

FLORIDA INTERNATIONAL UNIVERSITY
Department of Religious Studies
Spring 2013

Meditation & Spiritual Development

Instructor: Unnata Pragya

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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/lacmisconductproc.htm>).

1/7	What is Meditation
1/9	Why Meditate?
1/11	Jain Meditation History
1/14	Jain Meditation
1/16	Preksha Meditation
1/18	Asana /yoga
1/21	Holiday
1/23	Pranayam
1/25	Practical session
1/28	Healing Through Sound/ Mantra
1/30	Food & Meditation

2/1	Practical session
2/4	Mudra
2/6	Test 1
2/8	Levels of existence
2/11	Levels of existence
2/13	Video Spiritual reality
2/15	Relaxation/ Kayotsarg
2/18	Breathing / Svas
2/20	Practical session
2/22	Anupreksha (Auto Suggestion & Contemplation)
2/25	Lesya (color meditation)
2/27	Psychic Center / chaitanya Kendra
3/1	Catch up
3/4	Test 2
3/6	Documentary/ Video How to be happy positive psychology in action
3/8	Vipassana (Breathing meditation)/ Buddhist Meditation
3/11	Holiday
3/13	Holiday
3/15	Holiday
3/18	Kabbalah
3/20	Documentary
3/22	Class Discussion
3/25	Continued
3/27	Patanjali's Astanga Yoga
3/29	continued
4/1	Hata Yoga
4/3	Zen meditation
4/5	Christian Meditation
4/8	Practical session
4/10	Death & meditation
4/12	Obstacles of Meditation
4/15	Meditation and five elements
4/17	Catch up Class
4/19	Review
4/22	Exam Week