



Syllabus

SPD 105 Meditation Practices

Course Overview

Dates: M-F, January 31-February 4, 2022

Time: 8:30 am – 10:20 am Central

Location: Zoom

Course Instructor

Name	Dr. Mary Fehr, LUT
Office Hours	Monday-Friday, 11:00 am – 12:00 pm Central
Telephone	832-465-0885
E-Mail	mfehr@unityhouston.org
Response Time Policy	24 hours

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, including labyrinth meditation, will be explored as well as methods to deal with resistance to meditation. 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.

Instructor's Note: Our class will be a safe learning environment for exploration, questions, discussions, and discovery.

Instructor Information:

The instructor for this course is Mary Fehr. Mary holds a Ph.D. in Curriculum & Instruction from Texas Tech University, and she is a Licensed Unity Teacher (LUT). Mary has 30+ years of teaching experience in various settings from K-12 schools, higher education, and corporate environments. Mary is currently employed at Unity of Houston as Director of Communications. She is also a Certified Labyrinth Facilitator, Trained Soul Collage Facilitator, and certified Kundalini Yoga Instructor.

Course Learning Objectives

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

- Define meditation, Practicing the Silence, and the Silence
- Compare and contrast different forms of meditation
- 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

Required Text/Readings

- Bodian. Stephan. *Meditation for Dummies, 4th Edition*. Foster City: IDG Books Worldwide, 1999
- Hasselbeck, Paul. *Heart-Centered Metaphysics*, Unity Village: Unity House, 2010

Course Requirements and Assignments:

1. Complete the required readings.
2. Be open to and participate in the experience of meditation and class activities.
3. Keep a personal journal, reflecting on your meditation experience. (Just a few sentences each day will do.)
4. Maintain a daily meditation practice for the duration of the class.

For S.E.E. Credit:

1. Apply for S.E.E. credit through Unity Worldwide Spiritual Institute (uws.org)
2. Design a personalized meditation program plan for the next 3 weeks. Practice your meditation program plan and maintain your journaling.
3. At the end of the 3-week period, write a 500-word reflection paper on the experience of practicing your plan. Include the following:
 - A description of your meditation program design.
 - 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
 - How you see meditation as a part of your ongoing spiritual practice.
 - How this experience may have contributed to your spiritual growth
4. Submit your paper to mfehr@unityhouston.org by March 4, 2022

Class Schedule: (Note: MfD = *Meditation for Dummies*; HCM = *Heart Centered Metaphysics*)

Class	Topics/Meditations	Homework
#1 Mon.	Topics: <ul style="list-style-type: none"> • Course Overview • MfD chapters 1-4 • What is Meditation? • History of Meditation • Benefits of Meditation • Meditation Techniques Meditations: <ul style="list-style-type: none"> • YouTube meditation • Following the Breath 	<ul style="list-style-type: none"> • Meditate for 10 minutes following the breath. • Journal after meditating. • Read: <ul style="list-style-type: none"> ○ Article: “Just Say Om” (as much as interests you) ○ Chapter 19 of <i>Meditation for Dummies</i> Reminder: <ul style="list-style-type: none"> • Bring a special object to tomorrow’s class (preferably something natural) For S.E.E. credit: <ul style="list-style-type: none"> • Begin to think about your 3-week personalized meditation program plan. You will turn it in on Friday.
#2 Tue.	Topics: <ul style="list-style-type: none"> • MfD chapters 5-7, 14 • HCM chapters 6, 7 • The Silence/Centering Prayer • Mindfulness Meditation • Creating a Practice Meditations: <ul style="list-style-type: none"> • Sitting in the Silence • Soft Gaze – natural object 	<ul style="list-style-type: none"> • Meditate in the Silence for 10 minutes. • Journal after meditating. • Read MfD chapters 8 & 9 • Work on your 4-Week Meditation Program Reminder: <ul style="list-style-type: none"> • Bring a piece of fruit to tomorrow’s class For S.E.E. credit: <ul style="list-style-type: none"> • Work on your 3-week personalized meditation program plan. You will turn it in on Friday.
#3 Wed.	Topics: <ul style="list-style-type: none"> • MfD chapters 12, 13 • Walking Meditation • Troubleshooting/Refining Your Practice Meditations: <ul style="list-style-type: none"> • Mindful Eating • Walking Meditation • Kirtan Kriya 	<ul style="list-style-type: none"> • Meditate in the Silence for 10-15 minutes. • Journal after meditating. • Read Ch. 10 – Just Doing It: Discipline, Effort, and Letting Go For S.E.E. credit: <ul style="list-style-type: none"> • Work on your 3-week personalized meditation program plan. You will turn it in on Friday.

#4 Thur.	<p>Topics:</p> <ul style="list-style-type: none"> • MfD chapter 11, 15 • Opening Your Heart • Cultivating Spirituality <p>Meditations:</p> <ul style="list-style-type: none"> • Handheld Labyrinth • Cultivating Lovingkindness • Metta Meditation 	<ul style="list-style-type: none"> • Meditate in the Silence for 10-15 minutes. • Journal after meditating. • Read article on Breathwalk • Complete your 4-Week Meditation Program <p>For S.E.E. credit:</p> <ul style="list-style-type: none"> • Complete your 3-week Meditation Program Plan. You will turn it in tomorrow.
#5 Fri.	<p>Topics:</p> <ul style="list-style-type: none"> • MfD chapters 16, 17 • Making Meditation Part of Your Life <p>Meditations:</p> <ul style="list-style-type: none"> • Yantra • Healing with Light • Guided Meditation (Beckoned by the Bell, Paulette Pipe) 	<ul style="list-style-type: none"> • Going Forward: Meditate for 15-20 minutes each day using the technique of your choice. • Journal after meditating if you find that practice to be helpful. <p>For S.E.E. credit"</p> <ul style="list-style-type: none"> • Turn in your 3-week Meditation Program Plan. • Implement the plan over the next 3 weeks. • Write a reflection paper. (See Syllabus). Email it to the instructor by March 4.