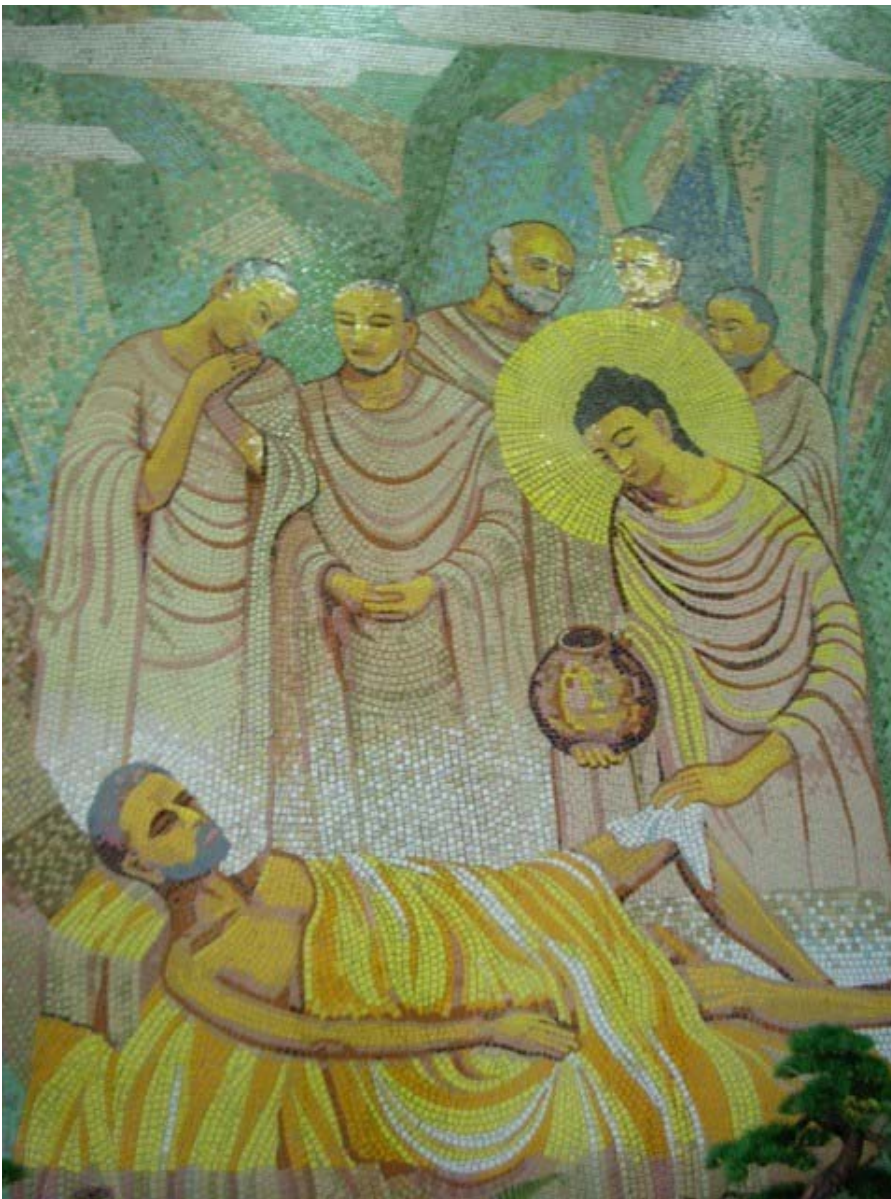


## BEYOND MINDFULNESS: BUDDHISM & HEALTH IN GLOBAL AND HISTORICAL PERSPECTIVE

Professor C. Pierce Salguero  
(The Abington College of Penn State University)

Friday, January 22, 2016, 3-5 pm in 243 Royce Hall



The past few years have seen the emergence of the so-called “Mindfulness Revolution” in mainstream American popular culture. More recently, a backlash has emerged that criticizes the focus on the health benefits of meditation as a misguided and superficial form of “Buddhist modernism.” The controversy has overshadowed both the deep historical roots of the connection between Buddhism and health, as well as the diversity of these Buddhist healing methods beyond merely meditation. Dr. Salguero’s talk will situate the contemporary focus on the health benefits of meditation within the global history of Buddhism and medicine. He will outline the many rich and complex Buddhist approaches to healing that have been (and still are) used globally, and will suggest directions for further historical and clinical research beyond meditation.

Dr. Salguero is an interdisciplinary humanities scholar interested in the role of Buddhism in the crosscultural exchange of medical ideas. He has a Ph.D. in History of Medicine from Johns Hopkins University, and teaches Asian history, religion, and culture at Penn State University’s Abington College, located near Philadelphia. The major theme in his scholarship is the interplay between the global transmission and local reception of Buddhist knowledge about health, disease, and the body.

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