

CODE	COURSE	INSTRUCTOR	HOURS	Quarter Updated
EL141	Introduction to Meditation I	Brendan Armm	10	Winter 2011

Course Outcomes and Objective
Students will study the fundamental philosophy, form and practice of meditation. Each experiential class will primarily consist of guided or silent meditation practice, but will also include class discussion and lecture. Covering the basic principles of posture, breathing, attention, concentration and awareness, the intention of this course is to empower and inspire students to continue a lifelong, rewarding relationship with "just sitting". For those who are willing, the promise of this course and this art form is the cultivation of mind and heart.
Level of Difficulty
Elective
Course Prerequisites
Any student can participate in this course
Required Texts
<i>Peace is Every Step</i> by Thich Nhat Hahn [www.peaceiseverystep.net – includes monthly LA peace walks]
Recommended Texts/Audio CD's
<u>Texts:</u> <i>A Path with Heart</i> by Jack Kornfield; <i>Zen Mind, Beginner's Mind</i> by Shunryu Suzuki; <i>What the Buddha Taught</i> by Walpola Rahula; <i>Insight Meditation</i> by Joseph Goldstein; <i>The Path To Enlightenment</i> by The Dalai Lama; <i>The Spiritual Teaching of Ramana Maharshi</i> (Shambhala Dragon Edition) by Ramana Maharshi; <i>Gandhi's Way: A Handbook of Conflict Resolution</i> by Mark Juergensmeyer, <i>The Garden</i> by Geshe Michael Roche <u>Audio CD's:</u> <i>Introduction to Meditation (5 CD set) Guided Practices</i> by Brendan Armm; <i>Guided Meditation Class – recorded live at Emperor's College (April 2, 2003)</i> by Brendan Armm; <i>Guided Meditation Class – recorded live at Emperor's College (February 21, 2003)</i> by Brendan Armm
Course Requirements
1. Develop a daily meditation practice at home 2. For continuing education online course: passing grade on quiz at end of course Not applicable for continuing education online course (for masters level Emperor's College course only): 30%: Participation in class discussions 30%: Daily journaling to be checked for compliance, not content 30%: 1 written paper, 2-3 pages 10%: Punctual attendance Extra credit: one-page response from exploring meditation outside of class with either local meditation sitting group or visiting lecturer (if opportunity presents, a field trip will be organized)
Special Notes
We will explore body, mind, and spirit: 1. relaxing stored tension by developing focus geared at letting go in the body, 2. releasing habitual thoughts and emotions rooted either in the past or future by generating single-pointed concentration on these patterns, and 3. cultivating insight through the practice of mindfulness breathing. In practice, our commitment to the present moment is strong, our compassionate hearts open, and our dedication to the well-being of all beings yields peace.

Week 1				
<p>Class discussion: 10 paramitas (perfections of the heart – generosity, morality, renunciation, wisdom, energy, patience, truthfulness, determination, lovingkindness, equanimity). Note your personal focus: _____.</p> <p>Course introduction: pass out and review <u>syllabus</u> and <u>hand-outs</u> on local sitting groups, meditation centers, web links, stages of meditation (zen cow/tibetan elephant). **Bring materials to each class.</p> <p>Lecture A: Brief history of meditation. Benefits/goal of meditation. How to meditate. <u>Dedicating practice.</u> Lecture B: Body alignment. Breathing. Sounds. Thoughts. Emotions.</p> <p>Class discussion A: Meditation expectations Class discussion B: Challenges/difficulties</p> <p>** One to two 15 minute meditation practice(s) **</p> <p>HOMEWORK:</p> <ol style="list-style-type: none"> Buy course book online/in store. Begin to read. Create meditation space at home: set up cushion for daily sitting practice. Meditate 15 minutes a day (journal 5 minutes after each practice) Take ½ day in silence (purpose: cultivate practice of energy consolidation; bring energy in/not out) Day/time (fill-in): _____. 				
Week 2				
<p>Class discussion: 5 kleshas [afflictions of mind, poisons, emotional obscurations (in contrast to intellectual obscurations), disturbing emotions]: passion (attachment, desire) [TCM organ: _____] (>x), aggression (aversion, anger) [TCM organ: _____] (<x), ignorance (delusion) [TCM organ: _____] (1/x), pride (arrogance) [TCM organ: _____] (x²), and jealousy (envy) [TCM organ: _____] (x^{1/2}). Alternate subject: 1→2→3→4→*5*→6→1 (circle, repeats, yin/yang).</p> <p>Lecture C: Meditation in Traditional Chinese Medicine (TCM): Ying Qi Cycle, Understanding flow of Qi. Effects of breathing on body/mind. <u>Ying Qi Cycle</u> 1st circuit/ self-survival: Lung → Large intestines → Stomach → Spleen → 2nd circuit/ self-awareness: Heart → Small intestines → Urinary bladder → Kidneys → 3rd circuit/ self-differentiation: Pericardium → Triple burner (San jiao) → Gall bladder → Liver →</p> <p>Lecture D: Studying meditation: Chanting (Bhakti), Yoga (Raja), Philosophy (Jnana), Service (Karma).</p> <p>** Two 20 minutes meditation practices **</p> <p>Class discussion C: Becoming a better healer being a meditation practitioner. Class discussion D: Seeking variety of spiritual experiences and choosing one type to practice. Sharing experience of practicing at home vs. experience of practice in group (challenges / difficulties).</p> <p>* For those interested in devotional (bhakti) chanting, email Girish and Virginia at chantlosangeles@hotmail.com and request to be added to their mailing list. You will regularly receive free e-newsletters about upcoming chants in and around Los Angeles.</p> <p>HOMEWORK:</p> <ol style="list-style-type: none"> Read <i>Peace is Every Step</i> Meditate 15 minutes a day (journal 5 minutes/day) Take ½ day in silence this week 				

Week 3				
<p>Class discussion: class game - fill in the blanks to know the phrase “ _____ = _____ + _____ ” [directions: each student allowed to guess two letters]</p> <p>Lecture E: Three Treasures of Meditation: Explanation of Self, Dharma, Sangha / Inspiration, Truth, Support / Shen, Qi, Jing (San Jiao). Lecture F: Concentration on friend, diety, or someone most admired.</p> <p>** Two 20 minutes meditation practices **</p> <p>Class discussion E: Interpretation of the three jewels (or three treasures) of meditation as it applies to Traditional Chinese Medicine. Class discussion F: Exploring how, where, and what we see.</p> <p>HOMEWORK:</p> <ol style="list-style-type: none"> 1. Finish reading <i>Peace is Every Step</i>. 2. Meditate 15 minutes a day (journal 5 minutes/day) 3. Take ½ day in silence this week 				
Week 4				
<p>Meditation in Nature - Temescal Canyon - a short hike to practice meditation in nature.</p> <p>Lecture G: Single pointed concentration. Equinimity. Fear. Emptiness. Lecture H: Compassion. Suffering.</p> <p>** One 20 minutes <i>seated</i> meditation practice. One 20 minute <i>walking</i> meditation practice. **</p> <p>Class discussion G: Experiencing single pointed concentration and equinimity. Fear. Meaning of emptiness. Class discussion H: Lessons of compassion. Understanding suffering of all beings.</p> <p>HOMEWORK:</p> <ol style="list-style-type: none"> 1. Meditate 15 minutes a day (journal 5 minutes/day) 2. Take ½ day in silence this week 				
Week 5				
<p>Lecture I: Sound Therapy (using Tibetan Singing Bowls). Listening to our guides. Lecture J: Chanting “AUM”. Savasana. Dedication. Conclusion.</p> <p>Class discussion I: Experience of Sound Therapy. Sharing experience of guides. Class discussion J: Chanting “AUM”. Savasana. Dedication. Conclusion.</p> <p><ONGOING> HOMEWORK:</p> <ol style="list-style-type: none"> 1. Meditate 15 minutes a day (journal 5 minutes/day [not to be turned in]) 2. Take ½ day in silence per week <p>*** Short quiz to be completed at end of course ***</p>				