

Conceptual Workshop

Knowing through the Body

Reading

YUASA, Yasuo. “The Eastern Tradition of Self-Cultivation and Western Mind-Body Dualism” (pp. 7-10) and “Meditation and Mind-Body Oneness” (pp. 20-23) in Chapter 1 in *The Body, Self-Cultivation and Ki-Energy*. Albany: SUNY Press, 1993.

Part I (60 minutes)

Divide into groups of 3 or 4. Limit discussion of each question to about 10 minutes. Each group should try to agree on an answer to the following questions. Select one person ahead of time to serve as “scribe” and write down the agreed-upon answer. If agreement cannot be reached in the allotted time, then the scribe should record the dissenting views as well. Select a second person at the start to keep an eye on the time and to make sure the group proceeds through the worksheet in a timely manner. Support your answers with the text. This should take you about 1 hour.

1. In pp. 7-10 of today’s reading, Yuasa uses the example of modern medicine to illustrate mind-body dualism. After explaining the concept of mind-body dualism in your own words, discuss other examples of mind-body dualism in our society. What does this tell us about the way the body is viewed with regard to knowledge?
2. Yuasa tells us that in the Japanese tradition, rather than being separated, that mind-body oneness is in fact cultivated and gives examples such as the martial arts. Discuss examples of the cultivation of body-mind oneness in *our* society.
3. Choose one of the examples you just discussed and explain what sort of knowledge this example gives us. Be sure to also define what you mean by “knowledge.”
4. While it is not explicitly defined in the reading, Yuasa clearly argues that cultivating body-mind oneness leads to some sort of knowledge. How would you characterize this knowledge?
5. What role does the body play in gaining this knowledge? How is it different from the role of the body in cultivation of body-mind oneness in the example discussed in question 3? Are there any similarities?

Part II (30 minutes): Class discussion of the results