

Heart Openings (Renee Lynn Ford)

Topics and Resources mentioned in this episode:

[00:02:20] [Heart Openings: The Experience and Cultivation of Love in Buddhism, Christianity, and Islam](#)

Project at Aarhus University lead by Christian Suhr.

[00:02:23] [Christian Suhr](#)

Professor of Visual and Multimodal Anthropology at Aarhus University.

[00:03:26] [Anne C. Klein](#)

Professor of Religion at Rice University.

[00:04:48] [Katrin Heimann](#)

Assistant Professor at Centre for Educational Development at Aarhus University.

[00:11:19] [Karma Tegchen Lekshey Ling](#)

A Kagyu Buddhist Nunnery in Nepal.

[00:33:11] **Definition of Ritual Practices by Catherine Bell**

“Catherine Bell maintains the idea that a successful ritual is one in which both cultural and sociological aspects work together. Bell bases her model of ritual on three elements: ritual as an activity, as a fusion of thought and activity, and the dichotomy between actor and thinker.” - [Wikipedia](#)

[00:36:54] **Body Scan Meditation**

“Body scan meditation involves paying attention to parts of the body and bodily sensations in a gradual sequence from feet to head.” - [Verywell Mind](#)

Learn more about Renee Lynn Ford and her research:

- [Research Page at Aarhus University](#)