

Meditation Course I - 2018 Series

January 14, 21 and 28 (Sundays) - 7:00 PM – 8:15 PM

Syllabus

Session I – 1/14/18 at 7:00 PM – 8:15 PM

1. Introduction
2. Short Meditation period
3. Benefits of Meditation
4. What meditation is and is not
5. Bigger picture of meditation
6. Types of meditation
7. Mindfulness vs. Meditation
8. Mindfulness Meditation
9. Insight Meditation, its components, benefits and how to engage in it.

Session II – 1/21/18 at 7:00 PM

1. Short Insight Meditation
2. Metta Meditation:
 - Description and purpose
 - Short practice
3. Tonglen Meditation
 - Description and purpose
 - Short practice
4. Dealing with Mind:
 - Two kinds of mind
 - Five Mental Hindrances
 - What is awareness/consciousness
 - Dealing with thinking and thoughts
5. Spirituality
 - Awareness of being a spiritual being
 - Seeing each other as such
 - Reality vs. Illusion
 - Spirituality in Western culture

Session III – 1/28/18 at 7:00 PM

1. Short Touch-Points Meditation
2. Zen
 - History
 - Zen schools (Soto and Rinzai)
 - Koans
 - Most influential Zen teachers
3. Zen Meditation (Zazen)
4. Walking Meditation
5. Eating Meditation
6. Other kinds of meditation
 - Healing
 - Imagery
 - Visualization
 - As a daily activity
7. Your personal meditation – how to begin and how to continue
 - Alone or in a group
 - Place and time
 - Suggested Readings