Syllabus:
SPD 105 Meditation Practices

Course Overview

Course Instructor
Name: Rev. Virgina Roll
Virtual Office Hours: Tuesdays, 10:00 am – 11:00 am Central Standard Time or by appointment
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Response Time: 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 different forms of meditation
Required Books

Live Collaborate Class Sessions
*All times Central Time (CT) Zone*

**January 2022**
1. Wednesday, January 19 – 7:00 to 8:00 p.m. CT
2. Wednesday, January 26 – 7:00 to 8:00 p.m. CT

**February 2022**
3. Wednesday, February 2 – 7:00 to 8:00 p.m. CT
4. Wednesday, February 9 – 7:00 to 8:00 p.m. CT
5. Wednesday, February 16 – 7:00 to 8:00 p.m. CT
6. Wednesday, February 23 – 7:00 to 8:00 p.m. CT

**March 2022**
7. Wednesday, March 2 – 7:00 to 8:00 p.m. CT
8. Wednesday, March 9 – 7:00 to 8:00 p.m. CT