

Courses in English Course Description

Department	11 Applied Social Sciences
Course title	Meditation and Art
Course number	
Hours per week (SWS)	3
Number of ECTS credits	5
Course objective	To get to know the benefits of serious meditation practice. Becoming more aware of our own mental activities. Increasing our level of concentration. Learning to look at art in a more unselfconsciously and deeper way and to pass on this approach to other target groups like children, youth as well as adults.
Prerequisites	Stable mental constitution
Recommended reading	Hodge, Susi (2018). The Short Story of Art. A Pocket Guide to Key Movements, Works, Themes & techniques. London: Laurence King Publishing. de Bruin, Andreas (2021). Mindfulness and Meditation at University. 10 Years of the Munich Model. Bielefeld: transcript Verlag.
Teaching methods	Practical exercises
Assessment methods	Credit earned through active participation, presentation and written assignment.
Language of instruction	English
Name of lecturer	de Bruin
Email	de-bruin@hm.edu
Link	https://hm.edu/kontakte_de/contact_detail_866.de.html
Course content	In this course, we use the eye as a gateway to meditation and mindfulness and choose the path via the paintings of great masters. Their works often conceal a special power. But how do we reveal this, how do we achieve a deeper connection with the individual works and their various aspects such as colors, light effects, expression, emotion and composition? The "Meditation and Art" approach makes it possible to explore the inner architecture of a work of art. Through analytical observation, you learn to use focus and concentration for your own inspiration and creativity.
Remarks	Location: Alte Pinakothek Munich