

## **Fran Grace, Ph.D.**

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[info@innerpathway.com](mailto:info@innerpathway.com)



### **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*

### **CURRENTLY**

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

*[Founding President](#) of this nonprofit 501c3*

*[Instructor of Courses and Retreats](#) - online & in-person*

*[Spiritual Director / Mentor for individuals](#) in private sessions*

*[Author](#) of books and articles*

## **EDUCATIONAL BACKGROUND**

**Certification in Spiritual Direction**, Mount Saint Mary's (L.A.), Center for Spirituality, 1997-2000

**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 Administration (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. Veritas Publishing, **2012**. Author's Official Revised Edition.

### **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., Heuerman, 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).

## **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.

#### **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.  
[Offered by donation to a family in need.](#)

## 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).

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 19<sup>th</sup> 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), I have offered 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](#)

Directed Studies:

Sufism

Depth (Jungian) Psychology

Wellness

Contemplative Pedagogy (Graduate Student, School of Education)

Power of Audio (religion and broadcasting / creation of audiobook)

Healing and Wholeness

## UNIVERSITY SERVICE

The most substantial and ongoing part of my service in the University is in the role of Steward of the Meditation Program, 2007 to Present.

- [10-Year Anniversary Celebration](#) of our Meditation Program, 2017
- Created [Meditation Program Anniversary Video](#) (5 min)
- Writing of the [10-Year Summary Report of the Meditation Program](#)
- Building of academic classes and interfacing with other academic programs
- Offerings and consulting with extracurricular offices – Counseling Center, Student Conduct, Greeks, and student interest clubs
- Community outreach and goodwill – public speaking, offering free classes in and outside of Meditation Room, including at affordable housing apartments for the elderly, hospitals, etc.
- Individual meetings with people interested in meditation and this program
- Interviewing instructors for academic and community program
- Consultations with institutions across the country who want a similar program
- Maintenance and preservation of the space and its integrity
- Development of procedures and guidelines for use
- Teaching *pro bono* in the Community program - as noted above
- [Special Events --](#) Organization of Major Events (2,000 people), Weekly Community Classes, Film Screenings, Special Lectures, African Drum Circles, etc.
- Budget Procedures and Supervision
- Mindfulness Group for the Counseling Center
- Fundraising and Installation of tech enhancement for virtual learning in the Meditation Room, 2021
- Collaboration with Native Student Programs, for [Virtual Event with Hopi Leader Mona Polacca](#), April 2021

- [Virtual Weekly Meditation](#), April 2020 to Present
- Creation of short Contemplative Practice videos during the pandemic, such as this one on [Walking Meditation Video](#)

Faculty Review Committee, 2020-2021.

Host (2017-2018) for the University's first Visiting Scholar from India - [Srividya Chaitanya](#) – who offered a flourishing community course on [Vedanta Hindu Philosophy](#), and lectured in many different religious studies courses.

Co-Creator with Conroy Reynolds and Floyd Thompkins of Certificate in Mental Health and Spirituality Certificate Program, offered through the SCS, 2018 – Present

Johnston Center: teaching of JNST seminars (2001/2003/2011/2014/2017); JNST advisor; Grad Review Committees (1-3 per year); taught mini-course in JNST 50<sup>th</sup> Reunion

Advising or Serving on various Honors Theses Committees in BIO, REL, JNST

Independent studies with CAS and SoE students (1-3 every year), 2000-2021

REL Department Chair, Spring 2002; 2007-2008; 2014-2015; 2021-2022

Charter Faculty Sponsor, Theta Alpha Chi REL Honors Society, 2008-2022

Spirituality and Mental Health Symposium (SOE) presenter - 2015, 2017

Beyond the Board program on Intergenerational Learning with Nancy Kuncl, Office of the President, 2016

Mental Health Summit Speaker, 2020

Advisory Committee for LGBTQ+ Leadership Certificate, 2018-2020

Led Special Meditation Breakout Session, Faculty Retreat, 2020

Speaker - 'Our House' - Faculty Research Reception, 2019

Teacher of Mini-Course, Johnston 50-Year Reunion, 2019

PAST SERVICE:

Meditation Room, oversight of renovation, May-October, 2007

Wellness Fair, 2009



Academic Success Symposium, 2013  
Sustainability Festival, 2013  
Alumnae Mini Course, 2009  
President's High Table presentation: "A Life of Joy, Love and Peace," 2007  
First Year seminar and advising, 2000-2002, 2005-2006, 2006-2007  
Counseling Center Search Committee, 2007  
Chair, Search Committee, Dept of Religious Studies, 2005-2006  
Marketing Search Committee, Fall 2006  
Faculty Committee on Student Life (2000-2003)  
President's High Table presentation, "Carry Nation: Retelling the Life," 2001  
Women's History Month Presentations, 2002  
Jameson Colloquium, regular attendance, 1999-2002  
WASC committee on citizenship and diversity, 2001-2003  
Taught mini-class on "Religion and Hate" at Alumni Weekend, 2002  
Classics Search Committee, 2001-2002  
Multicultural Center mentoring, 2001-2003  
Student of Color Retreat, Fall 2002, workshop presentations  
GLBSU, faculty advisor, 2002-2003  
Safe Space Allies training and mentoring, 2003  
Women's Center Faculty Advisor, 2001-2003  
Women's Studies Faculty Advisory Committee, 1999-2002  
CSAC debriefing facilitator, 2001-2005  
Proudian Honors Program Interviewer and Instructor, 2001 to 2006  
Board of Trustees Retreat, 2000, presentation on meditation

### **CONTINUING EDUCATION - SELECTED**

SPIRITUAL DIRECTION CERTIFICATE PROGRAM, Archdiocese of Los Angeles  
(a three-year training in Christian contemplative life completed in 2000)

DEATH DOULA CERTIFICATION — SACRED CROSSINGS INSTITUTE FOR CONSCIOUS DYING  
(courses, training, and practicum, 2022-2023)

INSTITUTE OF SPIRITUAL RESEARCH – DR. DAVID R. HAWKINS, DEVOTIONAL NONDUALITY  
(seminars and satsangs, 2004 to 2012)

GOLDEN SUFI CENTER – SHEIKH LLEWELLYN VAUGHAN-LEE, NAQSHBANDI SUFI ORDER  
(various retreats, trainings, 2011 to present)

ISHA YOGA ASHRAM – SADHGURU VASUDEV  
(courses and retreats, 2011-2014)

MONROE INSTITUTE  
(Gateway Voyage workshop in Virginia, 2013)

CENTER FOR ACTION AND CONTEMPLATION – JAMES FINLEY  
(course on *Interior Castle* by Teresa Avila, 2020)

“SCREEN-WRITING AND FILM PRODUCTION,” ZAKI GORDON INSTITUTE FOR INDEPENDENT  
FILM-MAKING, SEDONA, AZ, 2008

“APPROACHES TO ENERGY MEDICINE: CONFERENCE,” Puerta Vallarta, 2006

“TRADITIONAL CHINESE MEDICINE,” 2-month course, Shiatsu School of Healing Arts,  
2004

“WRITING, HEALING, RECONCILIATION” with Zen writing teacher Natalie Goldberg, 2004

ENGAGED BUDDHISM WORKSHOP with Joanna Macy, 2003

VISITING SCHOLAR AT HARVARD DIVINITY SCHOOL, Spring 1999

“WOMEN, RELIGION AND SOCIAL CHANGE,” course taught by Dr. Rosemary Radford  
Rueher at Immaculate Heart College Center, L.A., 1998

“WOMEN IN SOLIDARITY,” a conference aimed at uniting women from diverse racial,  
ethnic, and socio-economic backgrounds, facilitated by Dr. Susan Marie Maloney,  
Director at Immaculate Heart College, L.A., May 1998

SEMINAR ON WOMEN MYSTICS, James Finley, Institute for Spirituality, L.A., 1998

INNER PEACE CONFERENCE, Bishop Kallistos Ware, St. Sophia Greek Orthodox Ch., 1996