



Nature Care College

Meditation 1

DESCRIPTION

You are introduced to some of the many forms of meditation available and gain some experience of each, both in class and between sessions, eventually developing an ongoing personal practice with the technique(s) of your choice. You will also develop an understanding of the theory and purpose underlying all meditation traditions, as well as the benefits of meditation as an integral part of life.

DURATION

24 hours

LEARNING OUTCOMES

By the conclusion of the module, students will have:

1. Practiced a variety of meditation techniques
2. Created an ongoing personal practice using at least one meditation technique
3. An understanding of the basic theory and purpose of meditation
4. Explored more deeply the area of self-awareness and personal growth

TEACHING METHOD

Lecture / Theory / Handouts
 Group discussion
 Practical experience

ASSESSMENT

- Students will be assessed at all times on their commitment to practice, their openness to the process of personal growth, and their contribution to group discussions. 10%
- Daily record of personal meditation practice (template provided), leading to a 500 word written reflection of personal learning and growth experience arising from your personal meditation practice throughout the course. To be handed in by week 10. 45%
- Written report (500 words) on one of the following topics: 45%
 - An exploration of one meditation technique, or ...
 - A history of meditation in the tradition of your choice, including a brief overview of the techniques specific to that tradition
 External research. Include references.
 To be handed in by week 10.

Pass mark: Pass / fail only – no higher grades available

Each assessable component must be completed and passed at 60% in order to pass this subject satisfactorily.

NOTE: Students are required to take photocopies before submitting assignments to the Lecturer. Marked assignments can be collected from your Lecturer in class in week 12, or students may include a stamped, self-addressed envelope with their assignment if they wish to have it returned to them by post.

ATTENDANCE	80% minimum. NOTE: This module is tailored to a specific content. Therefore exemptions are very rarely, if ever granted.
PRE-REQUISITES	Nil
CO-REQUISITES	Nil
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	Required: Monaghan and Viereck, 1999. <i>Meditation: The Complete Guide</i> . New World Library. Recommended Reading / References: Kabat-Zinn J, 1994. <i>Wherever You Go, There You Are</i> . Hyperion. Kornfield, J, 2001. <i>Meditation for Beginners</i> . Sounds True.

WEEK-BY-WEEK OUTLINE

WEEK 1	Brief history of meditation. Purpose and benefits of meditation. Using a meditation journal to track progress. Experience and define the difference between guided visualisation and creative imagery.
WEEK 2	The breath as a meditation tool. Different ways to meditate with the breath.
WEEK 3	Energy centres and meditation. Using light, colour and breath with the energy centres. Attributes of each energy centre.
WEEK 4	Yoga Nidra. A traditional yogic system of inducing physical, mental and emotional relaxation.
WEEK 5	Mindfulness – fully experiencing what happens here and now. A technique that can be done any time, anywhere, by anyone.
WEEK 6	Moving meditation. Explore a variety of meditation techniques in motion.
WEEK 7	Mantra meditation. The uses of mantras: silent repetition, chanting.
WEEK 8	Sound meditation. Using natural sounds, instruments and musical compositions as a bridge into relaxation and meditation.
WEEK 9	Outer focus meditation. The use of outer objects and images to provoke an inner journey.
WEEK 10	Inner focus meditation. Specific inner focus on the third eye and the heart centres.
	Assignments due
WEEK 11	Meditation and Nature. Developing a deeper connectedness with the natural world.
WEEK 12	Metta/Loving Kindness A Buddhist practice of offering and acknowledging blessings to ourselves, others and the world.

Each week will also include a dedicated time of sharing individual experiences of personal practice, any challenges that may have arisen, and answering questions.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.