



Spiritual Education and Enrichment
SPD 105 Meditation Practices
10 Credit Hours

Instructor	Cris Perez, L.U.T. cris2perez@yahoo.com 832-866-7822
Required Texts	<i>Meditation for Dummies: 3rd. CD Edition, Wiley Publishing: Indianapolis, 2012</i>
Recommended Reading	<i>Heart-Centered Metaphysics, by Paul Hasselbeck</i>

Course Description

This course focuses on 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 Presentation

Students will practice a variety of meditation techniques in class and at home. In addition, they will learn how to journal about the meditation experience. They will also design a personal meditation program that they will use throughout the course.

Instructor

Cris Perez has been a member of Unity of Houston for twenty-five years and has been a Licensed Unity Teacher since 2010. She has served as a speaker for the Spanish language services as well as serving on the Committee for these services. Cris was a part of the Unity Prayer Partners Program for five years as well as in the youth and Uniteen programs. In addition to teaching classes she serves on the Prayer Chaplain program for Unity of the Woodlands.

Learning 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 blockages to meditation and develop ways to overcome them.
5. Initiate a regular meditation practice

Course Requirements and Assignments

1. Do the assigned reading prior to class.
2. Be open to and participate in the experience of meditation.
3. Keep a personal journal reflecting on your meditation experience.
4. Maintain a meditation practice for the duration of class.

5. **FOR SEE CREDIT:** Design a meditation program for the next four weeks. At the end of the four-week period, write a 2-3-page paper on the experience of practicing your personally designed meditation program and include the following:
 - a. Resistance that came up and how you dealt with it
 - b. Any insights that came out of your journaling
 - c. The impact the program had on you life
 - d. How you see meditation as part of your ongoing spiritual practice

I. Class Schedule:

CLASS	Objectives & Assignments	Activities & Meditation Practice
Class 1	<p>Overview of the course</p> <p>History of Meditation</p> <p>What is Meditation?</p> <p>What are the steps to a meditation practice?</p>	<p>Introductions of facilitator and students.</p> <p>Review Syllabus</p> <p>Handout – Chapter 3</p> <p>Discussion of what is meditation and what it is not. – Chapter 1</p> <p>Handout for meditation practice – also page 10</p> <p>Discuss and share meditation experiences</p>
Class 2	<p>What is journaling and what are the steps?</p> <p>Assignments: Meditate 5 – 20 min. Every day and journal about the experience</p> <p>Design a meditation practice to be used for the next 4 weeks.</p> <p>Read highlighted items</p>	<p>Analyze the importance of journaling in establishing the meditation discipline - handout</p> <p>Meditation Practice – 15 minutes in the silence</p> <p>Chapter 14 and handout</p>
Class 3		Discuss and share meditation and journaling

	<p>Unity and meditation (Facilitator will present students with the Unity way of meditating)</p> <p>What is the Silence?</p> <p>What is Centering Prayer?</p> <p>Assignment:</p> <p>Meditate for 10 – 20 min. every day and journal</p>	<p>experiences and the four-week meditation plan</p> <p>Define and explain what meditation is according to Unity.</p> <p>Discuss the silence.</p> <p>Define and explain centering prayer. P. 49 And handout</p> <p>. Meditation Practice – 20 minutes with music</p>
Class 3	<p>Why meditate?</p> <p>How to meditate with challenging emotions and bad habits</p> <p>Assignment:</p> <p>Meditate 15 – 20 every day and journal</p>	<p>Questions and comments about meditation practice and journaling</p> <p>Benefits of meditation – Chapter 2 PowerPoint</p> <p>Discussion of Chapter 12</p> <p>Meditation Practice – 20-minute guided meditation</p>
Class 4	<p>Challenges and roadblocks to meditating</p> <p>Assignment:</p> <p>Meditate 15 – 20 every day using a different method you have not used and journal</p>	<p>Questions and comments about meditation practice</p> <p>Present and discuss roadblocks to the meditating process – Chapter 13</p> <p>Discuss possible ways to deal with those roadblocks</p> <p>Meditation Practice – 25 minutes – using our senses</p>
Class 5	<p>Papers due TBA</p> <p>Cultivating Spirituality</p> <p>How to Meditate in everyday life and after this class</p>	<p>Questions and comments about meditation practice and journaling.</p> <p>Discussion of Chapter 15</p> <p>Discussion of Chapter 17 and our ideas on how to maintain a meditation practice forever.</p> <p>Meditation Practice 30 minutes</p>

