



Meditative Retreat in Tibetan Buddhism: Questions and Sources

David DiValerio

Associate Professor, Department of History

Thursday, October 11th @ 12 noon

104 Garland Hall, 2441 E Hartford Avenue

While the theories, practices, and more recently, the psycho-physical effects of meditation have been extensively addressed by the field of Buddhist Studies, the traditional contexts for the practice of meditation across Asia have yet to be systematically accounted for. This presentation will address research towards an intellectual and cultural history of meditation in Tibet, which has always been practiced, first and foremost, in long-term retreats. Whether in a cave or a cloister, such individual retreats last for periods of years, sometimes decades, leading to extreme feats of asceticism and self-denial, and a dramatic reorientation to the world.

For more information, contact Hilary Snow (snowh@uwm.edu) or Nan Kim (ynkp@uwm.edu).

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