<b>PROFESSOR:</b>	Joel Richard Rubin contact information: 707-526-4470; jrubin@sonic.net
<b>PREREQUISITES:</b>	Completion of Intro Classes
<b>SEMESTER:</b>	Summer 2011
<b>TIME:</b>	Tuesdays, 5:00 – 6:00 p.m., commencing May 3, 2011
<b>REQUIRED TEXT:</b>	“Mindfulness for Law Students” by Scott Rogers, M.S., J.D.; Students will also be asked to read various articles, weekly as distributed by the instructor and also review assigned You Tube clips.
<b>SUPPLEMENTAL TEXTS:</b>	Various texts are recommended, as set forth below, but are totally optional
<b>COURSE DESCRIPTION:</b>	<p>This course introduces the student to various types of contemplative practices and to explore how these practices benefit lawyers and those studying the law. Contemplative practices encompass a variety of traditions, practices, rituals and systems that, as a whole, quiet the mind and draw ones consciousness inward in order to gain insight and better enable one to deal more effectively with the obstacles that one inevitably faces in life. Modern scientific research, which will be examined, now shows specific benefits to human beings who engage in contemplative practices and this course will examine how those practices benefit attorneys and those studying the law.</p> <p>There are many forms of contemplative practice. A number these will be examined during this course, although these will not be examined in great depth. Students will be encouraged to explore their own interests in these subjects and to determine which practices “work” for them. Various resources that are useful in such a pursuit will be provided to the degree that this instructor is aware of them. The true value of contemplative practice lies in the experience of the practitioner. The possibilities that we will share and discuss in this seminar are simply possibilities. It is our experience that if the seed, which this course seeks to plant, is cultivated and reinforced it will in time bear very valuable fruit for each individual in your work as a lawyer or what your journey may be.</p>

**CLASS ATTENDANCE:**

Students must attend a **minimum of 13** of the class sessions during each semester. Roll will be taken at each class.

**CLASS PREPARATION:**

Students must come to class prepared to listen to and interact with the various guest presenters, participating with in-class exercises and discussions. The assigned text should be fully read by the sixth class and the other assigned articles should be read prior to the next class, as well as viewing assigned You Tube Clips. It is recommended that each student maintain a journal of reflecting the practices presented and during classes all laptops, tablets, cellphones, smartphones, etc. shall be closed and turned off so that external distractions are minimized.

**COURSE GRADE:**

This is a pass/fail course. The course grade will be determined by the following:

1. Each student will submit, at the final class, a paper describing which, if any practice, resonates for the student, why that is the case and, in the event that no practice resonates for a particular student, why that is the case.
2. Each student will also be evaluated based upon the student's class participation (weighted at 35%). Both the quantity and quality of the student's participation will be considered.

**SUPPLEMENTAL READINGS (optional):**

“Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life” by Jon Kabbat-Zinn

“The Mindful Brain: Reflections and Attunement in the Cultivation of Well-Being” by Daniel J. Siegel.

“Buddha’s Brain: The Practical Neuroscience of Happiness, Love and Wisdom” by Rick Hanson and Richard Mendius

“Sailing Home” by Norman Fischer

“The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions” by Shauna Shapiro, Linda Carlson and Jon-Kabbat-Zinn

# Class Schedule

## Summer 2011

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1. First Class – May 3
  - Review of Syllabus & Course Requirements
  - Review of California State Bar Ethical Requirements
  - Introduction to Contemplative Practice/Tree of Contemplative Practices.
2. Second Class - May 10
  - Modern Science and Contemplative Practices – A Better Brain
  - Review of previously assigned reading
3. Third Class – May 17
  - Mindfulness Based Stress Reduction – guest speaker
  - Review of previously assigned reading
4. Fourth Class – May 24
  - Body Movement – Qigong - guest speaker
  - Review of previously assigned reading
5. Fifth Class – May 31
  - Mindfulness Practice – the Zen Perspective – guest speaker
  - Review of previously assigned reading
6. Sixth Class – June 7
  - Body Movement – Yogic Practices – guest speaker
  - Review of previously assigned reading
7. Seventh Class – June 14
  - Body Movement – Walking Meditation – guest speaker
  - Review of previously assigned reading
8. Eighth Class – June 21
  - Body Movement - Tai Chi Chuan – guest speaker
  - Review of previously assigned reading
9. Ninth Class – June 28
  - Mindfulness Practice – the Christian Perspective – guest speaker
  - Review of previously assigned reading
10. Tenth Class – July 5
  - Mindfulness Practice – the Vipassana Perspective - guest speaker
  - Review of previously assigned reading
11. Eleventh Class – July 12
  - Mindfulness Practice – the Jewish Perspective – guest speaker
  - Review of previously assigned reading
12. Twelfth Class – July 19
  - The Contemplative Transactional Attorney – guest speaker
  - Review of previously assigned reading

13. Thirteenth Class – July 26
  - The Contemplative Litigator – guest speaker
  - Review of previously assigned reading
14. Fourteenth Class – August 2
  - Group Discussion - Integrating Contemplative Practice
15. Finals - Submission of Final Paper by 6:00 p.m. on date set by School.