
COURSE DESCRIPTION

Students will study the fundamental philosophy, form and practice of meditation. Each experiential class will primarily consist of guided or silent meditation practice, but will also include class discussion and lecture. Covering the basic principles of posture, breathing, attention, concentration and awareness, the intention of this course is to empower and inspire TCM students to continue a lifelong, rewarding relationship with "just sitting". For those who are willing, the promise of this course and this art form is the cultivation of mind and heart. It is by way of such cultivation that a doctor may become what the ancients termed a "Superior Physician".

LEARNING OBJECTIVES

Upon completion of this course, the student will be able to properly meditate, as well as be able to teach patients on the proper meditation techniques.

COURSE PREREQUISITIES

none

REQUIRED TEXTS

Peace is Every Step by Thich Nhat Hanh

RECOMMENDED TEXTS

Texts: A Path with Heart by Jack Kornfield; Zen Mind, Beginner's Mind by Shunryu Suzuki; What the Buddha Taught by Walpola Rahula; Insight Meditation by Joseph Goldstein; The Path To Enlightenment by The Dalai Lama; The Spiritual Teaching of Ramana Maharshi (Shambhala Dragon Edition) by Ramana Maharshi; Gandhi's Way: A Handbook of Conflict Resolution by Mark Juergensmeyer, The Garden by Geshe Michael Roche

COURSE REQUIREMENTS

Develop A Daily Meditation Practice At Home

30%: Participation In Class Discussions
30%: Daily Journaling To Be Checked For Compliance, Not Content
30%: 1 Written Paper, 2-3 Pages
10%: Punctual Attendance

Extra Credit: 1-page Response from exploring meditation outside of class with either local meditation sitting group or visiting lecturer (if opportunity presents, a field trip will be organized).

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

We Will Explore Body, Mind, And Spirit:

1. Relaxing stored tension by developing focus geared at letting go in the body
2. Releasing habitual thoughts and emotions rooted either in the past or future by generating single-point concentration on these patterns;
3. Cultivating insight through the practice of mindfulness breathing;

In practice, our commitment to the present moment is strong, our compassionate hearts open, and our dedication to the well-being of all beings yields peace.

INTRODUCTION TO MEDITATION I

professionalism and full and prompt attendance: to pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. professionalism includes full and prompt attendance: students who miss more than 2 class meetings in a 10-week course or 1 class meeting in a 7-week course will earn an f in that course. additionally, students who arrive more than 15 minutes to class or leave class before it ends will be given ½ absence towards attendance. note: students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may earn an f in that class and/or be referred to the academic dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

Course introduction – Syllabus

10 paramitas (perfections of the heart – generosity, morality, renunciation, wisdom, energy, patience, truthfulness, determination, lovingkindness, equanimity)

Hand-outs: Literature about local sitting groups, centers, web links, stages of meditation (zen cow/tibetan elephant).

Lecture A: History of meditation. Benefits/goal of meditation. How to meditate. Dedicating practice.

Lecture B: Body alignment. Breathing. Sounds. Thoughts. Emotions.

Class Discussion A: Meditation expectations

Class Discussion B: Challenges/difficulties

** One to two 15 minute meditation practice(s) **

HOMEWORK:

1. Buy course book online/in store within 2 days after 1st class to be delivered by Week 2. Begin to read.
2. Create meditation space at home: set up cushion for daily sitting practice.
3. Meditate 15 minutes a day (journal 5 minutes after each practice)
4. Take ½ day in silence (purpose: cultivate practice of energy consolidation; bring energy in/not out)

Day/time (fill-in): _____.

CLASS TWO

5 kleshas [afflictions of mind, poisons, emotional obscurations (in contrast to intellectual obscurations), disturbing emotions]: passion (attachment, **desire**) [TCM organ: _____] (>x), aggression (**aversion**, anger) [TCM organ: _____] (<x), ignorance (delusion) [TCM organ: _____] (1/x), pride (**arrogance**) [TCM organ: _____] (x2), and jealousy (**envy**) [TCM organ: _____] (x½). Alternate subject: 1-> 2 -> 3 -> 4 -> *5* -> 6 -> 1 (circle, repeats, yin/yang).

Lecture C: Meditation in TCM: Ying Qi Cycle, Understanding flow of Qi. Effects of breathing on body/mind.

Ying Qi Cycle

1st circuit/ self-survival: Lung -> Large intestines -> Stomach -> Spleen ->

2nd circuit/ self-awareness: Heart -> Small intestines -> Urinary bladder -> Kidneys ->

3rd circuit/ self-differentiation: Pericardium -> Triple burner (San jiao) -> Gall bladder -> Liver ->

Lecture D: Studying meditation: Chanting (Bhakti), Yoga (Raja), Philosophy (Jnana), Service (Karma).

** Two 20 minutes meditation practices **

Class discussion C: Becoming a better TCM healer being a meditation practitioner.

Class discussion D: Seeking variety of spiritual experiences and choosing one type to practice. Sharing experience of practicing at home vs. experience of practice in group (challenges / difficulties).

* For those interested in devotional (bhakti) chanting, email Girish and Virginia at chantlosangeles@hotmail.com and request to be added to their mailing list. You will regularly receive free e-newsletters about upcoming chants in and around Los Angeles.

INTRODUCTION TO MEDITATION I

HOMEWORK:

1. Read Peace is Every Step
2. Meditate 15 minutes a day (journal 5 minutes/day)
3. Take ½ day in silence this week

CLASS THREE

Class discussion: class game - fill in the blanks to know the phrase

" _____ = _____ + _____ " [directions: each student allowed to guess two letters]

Lecture E: Explanation of Self, Dharma, Sangha / Inspiration, Truth, Support / Shen, Qi, Jing (San Jiao).

Lecture F: Concentration on friend, diety, or someone most admired.

**** Two 20 minutes meditation practices ****

Class discussion E: Interpretation of the three jewels of meditation as it applies to TCM.

Class discussion F: Exploring how, where, and what we see.

HOMEWORK:

1. Finish reading Peace is Every Step.
2. Begin writing 2-3 page paper [Due three days after Week 4 by emailing to brendanarmm@hotmail.com. Papers will be returned on Week 5]
3. Meditate 15 minutes a day (journal 5 minutes/day)
4. Take ½ day in silence this week

CLASS FOUR

Meditation in Nature - Temescal Canyon [from Santa Monica: take PCH North, exit on right on "Temescal Canyon Road", go passed school and straight through Sunset into park, drive in about ¼ mile, park in last Temescal Canyon parking lot where trails begin, meet at picnic table across street from building with sign saying "Welcome to Temescal Canyon Conference and Retreat Center" before Temescal Camp Store, near the restrooms and water fountain] We will take a short hike to practice meditation in nature.

**** ARRIVE: 9:45 AM ****

BRING: \$5 EXACT CHANGE FOR PARKING, 1 TOWEL TO SIT ON, LAYERS, SUNSCREEN

Lecture G: Single pointed concentration. Equinimity. Fear. Emptiness.

Lecture H: Compassion. Suffering.

**** One 20 minutes seated meditation practice. One 20 minute walking meditation practice. ****

Class Discussion G: Experiencing single pointed concentration and equinimity. Fear. Meaning of emptiness.

Class Discussion H: Lessons of compassion. Understanding suffering of all beings.

HOMEWORK:

1. Finish writing 2-3 page paper
***** Paper due three days after Week 4** by emailing to brendanarmm@hotmail.com.
Paper will be returned on Week 5 ***
2. Meditate 15 minutes a day (journal 5 minutes/day)
3. Take ½ day in silence this week
4. Finish Journals
***** Journals due on Week 5** (will be checked for compliance not content) ***

CLASS FIVE

*** **Due: Papers. Journals.** ***

*** To Be Returned To Students: Papers. Journals. ***

Lecture I: Sound Therapy (using Tibetan Singing Bowls). Listening to our guides.

Lecture J: Savasana. Chanting "AUM". Dedication. Conclusion.

Class Discussion I: Experience of Sound Therapy. Sharing experience of guides.

Class Discussion J: Savasana. Chanting "AUM". Dedication. Conclusion.

<ONGOING> HOMEWORK:

1. Meditate 15 minutes a day (journal 5 minutes/day [not to be turned in])
2. Take ½ day in silence per week

CLASS SIX

CLASS SEVEN

CLASS EIGHT

CLASS NINE

CLASS TEN

CLASS ELEVEN

REFERENCE MATERIAL

Special Note 1: For those interested in devotional (bhakti) chanting, email Girish and Virginia at chantlosangeles@hotmail.com and request to be added to their mailing list. You will regularly receive free e-newsletters about upcoming chants in and around Los Angeles.

Special Note #2: drive in about 1/4 mile, park in last Temescal Canyon parking lot where trails begin, meet at picnic table across street from building with sign saying "Welcome to Temescal Canyon Conference and Retreat Center" before Temescal Camp Store, near restrooms and water fountain) We will take a short hike to practice meditation in Nature.

**** Arrive 9:45 AM ****

BRING \$5 EXACT CHANGE FOR PARKING, 1 TOWEL TO SIT ON, AND LAYERS

More Recommended Resources:

Audio CD's:

Introduction to Meditation (5 CD set) Guided Practices by Brendan Armm;

Guided Meditation Class – recorded live at Emperor's College (April 2, 2003) by Brendan Armm;

Guided Meditation Class – recorded live at Emperor's College (February 21, 2003) by Brendan Armm;

Music for Meditation (vol. 1) F.A.B. (Satori); Music for Meditation (vol. 2)

Two Chants: Tara / Om Mani Pad Me Hum.

Course
Code **EL141**

**EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS**

Armm, Brendan

1 Units

INTRODUCTION TO MEDITATION I

Fall 2011

Armm, Brendan

Please check with instructor during class to get updated contact info.

310.804.5315

Brendanarmm@hotmail.com

Brendan Armm has long had an interest in meditation and has studied it in India and elsewhere for years. He teaches Meditation as part of the MTOM curriculum and is graduate of Emperor's College DAOM Program.