

Fran Grace, Ph.D.

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info@innerpathway.com



CURRENT:

The Institute for Contemplative Life dba Inner Pathway, 2008 to Present

Overview: Dr. Fran Grace serves as founding president of [Inner Pathway](#), the 501c3 nonprofit organization created in 2008, as directed by her spiritual teacher. She donates her time teaching classes, leading meditation and retreats, hosting online groups, and offering private sessions for people seeking spiritual support. (She was certified as a Spiritual Director in 2001). She writes and publishes books of a spiritual nature.

ACADEMIC FACULTY POSITIONS

University of Redlands, 1999 – Present

Department of Religious Studies, 1999 - Present

Assistant Professor, 1999-2003

Associate Professor, 2003-2009

Professor, 2009-2022; Full Professor, 2022-2023

Professor Emerita, 2023 to Present

Founding Steward of the Meditation Program, 2007 - 2023

10-Year Summary, 2007-2017 - [PDF Here](#)

[Video Depiction](#) (4 min) – published April 2023, in academic journal

[Redlands Daily Facts article](#) – published Feb. 2018

[L.A. Times Article](#) – published April 2022

School of Continuing Studies, 2019 - 2023

Professor, Certificate in Mental Health and Spirituality Program

Pepperdine University, 1995 - 1999

Assist. Prof. of Religion, 1995 to 1999

EDUCATIONAL BACKGROUND

Certification in Spiritual Direction, Mount Saint Mary's (L.A.), Center for Spirituality, 1997-2001

Certification as a Death Doula / Midwife from Sacred Crossings Institute, with Proficiency Badges from National End-of-Life Doula Alliance, 2022.

Ph.D. American Religious History, Princeton Theological Seminary, 1997

Dissertation with honors

Ph.D. Fellowship Award every year, 1993-1997

Dissertation committee: Jane Dempsey Douglass, Jim Moorhead, and Leigh Schmidt of Princeton University

Th.M. (summa) Princeton Theological Seminary, 1993

Master of Divinity (summa) Austin Presbyterian Theological Seminary, 1992

M.A. Political Science (magna) University of Texas, Austin, 1991

Certification in Italian - Universita' di Firenze (Italy), 1988

B.A. Political Science and B.S. Public Admin. (summa) Harding University, 1986

FACULTY AWARDS / FELLOWSHIPS—Selected

Award for Innovative Teaching, 2015
(awarded by University of Redlands faculty)

Trust for the Meditation Process, 2012, 2013
(Co-recipient of Research Grant with colleagues in Biology and Psych)

Lens Fellowship (spatial learning and research), "Mapping Love," 2012-2013
(awarded by University of Redlands)

Luce Fellow in Comparative Theology and Theology of Religious Pluralism,
2010-2011 (awarded by American Academy of Religion)

Mortar Board "Professor of the Year," 2007, University of Redlands
(teaching award, voted on by the student body)

Banta Center for Ethics and Society Award, 2007
(for Seminar on Compassion course)

Phenomenal Woman Award, University of Redlands, 2006 and 2013
(awarded by WRW, an inter-racial student group)

Faculty Research Grant, University of Redlands, 2002, 2008, 2012, 2013, 2014

Award for Outstanding Research/Creativity, University of Redlands, 2002
(awarded by university faculty)

Lilly-Luce Teaching Workshop Fellow, 2000-2001
(awarded by American Academy of Religion)

Pew Faculty Fellowship, Religion & American History, 1998-99
(awarded by Yale University)

Tyler Teaching Award, Pepperdine University, 1997-1998
(awarded by student body)

Helen Pepperdine Community Service Award, 1998
(awarded by staff-faculty committee)

PUBLICATIONS / PRODUCTIONS

BOOKS

Fran Grace. *The Power of Love: A Transformed Heart Changes the World* (42 photographs; 776 pp.). Inner Pathway Publishing, **2019**.

2019: Benjamin Franklin Silver Book Award, 'Best Inspirational Books' category

October 2018: Pre-release *Commemorative Edition* for the **125th Parliament of the World's Religions**; [celebration reception](#) on November 5, 2018, in Toronto at this global Parliament.

February 14, 2019: Book released to the public.

Video trailer (5 min): "[The Power of Love video trailer](#)"

Interview article link: "[Fran Grace's Quest and The Power of Love.](#)"

Judith Simmer-Brown and **Fran Grace**, eds. *Meditation and the Classroom*. (Albany: State University of New York Press), **2011**. Pbk, 2012. (279 pp.)

Fran Grace. *Carry A. Nation: Retelling the Life*, Religion in North America series (Bloomington: Indiana University Press), **2001**. Pbk, 2004. (373 pp.)

2001 - Featured on CSPAN Booknotes Program
2021 - Featured on the [History Channel Podcast](#)
2019 - Film rights under contract with a film producer

BOOKS – Edited and/or Compiled

Compiled and edited by F. Grace. *My Life with Doc*, by Susan J. Hawkins. Veritas Publishing, **2022**.

Compiled and edited by F. Grace. *The Map of Consciousness® Explained*, by David R. Hawkins, M.D., Ph.D. Hay House Publishers, **2020**. A primer.

Edited by F. Grace. *Letting Go: The Pathway of Surrender*, David R. Hawkins, M.D., Ph.D., Veritas Publishing, 2012, Hay House, **2013**.

Edited by F. Grace. *Power vs. Force: The Hidden Determinants of Human Behavior*, by David R. Hawkins, M.D., Ph.D. **Author’s Official Revised Edition**. Veritas Publishing, **2012**.

BOOK CHAPTERS

F. Grace. “Introduction,” *Daily Reflections by Dr. David R. Hawkins*. Hay House Publishers, **2022**.

F. Grace. “Introduction,” *My Life with Doc*, by Susan J. Hawkins. Veritas Publishing, **2022**.

F. Grace. “Introduction,” *The Ego is Not the Real You*. Hay House Publishers, **2021**.

F. Grace. “Introduction,” *The Map of Consciousness® Explained*. Hay House Publishers, **2020**.

F. Grace. “The Sufi Path of Love,” *Snapshot/50: The Johnston Community, 1969-2019*, ed. Leslie Brody, Maureen Forys, M.G. Maloney, Alisa Slaughter, (Redlands/Oakland: Ebhon Press, **2019**).

F. Grace. “Spirituality within Higher Education,” *Spirituality and Deep Connectedness: Views on Being Fully Human*, ed. Michael C. Brannigan, (New York City, NY: Rowman & Littlefield, **2018**), 17-31.

F. Grace. “A Semester Within,” in *Learning Journeys with the Labyrinth: Creating Reflective Space in Higher Education*, edited by Jan Sellers and Bernard Moss, (New York: Palgrave MacMillan, **2015**), pp. 142-147.

F. Grace. “The Power of Meditation in College Learning,” in *Embodied Pathways to Wisdom and Social Transformation*, edited by Jing Lin, Edward Brantmeier, Rebecca Oxford, (Charlotte, NC: Information Age Publishing, **2013**).

F. Grace. “New Foreword,” in *Power vs. Force*, David R. Hawkins, M.D., Ph.D. Veritas Publishing, **2012**. Author’s Official Revised Edition.

F. Grace. “Foreword,” in *Letting Go: The Pathway of Surrender*, David R. Hawkins, M.D., Ph.D. Veritas Publishing, 2012. Hay House, **2013**.

F. Grace. “The ‘Map of Consciousness®’: A New Paradigm for Mysticism and Healing,” in June McDaniel and Thomas Cattoi, eds., *Perceiving the Divine through the Human Body*, (Palgrave MacMillan, **2011**), 197-221.

F. Grace. “From Content, to Context, to Contemplation: One Professor’s Journey,” in Judith Simmer-Brown and Fran Grace, eds., *Meditation and the Classroom* (SUNY, **2011**), 47-64.

F. Grace. “Meditation in the Classroom: What Do the Students Say They Learn?” in Judith Simmer-Brown and Fran Grace, eds., *Meditation and the Classroom*, (SUNY, **2011**), 237-250.

F. Grace. “Carry Nation,” *Encyclopedia of the Stone-Campbell Movement*, ed. Douglas Foster et al., Eerdmans Press, **2005**.

F. Grace. “Carry Nation,” in *Booknotes on American Character: People, Politics, and Conflict*, (Perseus Press, **2004**), edited by Brain Lamb.

F. Grace. “Teaching ‘Religion and Hate’: Notes Toward a Pedagogy of Emergence/y” in *Hard Travelling and Still Having a Good Time: Innovative Learning and Living at the Johnston Center of Integrative Studies, 1979-2004*, (Trafford, **2004**), 87-108.

F. Grace. “Temperance,” *Encyclopedia of Protestantism*, ed. Hans Hillerbrand, Routledge, **2004**, 10 pp.

F. Grace. “The Best Show in Town: Carry Nation and the Selling of Temperance in the Urban Northeast,” in *Faith in the Market: Religion and the Rise of Urban Commercial Culture*, ed. Diane Winston and John Giggi (Rutgers University Press, **2002**), pp. 57-73.

JOURNAL ARTICLES – PEER-REVIEWED

F. Grace. **2023**. Video Spotlight: Meditation Program. *Journal of Contemplative and Holistic Education* 1:1 (April): 1. [Open Access article](#).

Ko, Celine, Fran Grace, Gilbert Chavez, Sarah Grimley, Emily Dalrymple, and Lisa Olson. Effect of Seminar of Compassion on Student Mindfulness, Self-Compassion and Well-being: Randomized Controlled Study. *The Journal of American College Health* 66:7 (March 2018): 537-545. <https://doi.org/10.1080/07448481.2018.1431913>

Grimley, S.J., Ko, C.M., Morrell, H.E.R, **Grace, F.**, Banuelos, M.S., Bautista, B.R., Chavez, G.N., Dalrymple, E.R., Green, M., Burning, J., Heurman, A.C., Huerta, M., Marks, M., Ov, J., Overton-Harris, P. & Olson, L.E. (2018). The need for a neutral speaking period in psychosocial stress testing. *Journal of Psychophysiology*.

Diane Eller-Boyko and **Fran Grace**. "[Longing for the Feminine: Love, Sexual Orientation, Individuation and the Soul](#)," Vol. 60, No. 3 (October 2017): 289-316. *Psychological Perspectives: A Quarterly Journal of Jungian Thought*.

F. Grace. "Unconditional Love: Applications of a Timeless Teaching," *International Journal of Philosophy and Theology*, December 2017, Vol. 5, No. 2, pp. 1-12. [Open Access article](#).

Diane Eller-Boyko and **Fran Grace**. [Liz in September \(Film Review Essay\)](#). *Psychological Perspectives: A Quarterly Journal of Jungian Thought*, (December 2016).

Ko, C.M., Olson, L, **Grace, F.** (2015). An exploration of the effects of a seminar on compassion on student psychological outcomes. *Annals of Behavioral Medicine*.

F. Grace, "[Learning is a Path not a Goal](#): Contemplative Pedagogy – Its Principles and Practices," *Teaching Theology and Religion*, Vol. 14, No. 2 (April 2011), 99-124.

Fran Grace, Thomas Coburn, Anne Carolyn Klein, Louis Komjathy, Harold Roth and Judith Simmer-Brown. "[Contemplative Pedagogy: FAQs](#)," *Teaching Theology and Religion*, Vol. 14, No. 2 (April 2011), 167-174.

F. Grace. "Beyond Reason: The Certitude of the Mystic from Al-Hallaj to David R. Hawkins," *International Journal of Humanities and Social Science*, Vol. 1, No. 13 (September 2011), 147-156. [Open access article](#).

F. Grace. Guest Editor, "Spirituality in Higher Education: Problems, Practices, and Programs" in *Journal of Religion and Education*, 36:2 (Summer 2009).

F. Grace. "A Pedagogy of Reverence," *Journal of Religion and Education*, 36:2 (Summer 2009), 102-123.

F. Grace. "[Breathing in Suffering, Breathing Out Compassion](#)," *UCLA Spirituality and Higher Education Newsletter*, Vol. 5, Issue 2, May 2009, 1-10.

F. Grace and Judith Simmer-Brown. "A Contemplative Response: The Part IS the Whole," *Journal of Religion and Education*, 36:2 (Summer 2009), 150-152.

Fran Grace and Cynthia Cornell Novak, [“Same Faith, Different Fates: A Regional Explanation for the Differences in Women’s Experiences in the Church of Christ and Disciples of Christ Movements,”](#) *Leaven*, **1999**.

F. Grace. “With Bible in One Hand and Battle-Axe in the Other: Carry A. Nation as Religious Performer,” *Religion and American Culture* (Winter **1999**)

F. Grace. [“Her-Story: Our Foremothers in the Faith,”](#) *Leaven*, 4:2 (**1996**).

F. Grace. [“When Life Slings Your Marriage on a Dunghill: Three Lessons from Job’s Wife on Ministering to a Suffering Spouse.”](#) *Leaven*, (Fall **1996**).

SHORT ARTICLES IN POPULAR MAGAZINES – (BY INVITATION)

F. Grace. ["What Do You Get When You Take 'Panic' out of Pandemic?"](#) Bulldog Blog, March 18, **2020**.

F. Grace. ["Growing a Global Heart: Encounter with Belvie Rooks and Dedan Gills,"](#) *Parabola*, Vol. 43, No. 4 (Winter **2019**), 42-49.

F. Grace. ["The Meaning of Life and the Story of the Beggar,"](#) *Excellence Reporter*, June **2017**.

F. Grace. ["Viktor Frankl and the Search for Meaning,"](#) *Parabola*, Vol. 42, No. 1, (Winter **2017**).

F. Grace. “San Bernardino Shooting: The Power of Love and the Shadow of Hatred,” *Huffington Post*, Dec. 11, **2015**

F. Grace. [“Lessons from a College Classroom”](#) – *Huffington Post*, January 5, **2015**

F. Grace. [“Measuring the Immeasurable? Compassion Under a Microscope”](#) – *Huffington Post*, January 5, **2015**

F. Grace. “The Exultant Heart,” *Science and Spirit Magazine*, March **2015**.

E-BOOK

F. Grace. 2022. [Love is Forever](#). 109 pp. Illustrated. Inner Pathway Publishing.

MULTIMEDIA PRODUCTIONS

(Fran has created/produced 150+ videos for YouTube and Vimeo, and a feature-length documentary film)

[Heart Matters Radio Show](#), produced at KDAWG station at the University of Redlands (2016-ongoing)

[Beyond Us vs. Them](#), video created out of personal interviews with civil rights activists Belvie Rooks and Dedan Gills, 2020. Co-Founders of Growing a Global Heart.

Creator and Producer, “Power of Love: Guided Meditations for the Heart,” 50-minutes guided meditation CD with music, (Inner Pathway Publishing, 2013).

Creator and Producer, “Exploring Meditation - Introduction,” 50-minutes guided meditation CD, (Inner Pathway Publishing, 2013).

“Love is the Ultimate Law of the Universe.” 20-min video created for the LOVE LECTURE by Dr. David R. Hawkins, given September, 2011, in Prescott, Arizona. (The Institute for Spiritual Research, 2011).

Writer, Co-Director, and Executive Producer, “A Semester *Within*: Exploring Meditation,” (Inner Pathway, 2008). Documentary feature film on meditation in higher education, (film length: 51 minutes).

MOST RECENT BOOK REVIEWS

F. Grace. Book Review: *Be Still and Know*, by Norris Chumley, for *Practical Matters Journal*, Issue 7 (May/June **2014**).

F. Grace. Book Review: *A Buddhist in the Classroom* by Sid Brown, for *Journal of Religion and Education*, Vol 37, Issue 1 (**2010**).

MEDIA APPEARANCES—Selected

CSPAN Booknotes -- TV: 60-minute interview about the biography on Carry Nation with Brain Lamb, aired first on October 14, **2001, continually re-aired.**

Talking History Radio Program, NPR, interview about Carry Nation, aired December 13, **2001.**

Mendocino County Public Radio, interview on *The Power of Love*, aired March 14, **2019**, with Johanna Wildoak. KZYYX.

[Radio Gabriel \(New York\)](#), on ‘The Power of Love’, broadcast on January 22, **2020**.

[Joyfulness Broadcast \(Australia\)](#), on ‘The Power of Love’, aired on April 20, **2020**.

[Mendocino County Public Radio](#), with Belvie Rooks, interview on race and *The Power of Love*, aired June 10, **2020**, with Christy Wagner. KZYYX.

[History Channel Podcast Interview](#) on “Smash, Smash, Smash! Carry Nation” aired March 9, **2021**.

[Interviewed on ‘The Power of Love’ Radio Show](#) with the Dee Dee Jackson Foundation – TJ and Taj Jackson (nephews of Michael Jackson). Aired June 30, **2021**.

[Passion Harvest Interview](#) on Spirituality. October **2022**.

[Caroline’s Corner](#) on Death and Dying. March **2023**.

[Living Love Podcast](#) on the Legacy of Belvie Rooks and Dedan Gills. May **2023**.

CONFERENCE PAPERS / INVITED LECTURES—Selected

Virtual Presentations during the Covid Pandemic:

January 2022: Junior League of Riverside

August 2020: Unitarian-Universalist Retreat keynote speaker

October 2020: Temple Emanuel Yom Kippur

December 2020: Dream Workshop, co-facilitated with Diane Eller-Boyko

The Power of Love – lectures and book signings, 2019-2020:

Arvada, CO Public Library

St. Louis, MO Public Library

Austin, TX, Unity Church

Plano, TX, Unity Church

Santa Fe, NM, Unity Church

San Anselmo, CA, SFTS campus

Chicago, IL, Unity Church

Rochester, NY, Nazareth College

Redlands, CA, ESRI REDLANDS FORUM

Santa Barbara, CA, Unity Church

Albuquerque, NM, Bookworks

Redlands, CA, Smiley Library

"Loving the Enemy," United Church of Christ, Redlands, CA, February 17, 2019.

"Interfaith Perspectives on Love," EmanuEl Jewish Temple, Redlands, CA, December 21, 2019.

"The Power of Love," Panel at Parliament of the World's Religions, Toronto, November 2018.

"How Meditation Cultivates the Heart" and "Contemplative Practices for the LGBTQ Community," Texas Christian University, October 2018.

"My Journey in the Study of Religion," Austin Presbyterian Theological Seminary, October 2018.

"Compassion, Meditation, and Medicine," presented to doctors and residents at Arrowhead Hospital, April 2018.

"Mindfulness for Teens," Grove School Group, September 13, 2018.

"Hózhó: Indigenous Spirituality and Self-Care," presented to 25 Native Students from the Cal Poly Pomona Native Summer Pipeline, July 23, 2018.

"Sexual Orientation, Love, and the Soul" at the Symposium of Spirituality and Mental Health - Social Justice, University of Redlands, School of Education, 2017.

"The Contemplative Classroom," at the Conference on Contemplative Studies at University of San Diego, November 20-21, 2014.

"Mindful Teaching and Learning: Contemplative Studies in the University Setting," Annual National Meeting of the American Academy of Religion, San Diego, November 22-25, 2014.

"Silence – Beyond Thinking," invited lecture at the Riverside Center for Spiritual Living, November 2, 2014.

"Meditation as Spiritual Practice," Conference on Spirituality and Mental Health, University of Redlands, October 2014.

Science and Spirituality Lecture VI: "The Power of Love," invited public lecture at the Riverside Center for Spiritual Living, February 22, 2014.

"The Power of Love," invited public presentation at Chinmaya Mission Ashram, Hyderabad, India, October 20, 2013.

“Happiness,” invited presentation at the Casa de la Vista affordable housing complex, Redlands, CA, September and October, 2013.

“Mystics and the Universal Message of Love,” invited public lecture at St. Andrews Episcopal Church, June 3, 2013, Sedona, Arizona.

“The Power of Love in Difficult Conditions,” invited public presentation at Integral Sedona, Public Library, June 10, 2013, Sedona, Arizona.

“Happiness,” invited public presentation at the Redlands Forum, ESRI Conference Room, April 8, 2013.

“Inner Sustainability,” invited public presentation at the Sustainability Festival, University of Redlands, March 9, 2013.

“Meditation,” invited presentation at the College Success Symposium, University of Redlands, March, 2013.

“Forgiveness,” invited presentation at CHAMPS program, March 2013.

“Power of Love in Everyday Life,” invited presentation at the Sedona 2012 Festival, December 21, 2012.

“Mystics and the Universal Message,” invited presentation at the Heart Shrine Buddha Relic Tour Opening Ceremony, Sedona, AZ, June, 2012.

“True Compassion,” invited public presentation for Integral Sedona, Sedona, Arizona, May 2012.

Faculty Forum – Interdisciplinary Research on Meditation, with Dr. Lisa Olson and Dr. Celine Ko, University of Redlands, March 2012.

Meditation in Higher Education, invited presentation for Department of Philosophy and Religious Studies, Mississippi State University, January 2012.

The Power of Love in the Christian and Sufi Mystics, invited public presentation for Integral Sedona, Sedona, Arizona, August 2011.

Exploring the Mystics, invited 8-hour seminar, St. Andrews Episcopal Church, Sedona, Arizona, December 2010.

Contemplative Studies Panel, American Academy of Religion, National Annual Meeting, Atlanta, 2010.

Exploring Compassion, invited 8-hour seminar, St. Andrews Episcopal Church, Sedona, Arizona, July 2010.

The Healing Power of Love, public presentation at the University of Redlands, April 2010.

Meditation Mini-Course, Alumnae Weekend, University of Redlands, October 2009.

“Contemplative Pedagogy,” discussion leader for Wabash Center’s Teaching Luncheon, American Academy of Religion, National Annual Meeting, Chicago, 2008.

Invited Respondent, panel on “I’m Not Religious – I’m a Mystic!”, Department of Religious Studies, University of California, Riverside, 2007.

“The Map of Consciousness by Dr. David R. Hawkins: A New Paradigm for Mysticism and Healing,” American Academy of Religion, National Annual Meeting, Washington, D.C., 2006.

“Awakening the Self: Contemplative Approaches to Teaching,” American Academy of Religion, Western Region, Annual Conference, Claremont, CA, 2006.

“Women’s Religious Leadership in late 19th century Protestantism”, American Historical Association/American Society of Church History, 2003.

Keynote Lecture: “Writing the Biography of Carry Nation,” University of Wisconsin, Osh Kosh, 2002.

Keynote Lecture: “Carry Nation: Retelling the Life” at National Prohibition Council annual meeting, Los Angeles, March 19, 2002.

“Teaching ‘Religion and Hate’ Seminar: Notes Toward a Pedagogy of Emergence/y,” American Academy of Religion, National Annual Meeting, Toronto, 2002.

Keynote Lecture: “Carry Nation: Methodist Activist” at District Annual Conference of United Methodist Women, Ontario, CA, September 2001.

“Madeline Southard: Her Search for Same-Sex Companionship and Work for the WCTU,” American Historical Association/ American Society of Church History, 2001.

“Madeline Southard: From the Kansas Plains to an International Pulpit,” American Academy of Religion (Western Region), 2000 (with Cynthia Cornell Novak).

“She, Me, We: The Feminist Experience of Bringing Voices Out of Silence Through Collaborative Editing,” National Women’s Studies Association Conference, Boston, 2000 (with Cynthia Cornell Novak).

“Carry A. Nation and Self-Reinvention in Spiritual Autobiography” at the National Women’s Studies Association Conference, Albuquerque, 1999.

“Carry Nation and the Stone-Campbell Movement” at the Restoration History Lectures at Abilene Christian University, Abilene, Texas, 1999.

“With Bible in One Hand and Battle-Axe in the Other: Carry Nation and the Smashing of Gender Role Stereotypes -- Literally!” American Society of Church History National Meeting, Seattle, 1998.

“Smash, Smash, Smash: Carry Nation as Western Vigilante-- A ‘New Deborah’ or ‘Motherhood Gone Wrong’?” at the American Academy of Religion, Western Meeting in San Francisco, 1997.

"The Spiritual Journey of Carry A. Nation," at the Center for the Study of American Religion, Princeton University, October, 1996.

"From Sanctuary to Saloon: The Religious Pilgrimage of Carry A. Nation," at the American Society of Church History, Chicago, April, 1996.

“Sidney Rigdon,” at the Restoration History Colloquium, Pepperdine University, 1995.

PROFESSIONAL AFFILIATIONS/ SERVICE - Selected

Spiritual Directors International, 2000 to Present

National End-of-Life Doula Alliance, 2022 to Present

American Academy of Religion

Regional Co-Chair of Women and Religion section, Western Region, 2002-2005

National Co-Chair of Academic Teaching and Study of Religion section, 2005-2008

National Steering Committee, Contemplative Studies Consultation, 2010-2013

Editorial Board, Journal of Religion and Education, 2010 - 2017

Faculty Leadership Team, Wabash Center for Teaching and Learning in
Theology and Religion, Workshop for Pre-Tenure Faculty, 2008-2009

SUNY Press - Reviewer of Manuscripts

COMMUNITY MEDITATION CLASSES

Since 2007, I offer about 30 class sessions a year to the public for free in the Meditation Room at University of Redlands:

Loving Kindness Meditation
Deep Relaxation
Telling Our Stories of Forgiveness
Sufi Meditation of the Heart
Dances of Universal Peace
Sufi Dance and Poetry
Christian Contemplative Prayer
Labyrinth Walking Meditation
Stress Reduction Workshop
Compassion and Mindfulness Retreat
Meditations for Forgiveness
Meditations for Health and Healing
Meditation and Dream Group
Introduction to Meditation

Since the Covid Pandemic, from March 2020 to Present (May 2023), offering a weekly virtual meditation.

ACADEMIC COURSES—Most Recent

Undergraduate Courses:

REL 250: Compassion
[Video Animation](#)
REL 250: Compassion May Term (open also to older adults)
REL 210: Introduction to Meditation (open also to older adults)
REL 358: Psychology and Religion
REL 245: LGBTQ+ Spiritual Journeys
JNST Seminar: The Sufi Path of Love
REL 323: Quest of the Mystic
REL 290: Meditation Practicum (open also to older adults, through SCS)

Professional Course - Certificate in Mental Health and Spirituality

Paradigms of Healing and Wholeness URAWI-502X-ON03
[Video Trailer for Course](#)
[Video of Class Footage](#)