

Syllabus:

SPD 105 Meditation Practices

Course Overview

Course Instructor

Name	Rev. Virginia Roll
Virtual Office Hours	Tuesdays, 10:00 am – 11:00 am Central Standard Time or by appointment
Telephone	757-513-0839
E-Mail	virginiaroll@aol.com
Response Time Policy	Within 24 hours of call or email unless otherwise indicated through automatic message

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

Live Collaborate Class Sessions

All times Central Time (CT) Zone

January 2019

1. Monday, January 21 – 7:00 to 8:00 p.m. CT
2. Monday, January 28 – 7:00 to 8:00 p.m. CT

February 2019

3. Monday, February 4 – 7:00 to 8:00 p.m. CT
4. Monday, February 11 – 7:00 to 8:00 p.m. CT
5. Monday, February 18 – 7:00 to 8:00 p.m. CT
6. Monday, February 25 – 7:00 to 8:00 p.m. CT

March 2019

7. Monday, March 4 – 7:00 to 8:00 p.m. CT
8. Monday, March 11 – 7:00 to 8:00 p.m. CT