



# TAOISM AND ITS APPLICATIONS

Online Class, Fall 2010 Semester  
California Institute for Human Science, WWW.CIHS.EDU

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## CLASS DESCRIPTION & LEARNING OUTCOMES

### Description:

Taoism is one of the three cornerstones of the ancient Chinese wisdom, culture and philosophy along with Confucianism and Buddhism. Taoist philosophy and practices have served as a source of wisdom, longevity and practical guidance in handling day-to-day challenges of life for millennia and are vividly alive today. In this course we will explore the foundations of the Taoist thought, its key concepts and their applications in the modern world. Specifically, this class will introduce a very robust and multi-faceted system of Taoist knowledge as it relates to human behavior and psychology. A later part of the class will be focused on exploring the applications of the *I Ching*, or the *Book of Changes*, as a method for unlocking inner wisdom & intuition. A particular emphasis will be given to self-study with the covered frameworks as a part of the home assignments. The universal nature of knowledge offered in this class will make it relevant to a wide audience, including students and professionals in a variety of fields with benefits extending to the areas of leadership and management, personal and professional success, resilience and vitality and other.

### Learning Outcomes:

- Learn the history, beliefs and key philosophical concepts of Taoism and its practices
- Explore applications of the Taoist frameworks in the areas of human behavior and psychology in the modern settings
- Experiment with the *I Ching* as a method for gaining intuitive insights during decision-making process

## CLASS OUTLINE & SCHEDULE

### PART 1. INTRODUCTION TO TAOISM: HISTORY, BELIEFS AND PHILOSOPHICAL CONCEPTS

**Assignment Posted On**

Class # 1	<i>History, key concepts, beliefs and practices</i>	Monday, September 27, 2010
Class # 2	<i>Tao Te Ching as the Philosophical Backbone of Taoism</i>	Monday, October 04, 2010
Class # 3	<i>Three Treasures: Vitality, Energy, Spirit</i>	Monday, October 11, 2010
Class # 4	<i>Zhuangzi: Basic Writings</i>	Monday, October 18, 2010

### PART 2. TAOIST KNOWLEDGE AND FRAMEWORKS FOR OPTIMAL PERFORMANCE AND SUCCESS

Class # 5	<i>The Tao of Yin and Yang Relativism. The Tao of Eight Attitudes. The Tao of Positioning.</i>	Monday, October 25, 2010
Class # 6	<i>The Tao of Five Star System. The Tao of Psycho-Dynamics.</i>	Monday, November 01, 2010
Class # 7	<i>The Tao of Management. The Tao of Leadership. The Tao of Riches and Fame.</i>	Monday, November 08, 2010
Class # 8	<i>The Tao of Complete Resolution. The Tao of Intercommunication.</i>	Monday, November 15, 2010

### PART 3. THE *I CHING* (BOOK OF CHANGES) AS A DNA OF CHANGE AND METHOD FOR GAINING INTUITIVE INSIGHTS

Class # 9	<i>About the I Ching: History, Basic Organization and Applications.</i>	Monday, November 22, 2010
Class # 10	<i>Anatomy of Change - the Inner Structure of the I Ching.</i>	Monday, November 29, 2010

Final Paper (due)

Friday, December 03, 2010

## FORMAT & GRADING

Reading & homework assignments will be posted to a Yahoo! CIHS\_TAOISM\_SUMMER2009 Group weekly on Sundays. Completed assignments will be due Sunday night of the following week. One-on-one discussions with the instructor will be conducted via e-mail throughout the week or phone by appointment. 70% of class grade will be based on the completion of weekly assignments and 30% on the completion of the final paper.

## READING MATERIALS

### Required:

**ISBN as listed on Amazon**

<i>Daoism: A Short Introduction</i> by James Miller	ISBN-10: 1851683151
<i>Tao Te Ching</i> by Stephen Mitchell [other translations Ok]	ISBN-10: 0060812451
<i>Zhuangzi: Basic Writings</i> by Burton Watson	ISBN-10: 0231129599
<i>Integral Management of Tao: Complete Achievement</i> by Stephen Thomas Chang	ISBN-10: 0942196082
<i>Vitality, Energy, Spirit: A Taoist Sourcebook</i> by Thomas Cleary	ISBN-10: 1590306880
<i>The I Ching or Book of Changes: A Guide to Life's Turning Points</i> by Brian Browne Walker	ISBN-10: 0312098286

### Optional Reference Materials:

<i>The Great Tao</i> by Stephen Thomas Chang	ISBN-10: 0942196015
<i>Tao of Organization: The I Ching for Group Dynamics</i> by Thomas Cleary	ISBN-10: 1570620865
<i>The Essence of Tao</i> by Alex Anatole	ISBN-10: 1441526676
<i>The Tao Jones Averages: A Guide to Whole-Brained Investing</i> by Bennett W. Goodspeed	ISBN-10: 014007368X
<i>The Chinese Tao of Business</i> by George T. Haley, Usha C.V. Haley, Chin Tiong Tan	ISBN-10: 0470820594
<i>Real Power: Business Lessons from the Tao Te Ching</i> by James A. Autry, Stephen Mitchell	ISBN-10: 1573220892
<i>Understanding the I Ching</i> by Cyrille Javary	ISBN-10: 1570622272
<i>Synchronicity: An Acausal Connecting Principle</i> by C. G. Jung	ISBN-10: 0691017948
<i>I Ching: The Classic Chinese Oracle of Change</i> by Stephen Karcher	ISBN-10: 1843330032
<i>The Secret of the Golden Flower: A Chinese Book of Life</i> by Richard Wilhelm	ISBN-10: 0156799804
<i>The Power of Intuition: How to Use Your Gut Feelings to Make Better Decisions at Work</i> by Gary Klein	ISBN-10: 0385502893