



C. Pierce Salguero

I am an interdisciplinary humanities scholar fascinated by the intersections between Buddhism, medicine, and crosscultural exchange. I have a Ph.D. in History of Medicine from the Johns Hopkins School of Medicine, and teach Asian history, religion, and culture at Penn State University's Abington College, located near Philadelphia. The major theme in my scholarship is the interplay between the global transmission and local reception of Buddhist knowledge about health, disease, and the body.

**MONDAY,
MARCH 25, 2019
4:00 – 5:30PM**

California State University, Bakersfield
Stockdale Room (Inside Runner Café)

Beyond Mindfulness: Buddhism & Health in Historical Perspective

The so-called “Mindfulness 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. Dr. Salguero’s talk will place the contemporary focus on the health benefits of mindfulness within the history of Buddhist engagements with medicine. He will outline the many rich and complex approaches to healing that have been (and still are) used in Buddhist communities, and will suggest directions for further historical and clinical research beyond mindfulness.



Free and open to the public