This class introduces students to the varied and fascinating world of Buddhism in the Himalayas. Learn doctrine, go on pilgrimage (in VR), join the worlds of Buddhist laypeople, monks & nuns! The class begins with an introduction to Buddhist beliefs, history, and practices. Following this, we explore the lived dimensions of Buddhist religious life in Nepal and Tibet with special attention to real people’s beliefs, practices and experiences. How do mantras work? What is a “punk monk”? What does it mean to say everything is empty of self? The instructor spends most of her summers in Nepal doing research. Sign up and come along!

The class fulfills the Gen Ed requirements PH and BN.
For more information, contact Professor Leve at leve@email.unc.edu.