

**FLORIDA INTERNATIONAL UNIVERSITY**

**Department of Religious Studies**

**Fall 2022**

Course: **REL 3020 U01: Meditation & Spiritual Development**

Instructor: **Prof. Samani Chaitanya Pragya**

Co-Instructor: **Dr Samani Him Pragya**

Office: DM 320-C

Office Hours: MWF 12:00-1:00pm

or by appointment

Email: **Cpragiya@fiu.edu**

Class Hours: MWF 10:00-10:50 AM

Classroom: Charles E. Perry (PC)

**425**

**COURSE DESCRIPTION AND OBJECTIVES**

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.

**COURSE TEXTBOOK**

**Required Book:** *Preksha Meditation : Philosophy and Practice* (available on FIU Bookstore and also on Kindle [Preksha Meditation - Philosophy and Practice - Kindle edition by Mahapragya, Acharya. Religion & Spirituality Kindle eBooks @ Amazon.com.](#))

**Recommended Book:** *Mirror of the Self* (available on Kindle: [The Mirror Of The Self \(JVB6438003492\) - Kindle edition by Mahapragya, Acharya . Religion & Spirituality Kindle eBooks @ Amazon.com.](#) )

Apart from the afore-said course-books the articles from various sources will be made available online. The students are recommended to read the course books and articles before coming to the class. Reading improves the class participation, which will be graded.

**COURSE REQUIREMENTS AND GRADES**

**2 Class Test** – 40 % (Midterm and Final, each 20%)

**Research Project/Term paper** – 30%

**Class-Presentation = 10%**

**Attendance – 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. In this the student is supposed to work on some research project. The project can be on the effect of some physical exercise, breathing exercise or meditational technique. For the experimental research, he can choose some school, company or hospital and give meditation session. The topic for the paper must receive the approval of the instructor before it is submitted. For that the students are supposed to submit a research proposal in one page giving outlines and sources of the research paper.

Choosing any of the above options write a detail research article with references. The research paper must be minimum of 8 pages and no more than 10 pages in length, excluding the bibliography or works' cited page and the cover page. The paper must be formal and 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-

65-69 D+

60-64 D

59 – 0 F

## PLAGIARISM POLICY

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

**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
Week 1	<ul style="list-style-type: none"><li>• Introduction</li><li>• Spirituality in Indian Perspective</li><li>• Spirituality in Western Perspective</li></ul> <p><b>Quiz #1 Online</b></p>
Week 2	<ul style="list-style-type: none"><li>• Science and Spirituality</li><li>• What and Why Meditation</li><li>• Intro to Preksha Meditation</li></ul> <p><b>Quiz #2 Online</b></p>
Week 3	<ul style="list-style-type: none"><li>• Pre-Requisites of Meditation</li><li>• Mindfulness</li><li>• Practical Session</li></ul> <p><b>Home-Assignment #1</b></p>
Week 4	<ul style="list-style-type: none"><li>• <b>Labor Day Holiday</b></li><li>• Physical Exercise and Meditation/Asana</li><li>• Small Physical Exercise</li></ul> <p><b>Home Assignment #2</b></p>

Week 5	<ul style="list-style-type: none"> <li>• Food &amp; Meditation</li> <li>• Mantra: Healing through Sound</li> <li>• Practical Session</li> </ul> <p><b>Home-Assignment #3</b></p>
Week 6	<ul style="list-style-type: none"> <li>• Breathing Exercises/Pranayama</li> <li>• Practical Session and Class-catch up</li> </ul> <p><b>Exam #1 Online on 30th Sep</b></p>
Week 7	<ul style="list-style-type: none"> <li>• Levels of Existence I</li> <li>• Levels of Existence II</li> <li>• Video on "Spiritual Reality"</li> </ul> <p><b>Proposal of Term Paper Due on 14th Oct</b></p>
Week 8	<ul style="list-style-type: none"> <li>• Spiritual Base of Relaxation/ Kayotsarg</li> <li>• Scientific Base of Relaxation/ Kayotsarg</li> <li>• Practical Session</li> </ul> <p><b>Home-Assignment #4</b></p>
Week 9	<ul style="list-style-type: none"> <li>• Spiritual Base of Perception of Breathing/ Shwas Preksha</li> <li>• Scientific Base of Perception of Breathing</li> <li>• Practical Session</li> </ul> <p><b>Home-Assignment #5</b></p>
Week 10	<ul style="list-style-type: none"> <li>• Spiritual Base of Perception of Psychic Colours/ Aura/ Leshya Dhyana</li> <li>• Scientific Base of Leshya Dhyana</li> <li>• Practical Session</li> </ul> <p><b>Home-Assignment #6</b></p>
Week 11	<ul style="list-style-type: none"> <li>• Spiritual Base of Psychic Centers or Chakras/ Chaitanya Kendra Preksha</li> <li>• Scientific Base of Psychic Centers</li> <li>• Practical Session</li> </ul> <p><b>Home-Assignment #7</b></p>
Week 12	<ul style="list-style-type: none"> <li>• Spiritual Base of Auto Suggestion &amp; Contemplation</li> <li>• Scientific Base of Auto Suggestion &amp; Contemplation</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Vetaran's Day Holiday</b></li> </ul> <p><b>Home-Assignment #8</b></p>
Week 13	<ul style="list-style-type: none"> <li>• History of Jain Meditation</li> <li>• Buddhist Meditation</li> <li>• Vipashyana Meditation</li> </ul> <p><b>Term Paper Due on 18th Nov</b></p>
Week 14	<ul style="list-style-type: none"> <li>• Patanjali's Ashtanga Yoga and Hatha Yoga</li> <li>• Five Elements and Mudra (Postures)</li> </ul> <p><b>Powerpoint due on 25th Nov</b></p>
Week 15	<ul style="list-style-type: none"> <li>• Class Presentations</li> <li>• Continued</li> <li>• Continued</li> </ul>
Week 16	<b>Final Exam</b>

**[Syllabus is subject to change.]**





