

CODE	COURSE	INSTRUCTOR	HOURS	Quarter Updated
EL142	Meditation II – The Yin Organs	Brendan Armm	10	Winter 2011

Course Outcomes and Objective
Students will continue their study in this second course learning intermediate level 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 intermediate principles via exposure to traditional Taoist images of yin organs, visualizing five channel depths pertaining to each of the six meridians, exploring the five element system, deepening our understanding of yin channels utilizing the ying qi cycle and its connection with spirit cultivation, and gaining exposure to human organs by studying pictures, the intention of this course is to empower and inspire students to develop insight by building comprehensive therapeutic relationships with the six yin organs 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>Class handouts and possible PowerPoint presentation notes</i>
Recommended Texts
<i>A Manual of Acupuncture</i> by Peter Deadman, <i>Body Worlds: The Anatomical Exhibition of Real Human Bodies</i> by Prof. Gunther von Hagens, <i>The Five Organ Networks of Chinese Medicine</i> by Heiner Fruehauf, PhD, LAc, <i>Atlas of Human Anatomy</i> by Frank H. Netter, MD, <i>Hole's Human Anatomy & Physiology</i> by Shier, Butler, and Lewis, <i>Sacred Mirrors: The Visionary Art of Alex Grey</i> by Alex Grey, <i>The Power to Heal: Ancient Arts & Modern Medicine</i> by Smolan, Moffitt, Naythons.
Taken from "Introduction to Meditation I (EL 141)" syllabus: <i>Peace is Every Step</i> by Thich Nhat Hahn, <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.
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:
<ol style="list-style-type: none"> relaxing stored tension by developing focus geared at letting go in the body, releasing habitual thoughts and emotions rooted either in the past or future by generating single-pointed concentration on these patterns, and 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>1. Course introduction:</p> <ul style="list-style-type: none"> 1.1. Teacher 1.2. Students: gather feedback regarding student expectations, challenges, and difficulties 1.3. Syllabus review 1.4. Dedicating a meditation practice, The importance of <p>2. Class presentation (possible PowerPoint): (length: 40 minutes)</p> <ul style="list-style-type: none"> 2.1. Traditional Taoist images of the yin organs 2.2. Outline channels of the 6 yin organs [handout(s)]: <ul style="list-style-type: none"> 2.2.1. Tendo-muscular meridians (TMM) 2.2.2. Luo collateral meridians 2.2.3. Primary meridians 2.2.4. Divergent meridians 2.2.5. Extraordinary vessels (8 EV), overview of 2.3. Lecture/discussion: 5 element properties of 6 yin organs [handout(s)] 2.4. Lecture/discussion: Ying Qi Cycle: <ul style="list-style-type: none"> 2.4.1. Lu/Sp (1st circuit: Taiyin, self survival, body - postnatal essence, food + air): Samsara/cyclic suffering rebirth 2.4.2. Ht/Kd (2nd circuit: Shaoyin, self awareness, expression, creativity, will power, courage, freedom from fear, self-esteem): Theravada Buddhism/nirvana 2.4.3. Pc/Lv (3rd circuit: Jueyin, self realization, connecting/merging with the other, non-inherent existence, interdependent arising): Mahayana Buddhism/bodhisattva <p>3. Break time (length: 10 minutes)</p> <p>4. <u>Meditation practice:</u></p> <ul style="list-style-type: none"> 4.1. Topic #1: <i>The 6 yin organs (Five Elements) – Generating Cycle</i> (length: 20-30 minutes) <p>5. Review of today's class</p> <p>6. Q/A session: opportunity to ask</p> <p>7. Homework assignment:</p> <ul style="list-style-type: none"> 7.1. Create meditation space at home: set up cushion for daily sitting practice 7.2. Meditate 15 minutes a day [journal 5 minutes after each practice] 7.3. Take ½ day in silence 				
Week 2				
<p>1. Class discussion:</p> <ul style="list-style-type: none"> 1.1. Students: experiences practicing at home 1.2. Students: compare with experiences practicing in group 1.3. Students: share challenges and difficulties <p>2. Class presentation: (length: 40 minutes)</p> <ul style="list-style-type: none"> 2.1. Either autopsy viewing or PowerPoint Presentation <ul style="list-style-type: none"> 2.1.1. View 6 yin organs <p>3. Break time (length: 10 minutes)</p> <p>4. <u>Meditation practices:</u></p> <ul style="list-style-type: none"> 4.1. <i>None if autopsy viewing</i> or 4.2. Topics #1-6: <i>6 practices, 1 on each of the 6 yin organs</i> (length: 5-10 minutes each) <p>5. Review of today's class</p> <p>6. Q/A session: opportunity to ask</p> <p>7. Homework assignment:</p> <ul style="list-style-type: none"> 7.1. Meditate 15 minutes a day [journal 5 minutes after each practice] 7.2. Take ½ day in silence 				
Week 3				
<p>1. Class discussion:</p> <ul style="list-style-type: none"> 1.1. Students: experiences practicing at home 1.2. Students: compare with experiences practicing in group 1.3. Students: share challenges and difficulties <p>2. Class presentation: (length: 40 minutes)</p> <ul style="list-style-type: none"> 2.1. Exploration of Lung 2.2. Exploration of Spleen <p>3. Break time (length: 10 minutes)</p>				

<p>4. <u>Meditation practices:</u> 4.1. Topic # 1: Lung (length: 20 minutes) 4.2. Topic # 2: Spleen (length: 20 minutes) 5. <u>Class workshop:</u> draw connections between the Lung and Spleen (Taiyin) 6. Review of today's class 7. Q/A session: opportunity to ask 8. Homework assignment: 8.1. Meditate 15 minutes a day [journal 5 minutes after each practice] 8.2. Take ½ day in silence</p>				
<p>Week 4</p>				
<p>1. Class discussion: 1.1. Students: experiences practicing at home 1.2. Students: compare with experiences practicing in group 1.3. Students: share challenges and difficulties 2. Class presentation: (length: 40 minutes) 2.1. Exploration of Heart 2.2. Exploration of Kidney 3. Break time (length: 10 minutes) 4. <u>Meditation practices:</u> 4.1. Topic # 1: Heart (length: 20 minutes) 4.2. Topic # 2: Kidney (length: 20 minutes) 5. <u>Class workshop:</u> draw connections between the Heart and Kidney (Shaoyin) 6. Review of today's class 7. Q/A session: opportunity to ask 8. Homework assignment: 8.1. Meditate 15 minutes a day [journal 5 minutes after each practice] 8.2. Take ½ day in silence</p>				
<p>Week 5</p>				
<p>1. Class discussion: 1.1. Students: experiences practicing at home 1.2. Students: compare with experiences practicing in group 1.3. Students: share challenges and difficulties 2. Class presentation: (length: 30 minutes) 2.1. Exploration/Class conversations of Pericardium 2.2. Exploration of Liver 3. Break time (length: 10 minutes) 4. <u>Meditation practices:</u> 4.1. Topic # 1: Pericardium (length: 20 minutes) 4.2. Topic # 2: Liver (length: 20 minutes) 5. <u>Class workshop:</u> draw connections between the Pericardium and Liver (Jueyin) 6. Review of: 6.1. Today's class 6.2. Course 7. Q/A session: opportunity to ask 8. <Ongoing> Homework: 8.1. Meditate 15 minutes a day (journal 5 minutes/day [not to be turned in]) 8.2. Take ½ day in silence per week 9. In closing: (length: 10 minutes) 9.1. Tibetan singing bowls 9.2. Savasana 9.3. Chanting "AUM" 9.4. Dedications 10. Concluding remarks 11. References</p>				