

Syllabus: SPD 105 Meditation Practices

COURSE OVERVIEW

Dates: October 2, 9, 16 ,23, 30

Time: 6:00-8:00pm Eastern

Location: Zoom

Course Instructor:

Name	Suzette M. Kachmaryk, LUT
Virtual Office Hours	Mondays – 6:00 to 8:00 pm
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Course Description:

Extensive research on meditation practices has revealed that regular meditation has many mental and physical benefits and that there are many effective ways to meditate. This course explores the practice and the experience of various forms of meditation. Benefits of the various forms of meditation will be explored as well as methods to deal with resistance to it. There will also be helpful tips for developing a regular meditation practice. Practicing the Silence, Unity's meditation practice, is fundamental and foundational to Unity teachings. Therefore, it will be the primary meditation practice for the duration of the course.

Course Learning Objectives:

By the end of the course learners will be able to:

- Define meditation, Practicing the Silence, and the Silence
- Develop a daily practice of the Silence and report on their progress
- Identify and describe any blocks or resistance to daily meditation as well as strategies to overcome them
- Compare and contrast two different forms of meditation

Required Books:

Bodian. Stephan. *Meditation for Dummies, 2nd Edition or 3rd Edition*. Foster City: IDG Books Worldwide, 1999

Hasselbeck, Paul. *Heart-Centered Metaphysics*, Unity Village: Unity House, 2010

Week	Read / Review	Learning Objectives	Reflect and Prepare to Discuss
1	Meditation for Dummies Chapters 1-4	What is Meditation? Why meditate? Benefits of Meditation.	Meditate for 10 minutes following the breath. Journal after meditating.

		<p>Meditation Techniques.</p> <p>MEDITATIONS: Awareness Exercise Awareness Meditation</p>	<p>For SEE Credit: Begin to think about your personalized meditation practice plan.</p>
2	<p>Meditation for Dummies Chapters 5-9, 14 Heart Centered Metaphysics Chapters 6 & 7</p>	<p>Creating a practice. The silence (Eric Butterworth) Mindfulness</p> <p>MEDITATIONS: Mindfulness Meditation Soft gaze – natural object</p>	<p>Meditate in the silence for 10 minutes. Journal after meditating.</p> <p>For SEE Credit: Work on your personalized meditation practice plan.</p>
3	<p>Meditation for Dummies Chapters 10, 12, & 13</p>	<p>Discipline and effort Challenging emotions. Navigating roadblocks. Troubleshooting / Refining your practice.</p> <p>MEDITATIONS: Mindful eating Walking meditation Kirtan Kriya</p>	<p>Meditate in the silence for 10-15 minutes. Journal after meditating.</p> <p>For SEE Credit: Work on your personalized meditation practice plan.</p>
4	<p>Meditation for Dummies Chapters 11 & 15</p>	<p>Opening your heart. Cultivating spirituality.</p> <p>MEDITATIONS: Handheld labyrinth Cultivating lovingkindness Metta Meditation</p>	<p>Meditate in the silence for 10-15 minutes. Journal after meditating.</p> <p>For SEE Credit: Complete your personalized meditation practice plan.</p>
5	<p>Meditation for Dummies Chapters 16 & 17</p>	<p>Making meditation part of your life.</p> <p>MEDITATIONS: Yantra Healing with Light Guided Meditation</p>	<p>For SEE Credit: Tell us about your personalized meditation practice plan</p>

For SEE Credit:

1. Design a personalized meditation practice plan. Practice your meditation plan and maintain your journaling.
2. During the final class, tell us about your personalized meditation practice plan.