



# Syllabus

## SPD 105 Meditation Practices

### Course Overview

#### Facilitator

<b>Name</b>	Rev. Virginia Roll
<b>Office Hours</b>	Tuesdays, 10:00 am – 11:00 am Central Standard Time or by appointment
<b>Telephone</b>	757-513-0839
<b>E-Mail</b>	virginiaroll@aol.com
<b>Response Time Policy</b>	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.

#### Learning Objectives

By the end of the experience, learners will be able to:

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 Text/Readings

- Bodian, Stephan. *Meditation for Dummies, 2<sup>nd</sup> Edition or 3<sup>rd</sup> Edition*. Foster City: IDG Books Worldwide, 1999
- Hasselbeck, Paul. *Heart-Centered Metaphysics*, Unity Village: Unity House, 2010

## Live Class Sessions

*All times listed in Central Time*

### July 2024

1. Wednesday, July 17 – 7:00 p.m. to 8:00 p.m.
2. Wednesday, July 24 – 7:00 p.m. to 8:00 p.m.
3. Wednesday, July 31 – 7:00 p.m. to 8:00 p.m.

### August 2024

4. Wednesday, August 7 – 7:00 p.m. to 8:00 p.m.
5. Wednesday, August 14 – 7:00 p.m. to 8:00 p.m.
6. Wednesday, August 21 – 7:00 p.m. to 8:00 p.m.
7. Wednesday, August 28 – 7:00 p.m. to 8:00 p.m.

### September 2024

8. Wednesday, September 4 – 7:00 p.m. to 8:00 p.m.