

SPRING 2022

THE CHINA INSTITUTE

Beyond Mindfulness: **BUDDHISM & HEALTH** *in Historical Perspective*

Professor Pierce Salguero, Penn State Abington



Thursday, April 14, 4:30-6 p.m.

Hildreth-Mirza Hall, Great Room/Annex, Rooms 101/102

The so-called “Mindful Revolution” sweeping through mainstream American popular culture has tended to overshadow both the deep historical roots of the connections between Buddhism and health, as well as the diversity of those Buddhist healing methods beyond merely meditation. This talk places the contemporary focus on the health benefits of mindfulness within the history of Buddhist engagements with medicine, with particular attention to China. It outlines the many rich and complex approaches to healing that have been (and still are in many cases) used in Chinese Buddhist communities, both in order to learn more about Chinese culture and also to suggest directions for further historical and clinical research beyond mindfulness.



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