

FLORIDA INTERNATIONAL UNIVERSITY

Department of Religious Studies

Spring 2019

REL 3020: Meditation and Spiritual Development

Instructor: Samani Rohini Pragya &
Samani Satya Pragya

Office: DM 320-C

Class Hours: MWF 1:00-1:50

Classroom: Owa Ehan 102

Office Hours: MWF 12:00-12:50 pm or by appointment

Email: rosamani@fiu.edu

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 – 30 % (each 10 %)
- Class assignments & Attendance – 20 %
- Lived Yoga and *Preksha* Meditation Experience in Bahamas during Spring Break 2018 through 4-days workshop from 10-14 March 2019, (50%) or term paper and term paper presentation 50% (25% each)

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 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/lacmisconductproc.htm>).

Weeks

Class schedule

Week 1

Introduction

Jan 7-11

What is Meditation

Why Meditate?

Week 2 Jan 14- 18	Pre-Requisites of Meditation, Food & Meditation Practical
Week 3 Jan 21-25	MLK Leave <i>Aasana</i> <i>Pranayam</i>
Week 4 Jan 28-Feb 1	<i>Mantra: Healing through Sound</i> Practical session Positive Psychology documentary
Week 5 Feb-4-8	Test- 1 Levels of existence I Levels of existence II (Proposal Due Date)
Week 6 Feb 11-15	Relaxation/ <i>Kayotsarg</i> Breathing / <i>Shvas</i> Practical
Week 7 Feb 18-22	Psychic Center / <i>chaitanya Kendra</i> <i>Lesya dhyam</i> (color meditation) Practical session
Week 8 Feb 25-March 01	Anupreksha (Auto Suggestion & Contemplation) Test 2 Practical session
Week 9 March 04-08	History of Jain Meditation Haribhadra's Work on Yoga (Reconciling Yogas by Cristopher Key Chapple (p.18-38) Practical
Week 10 March 11-16	Spring Break
Week 11 March 18-22	Buddhist Meditation/ Vipasyana Documentary Shadow

	Practical
Week 12 March 25-29	Patanjali's Astanga Yoga Continued Practical
Week 13 April 01-05	Hatha Yoga Five Elements and Mudra (Postures) Practical (Term Paper Due date)
Week 14 April 08-12	Consciousness (<i>Chitta</i>) Practical Meditation Field work
Week 15 April 15-19	Experience Sharing Presentations Presentations
Week 16 April 22	Final Exam OE 102, (12 PM-2 PM)
