

# Syllabus: SPD-105 Meditation Practices

Carol Plummer, LUT

## Course Overview

### 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.

### 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 Readings

- Hasselbeck, Paul. *Heart-Centered Metaphysics, Unity Village: Unity House, 2010*
- Articles and videos provided in SESSIONS

### Academic Performance

S: Satisfactory = 75 - 100%

NC: No Credit = 0 - 74%

AU: Audit – student is not seeking credentialing (no assignments required).

I: Incomplete – waiting for completion of one or more assignments. Given by approval of the Instructor due to urgent and unusual circumstance in the life of the participant

### Graded Assignments

It is important to complete your assignments on or before the due dates. NOTE: If you experience an emergency and are unable to complete your assignments on time, contact your instructor.

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## Session 1: “Your Superpower”

### Session Learning Objectives

By the end of this session learners will be able to:

- Understand the importance of meditation
- Begin thinking about why changing meditation habits matters
- Understand different meditation practices

Session 1 Assignments	Due Date
<p><b>Reading(s) - PRIOR TO FIRST CLASS</b></p> <ul style="list-style-type: none"> <li>• History of Meditation, <a href="https://positivepsychology.com/history-of-meditation/">https://positivepsychology.com/history-of-meditation/</a></li> <li>• <b>HANDOUT: Types of Meditation</b> (to be used each night, student chooses ones to practice each day, discuss in class the following day)</li> <li>• 5 Superpowers of Meditation (PDF)</li> <li>• Ch 7 - Meditation, <i>Heart-Centered Metaphysics</i> by Rev. Paul Hasselbeck</li> </ul>	<p><b>PRIOR TO CLASS</b></p>
<p><b>ONLINE CLASS Session #1</b></p> <ul style="list-style-type: none"> <li>• OPEN CLASS: Practice guided meditation from UNITY <a href="https://www.unity.org/prayer/silent-unity-meditations">https://www.unity.org/prayer/silent-unity-meditations</a> (PICK ONE FOR DAILY CLASS PRACTICE)</li> <li>• Review Syllabus</li> <li>• Heart Agreements</li> <li>• Review what each day’s homework will be</li> <li>• Introduction to meditation, review “History of Meditation” article</li> <li>• What are Meditation’s 5 Superpowers (article)</li> </ul>	<p>CLASS #1</p>
<p><b>HOMEWORK</b></p> <ul style="list-style-type: none"> <li>• Read articles, watch videos, review handouts <b>LISTED IN SESSION 2</b></li> <li>• Be prepared to discuss readings</li> <li>• <b>CHOOSE 1</b> practice from TYPES OF MEDITATION HANDOUT to practice, be prepared to talk about it in CLASS #2</li> </ul>	<p><b>For CLASS #2</b></p>

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## Session 2: “Benefits of Meditation”

### Session Learning Objectives

By the end of this session learners will be able to:

- Understand the benefits
- Discover comforts and discomforts
- Learn where meditation fits into Unity 5 Step Prayer Process

Session 2 Assignments	Due Date
<p><b>Reading(s)</b></p> <ul style="list-style-type: none"> <li>• Benefits of Meditation (PDF)</li> <li>• Ch 8 - Prayer, <i>Heart-Centered Metaphysics</i> by Rev. Paul Hasselbeck</li> </ul> <p><b>Video</b></p> <ul style="list-style-type: none"> <li>• All It Takes Is 10 Minutes of Mindfulness, <a href="#">CLICK HERE FOR VIDEO</a></li> </ul>	For Class #2
<p><b>ONLINE CLASS Session #2</b></p> <ul style="list-style-type: none"> <li>• OPEN CLASS: Practice guided meditation from UNITY <a href="https://www.unity.org/en/collection/mindful-moments">https://www.unity.org/en/collection/mindful-moments</a> (PICK ONE FOR DAILY CLASS PRACTICE)</li> <li>• Review homework</li> <li>• Discussion of readings and video</li> <li>• Introduction to Unity 5 Step Prayer Process (MEDITATION IS STEP 3) Questions, concerns, appreciations</li> <li>• See questions on PAGE 7, have students pick one or two to discuss more fully</li> </ul>	Class #2
<p><b>HOMEWORK</b></p> <ul style="list-style-type: none"> <li>• Read articles, watch videos, review any handouts <b>LISTED IN SESSION 3</b></li> <li>• Be prepared to discuss readings</li> <li>• CHOOSE 1 practice from TYPES OF MEDITATION HANDOUT to practice, be prepared to talk about it in CLASS</li> </ul>	<b>For Class3</b>

Create meditation practice based on values

Your values in life are those things that you love to think about, read about, talk about, and learn about. Go through the following questions to come up with your top 5 values.

- How do you spend most of your time (apart from work)?
- Where do you spend your money most?
- What area in your life are you most reliable, disciplined and focused?
- What do you most think about, desire, and dream about?
- What do you love to learn, read about, and explore?
- What inspires you the most?
- Fast forward your life 10 years and look back. You are proud of achieving one thing. What is that?

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## Session 3: “The Silence”

### Session Learning Objectives

By the end of this session learners will be able to:

- Understand the Fillmores definition of “The Silence” as part of meditation practice
- Gain clarity on the silence and The Silence.

Session 3 Assignments	Due Date
<b>Reading(s)</b> <ul style="list-style-type: none"> <li>• HowToLetGodHelpYou_Ch15-Secret Place of Spirit (PDF)</li> <li>• MF-HealingLetters-GoingIntoTheSilence (PDF)</li> <li>• Ch 6 - The Silence, <i>Heart-Centered Metaphysics</i> by Rev. Paul Hasselbeck</li> </ul>	For CLASS #3
<b>ONLINE CLASS Session #3</b> <ul style="list-style-type: none"> <li>• OPEN CLASS: Practice guided meditation from UNITY <a href="https://www.unity.org/prayer/silent-unity-meditations">https://www.unity.org/prayer/silent-unity-meditations</a> (PICK ONE FOR DAILY CLASS PRACTICE)</li> <li>• Review homework, meditation practice</li> <li>• Discussion of readings</li> <li>• See questions on PAGE 7, have students pick one or two to discuss more fully</li> <li>• Questions, concerns, appreciations</li> </ul>	For CLASS #3
<b>HOMEWORK</b> <ul style="list-style-type: none"> <li>• Read articles, watch videos, review any handouts <b>LISTED IN SESSION 4</b></li> <li>• Be prepared to discuss readings</li> <li>• CHOOSE 1 practice from TYPES OF MEDITATION HANDOUT to practice, be prepared to talk about it in CLASS</li> </ul>	<b>For CLASS #4</b>

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## Session 4: “Challenges and Roadblocks”

### Session Learning Objectives

- Understand meditation methods for healing self and others
- Discuss myths and roadblocks
- Analyze possible negative effects of meditation

Session 4 Assignments	Due Date
<p><b>Reading(s)</b></p> <ul style="list-style-type: none"> <li>• RoadblocksToMeditation.pdf</li> <li>• TeachUsPray_Ch3IntellectualSilenceSpiritualScience.pdf</li> </ul> <p>Videos</p> <ul style="list-style-type: none"> <li>• <b>Why is it So Hard to Change (Joe Dispenza)</b> <a href="https://youtu.be/8EHoixHfgEw">https://youtu.be/8EHoixHfgEw</a></li> </ul>	<p>For CLASS #4</p>
<p><b>ONLINE CLASS Session #4</b></p> <ul style="list-style-type: none"> <li>• OPEN CLASS: Practice guided meditation from UNITY <a href="https://www.unity.org/prayer/silent-unity-meditations">https://www.unity.org/prayer/silent-unity-meditations</a> (PICK ONE FOR DAILY CLASS PRACTICE)</li> <li>• Review homework, meditation practice</li> <li>• Discussion of readings</li> <li>• See questions on PAGE 7, have students pick one or two to discuss more fully</li> <li>• Show Discovering the Treasure in Your Own House PPT - story</li> <li>• Questions, concerns, appreciations</li> </ul>	<p>CLASS #4</p>
<p><b>HOMEWORK</b></p> <ul style="list-style-type: none"> <li>• Read articles, watch videos, review any handouts</li> <li>• Be prepared to discuss readings</li> <li>• CHOOSE 1 practice from TYPES OF MEDITATION HANDOUT to practice, be prepared to talk about it in CLASS</li> </ul>	<p>For CLASS #5</p>

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## Session 5: “Creating Our Grateful Selves”

### Session Learning Objectives

By the end of this session learners will be able to:

- Discuss how meditation supports our conscious evolution
- Explain the role gratitude plays in meditation
- Discuss the future of healing given the information from this course.

Session 5 Assignments	Due Date
<p><b>Videos</b></p> <ul style="list-style-type: none"> <li>• Want to be happy? Be grateful! <a href="#">Click HERE for Video</a></li> </ul>	<p>For CLASS #5</p>
<p><b>ONLINE CLASS Session #5</b></p> <ul style="list-style-type: none"> <li>• OPEN CLASS: Practice guided meditation from UNITY <a href="https://www.unity.org/prayer/silent-unity-meditations">https://www.unity.org/prayer/silent-unity-meditations</a> (PICK ONE FOR DAILY CLASS PRACTICE)</li> <li>• Review homework, meditation practice</li> <li>• Discussion of readings</li> <li>• See questions on PAGE 7, have students pick one or two to discuss more fully</li> <li>• Questions, concerns, appreciations</li> </ul>	<p>CLASS #5</p>
<p><b>Final Reflection Paper [1,000 words]</b></p> <p>This is a reflection paper, which means self- reflection. Reflect on your feelings about the content of the class or any new awareness you have. You are invited to weave the following ideas into your paper:</p> <ol style="list-style-type: none"> <li>What has changed for you in relationship to your health or body because of this class? What has changed for you in relationship to your mind because of this class?</li> <li>What has changed for you in relationship to emotions because of this class?</li> <li>What will you remember most about meditation from this class? What new practices do you think you might continue moving forward? It could be the readings, videos or discussion. What are you sure you won't forget?</li> </ol> <p>This is about your a-has, struggles, new practices, outcomes and anything else.</p> <p><b>Final Paper. (1000 words), DUE _____</b></p>	

### Questions to consider throughout class:

# Syllabus:

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1. What is meditation according to Unity?
2. Roadblocks to meditation and how to overcome?
3. How does prayer compare to meditation?
4. What is the Silence in the framework of meditation?
5. Why is the Silence important?
6. What must we let go of during meditation?
7. What is a mantra and why do we use it?
8. What is contemplation?
9. What does it mean when we say “empty your cup?”
10. Importance of journaling in the meditation process?
11. Benefits of the meditation process in their bodies and affairs?
12. Steps in leading a guided meditation?
13. What is Centering Prayer?
14. What is realization?
15. What is the importance of habit in a meditative practice?
16. What is the point of meditation?
17. What are some of the things we can do to prepare for meditation?

<https://www.unity.org/prayer/silent-unity-meditations> (audio)