



## MEDITATION PRACTICES

### PR-801

Created by: Rev. Norma Iris Rosado, M. ED.

**Instructor:** **Your Name**

**Contact information:** **Your contact information**

**Email address:** **Your email address**

#### WELCOME

**Note:** **Insert your own welcome or delete this section.**

#### A. Course Description

Practicing the Silence as part of the prayer and meditation process is fundamental to Unity teachings. It is also essential for the development of spiritual understanding. During this course the main focus will be placed on the meditation process. Meditation will be defined and practiced in various ways. Benefits of this process will be explained and different methods to deal with resistance to it as well as initiating a regular practice of it will be approached.

#### B. Course Presentation

Students will experience a variety of meditation techniques, which everyone will have the opportunity to journal about. In addition, after reading about and discussing meditation practices, each student will create a personally designed meditation program for themselves. The assignment is to practice your meditation program for a month. Then write a paper describing the experience - how it impacted your life, and how you plan to integrate meditation into your life on an ongoing basis.

#### C. Instructor description

**Insert your own short biography**

#### D. Objectives

Students will be able to:

1. Define meditation
2. Experience different meditation techniques\*
3. Enumerate some of the many benefits of establishing a consistent meditation practice
4. Identify their own blockages to meditation and develop ways to overcome them.
5. Initiate a regular meditation practice

\*Allow a slot of time in each class for this to happen. Then you can choose from the many meditation techniques that the text offers, share your own or ask students to share some they have practiced previously.

#### E. Course Materials

**Required:**

Bodian, Stephan, *Meditation for Dummies: CD Edition*. Wiley Publishing: Indianapolis, 2006.

## **F. Course Requirements and Assignments**

1. Do the assigned reading prior to class.
  2. Be open to and participate in the experience of different types of meditation.
  3. Keep a personal journal reflecting on your meditation experience. This is essential for your examination of your meditation practice even though you will not turn your journal in.
  4. Maintain a meditation practice for one month following the end of the course.
5. **FOR SEE CREDIT:** Design a meditation program for one month and include at least one ½ day (6 hours) individual retreat (or participate in a formal group retreat) in your plan. Practice your plan for one month and maintain your journaling. At the end of the month, write a 2-3 page paper on the experience of practicing your personally designed meditation program. Include any resistance that came up and how you dealt with it; any insights that came out of your journaling; the impact the program had on your life and how you see meditation as a part of your ongoing spiritual practice.

How to deliver the paper: The paper can be sent electronically (preferred) or by regular mail. Please make the paper double-spaced between the lines and at least 12 pt. Font Type. **(You may insert the way you would like students to deliver their assignments)** The paper is due \_\_\_\_\_. **(Negotiate with students the due date.)**

## **G. Student Evaluation**

- Grading:
  - S (Satisfactory)
  - NC (No Credit)
  - IN (Incomplete) an incomplete will be posted until the instructor has evaluated your paper.
- 10 course credits are granted on successfully completing the course.

## **H. Instructor's Commitment**

**(Re-phrase this one or create your own)**

My intention is to be completely present and mindful for all class activities. I will facilitate an environment in which participants feel inspired to explore meditation more deeply and to safely share their deepest thoughts and feelings. I will support all participants in their understanding of meditation and in their personal meditation practice. I will read and comment on the papers delivered.

## I. Class Schedule:

CLASS	Chapters / other support material / assignments	Objectives & Suggested Activities
1	<p>Introduction of participants and facilitator</p> <p>Overview of the course</p> <p>Meditation experience through centering prayer, journaling, and sharing</p> <p>Read and discuss pp. 15-23, 28-32, and 37-39.</p>	<p>1. By actively participating in this first activity, students will start to create an environment conducive to safe class discussions throughout the course</p> <p>2. Students will:</p> <p>A. Ask questions and make suggestions about procedures in the course.</p> <p>B. Experience centering prayer and meditation as a gateway to Silence.</p> <p>C. Analyze the importance of journaling in establishing the meditation discipline (This will become an ongoing assignment throughout the course)</p> <p>5. In small groups, students will discuss the assigned material. They will report to the big group afterwards (report will probably take time on first segment of 2nd class)</p> <p>Text book: pp. 15-23, 28-32, 37-39.</p>
2	<p>What is meditation?</p> <p>Why meditate?</p> <p>Meditation experience, journaling, and sharing*</p> <p>Read pp. 51-55, 217-225.</p>	<p>1. Students will work in small groups to fulfill the tasks listed below. They will report to the entire class.</p> <p>A. Define and explain what meditation is.</p> <p>B. Will compare and contrast their personal meditation process with the text presentation.</p> <p>C. Talk about the different types of meditation traditions around the world and with different groups.</p> <p>D. Discuss the benefits of the meditation process in their bodies and affairs</p>

3	<p>Unity and meditation (Facilitator will present students with the Unity way of meditating and silence)</p> <p>Meditation experience, journaling, and sharing*</p> <p>.Read pp. 199-206, 187-189</p>	<p>1. Students will:</p> <p>A. Define and explain what meditation is according to Unity.</p> <p>B. Compare and contrast with other types of meditations discussed before</p> <p>C. Practice leading short guided meditations in small groups (they will offer feedback to each other)</p>
4	<p>Challenges and roadblocks to meditating</p> <p>Meditation experience, journaling, and sharing*</p> <p>Read pp. 243-251.</p>	<p>Based on assigned reading, students will:</p> <p>A. Present and discuss their roadblocks to the meditating process</p> <p>B. Discuss possible ways to deal with those roadblocks</p> <p>C. Practice in either a silence walk or in classroom meditation to become aware of any roadblock of the moment. They will share in the small group and in the big group</p>
5	<p>Sharing the journaling experience</p> <p>Personal meditation commitment</p> <p>Meditation experience, journaling, and sharing*</p> <p>Practicing different ways of meditation</p> <p>Any leftovers</p> <p>Closure</p>	<p>Students will:</p> <p>A. Share what their journaling experience has been throughout the course</p> <p>B. Talk about what their meditation commitment has become (any changes promoted by the class to this moment)</p> <p>C. Share with class some different types of meditations they have practiced in the past.</p> <p>D. Ask about any doubt, or concept they would like to clarify.</p> <p>E. Create a sense of completion to the course.</p>

\* Allow a slot of time in each class for this to happen. Then you can choose from the many meditation techniques that the text offers, share your own or ask students to share some they have practiced previously.

J. What you must know and remember:

1. What is meditation according to Unity
2. Roadblocks to meditation and how to overcome
3. How does prayer compare to meditation.
4. What is the Silence in the framework of meditation
5. Why is the Silence important
6. What must we let go of during meditation?
7. What is a mantra and why do we use it?
8. What is contemplation?
9. What does it mean when we say “empty your cup?”
10. Importance of journaling in the meditation process
11. Benefits of the meditation process in their bodies and affairs
12. Steps in leading a guided meditation
13. What is Centering Prayer?
14. What is realization?
15. What is the importance of habit in a meditative practice?
16. What is the point of meditation?
17. What are some of the things we can do to prepare for meditation?