

FLORIDA INTERNATIONAL UNIVERSITY

Department of Religious Studies

Spring 2015

Meditation & Spiritual Development

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Objective:

Twenty first century is the era of emergence of spirituality, Meditation & yoga. Students will explore the world of meditation, and know the scientific secrets of spirituality. The course is geared to acknowledging the meditations and its historical background with an emphasis on Jain meditation and other traditions. The students shall also get an opportunity to learn the varied techniques of meditation & transformative practices. The course is theory & practice oriented, leaning towards better healthy living. It promotes individual health & wellbeing which encompasses the health & wellbeing of all living beings around us and the world.

Reading material – The articles from various sources will be made available online.

The students are recommended to read the articles before the class. Reading improves the class participation, which will be graded.

COURSE REQUIREMENTS AND GRADES

3 Class test – 60 % (each 20%)

Class assignments & Attendance – 20 %

Term paper – 20%

Term Paper:

Term paper has two options; one is based on interview, other without it.

1. Interview any authentic person of any religious tradition about their Meditation practice.

Write the interview with added research, study & your analysis on the same subject. More will be discussed in the class.

Or

2. The student can select any two types of Meditation or Traditions of meditation for their research. The topic for the paper must receive the approval of the instructor before it is submitted.

For any of the above options, write a detail research article with references. Develop a term paper with a minimum of 8 pages and no more than 10 pages in length, excluding the

bibliography or works cited page and the cover page. This paper is formal and must be typed, *not hand-written*, in Times New Roman font size 12 and double spaced.

The margins should be 1-inch on all sides. *APA*, *MLA*, and *Chicago Manual Style* will be accepted. According to the style of choice, the student is advised to include footnotes or endnotes. A more thorough explanation of the term paper will be given during class.

Attendance/participation policy - Attendance and participation are very important to this course.

Students are expected to read assignments and participate in class discussions. Attendance will be taken and I expect students to inform me of any prior commitments or emergencies that prevent them from attending. Students may be absent up to three times. A fourth absence will result in a loss of 15% from their attendance grade.

Grading scale:

95-100 A

90-94 A-

87-89 B+

83-86 B

80-82 B-

77-79 C+

73-76 C

70-72 C-

67-69 D+

63-66 D

60-62 D-

59 – 0 F

Plagiarism Policy: The following is the definition of plagiarism in the University's CODE OF ACADEMIC INTEGRITY:

1.02 Plagiarism: The deliberate use and appropriation of another's work without any indication of the source and the representation of such work as the student's own. Any student who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, is guilty of plagiarism. Any student helping another to plagiarize may be found guilty of academic misconduct (<http://www.fiu.edu/~oabp/misconductweb/1acmisconductproc.htm>).

Day	Class schedule
Mon Jan 12	Intro
Wed Jan 14	What is Meditation
Fri Jan 16	Why Meditate?
Mon Jan 19	Holiday
Wed Jan 21	Preksha Meditation

Fri Jan 23	Asana /yoga
Mon Jan 26	Pranayam
Wed Jan 28	Mudra
Fri Jan 30	Practical session
Mon Feb 2	Healing Through Sound/ Mantra
Wed Feb 4	Food & Meditation
Fri Feb 6	Practical session
Mon Feb 9	Positive Psychology documentary
Wed Feb 11	Test 1
Fri Feb 13	Levels of existence
Mon Feb 16	Levels of existence
Wed Feb 18	Video Spiritual reality
Fri Feb 20	Relaxation/ Kayotsarg (Proposal Due Date)
Mon Feb 23	Breathing / Svas
Wed Feb 25	Practical session
Fri Feb 27	Anupreksha (Auto Suggestion & Contemplation)
Mon Mar 2	Lesya (color meditation)
Wed Mar 4	Psychic Center / chaitanya Kendra
Fri Mar 6	Test 2
Mon Mar 9	Holiday
Wed Mar 11	Holiday
Fri Mar 13	Holiday
Mon Mar 16	History of Jain Meditation
Wed Mar 18	Jain Meditation
Fri Mar 20	Buddhist Meditation/ Vipassana
Mon Mar 23	Kabbalah
Wed Mar 25	Documentary Shadow (Term Paper Due date)
Fri Mar 27	Class Discussion
Mon Mar 30	Continued
Wed Apr 1	Patanjali's Astanga Yoga
Fri Apr 3	continued
Mon Apr 6	Hata Yoga
Wed Apr 8	Practical session
Fri Apr 10	Death & meditation

Mon Apr 13	What you carry after Death
Wed Apr 15	Obstacles of Meditation
Fri Apr 17	Meditation and five elements
Mon Apr 20	Meditation And Stress Management
Wed Apr 22	Meditation and Anger Management
Fri April 24	Review
	Exam Week