COURSE DESCRIPTION

MEDITATION II: THE YIN ORGANS

Students will continue their study in this second course learning intermediate level 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.

LEARNING OBJECTIVES

Covering the intermediate principles via exposure to traditional Taoist images of yin organs, visualizing five channel depths pertaining to each of the six meridians, exploring the five element system, deepening our understanding of yin channels utilizing the ying qi cycle and its connection with spirit cultivation, and gaining exposure to human organs either by observing an autopsy or by studying pictorials, the intention of this course is to empower and inspire TCM students to develop insight by building comprehensive therapeutic relationships with the six yin organs 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".

COURSE PREREQUISITIES

Meditation I

REQUIRED TEXTS

Class handouts and possible Powerpoint presentation notes

RECOMMENDED TEXTS

Class handouts and possible Powerpoint presentation notes

COURSE REQUIREMENTS

Continue 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: One-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-pointed concentration on these patterns, and
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.
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.)
1. Course introduction:
   1.1. Teacher
   1.2. Students: gather feedback regarding student expectations, challenges, and difficulties
   1.3. Syllabus review
   1.4. Dedicating a meditation practice, The importance of
2. Class presentation (possible PowerPoint):
   2.1. Traditional Taoist images of the yin organs
   2.2. Outline channels of the 6 yin organs [handout(s)]:
      2.2.1. Tendo-muscular meridians (TMM)
      2.2.2. Luo collateral meridians
      2.2.3. Primary meridians
      2.2.4. Divergent meridians
   2.2.5. Extraordinary vessels (8 EV), overview of
   2.3. Lecture/discussion: 5 element properties of 6 yin organs [handout(s)]
   2.4. Lecture/discussion: Ying Qi Cycle:
      2.4.1. Lu/Sp (1st circuit: Taiyin, self survival, body - postnatal essence, food + air): Samsara/cyclic suffering rebirth
      2.4.2. Ht/Kd (2nd circuit: Shaoyin, self awareness, expression, creativity, will power, courage, freedom from fear, self-esteem): Theravada Buddhism/nirvana
      2.4.3. Pc/Lv (3rd circuit: Jueyin, self realization, connecting/merging with the other, non- inherent existence, interdependent arising): Mahayana Buddhism/bodhisattva
3. Meditation practice:
   3.1. Topic #1: The 6 yin organs (length: 20-30 minutes)
4. Review of today’s class
5. Q/A session: opportunity to ask
6. Homework assignment:
   6.1. Create meditation space at home: set up cushion for daily sitting practice
   6.2. Meditate 15 minutes a day [journal 5 minutes after each practice]
   6.3. Take ½ day in silence

CLASS TWO
1. Class discussion:
   1.1. Students: experiences practicing at home
   1.2. Students: compare with experiences practicing in group
   1.3. Students: share challenges and difficulties
2. Class presentation:
   2.1. Either autopsy viewing or Body Worlds’ book review
   2.1.1. View 6 yin organs
3. Meditation practices:
   3.1. None if autopsy viewing or
   3.2. Topics #1-6: Six practices, one on each of the 6 yin organs (length: 5-10 minutes each)
4. Review of today’s class
5. Q/A session: opportunity to ask
6. Homework assignment:
   6.1. Meditate 15 minutes a day [journal 5 minutes after each practice]
   6.2. Take ½ day in silence
CLASS THREE
1. Class discussion:
   1.1. Students: experiences practicing at home
   1.2. Students: compare with experiences practicing in group
   1.3. Students: share challenges and difficulties
2. Class presentation:
   2.1. Exploration of Lung
   2.2. Exploration of Spleen
3. Meditation practices:
   3.1. Topic # 1: Lung (length: 20 minutes)
   3.2. Topic # 2: Spleen (length: 20 minutes)
4. Class workshop: draw connections between the Lung and Spleen (Taiyin)
5. Review of today’s class
6. Q/A session: opportunity to ask
7. Homework assignment:
   7.1. Meditate 15 minutes a day [journal 5 minutes after each practice]
   7.2. Take ½ day in silence
   7.3. 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]

CLASS FOUR
1. Class discussion:
   1.1. Students: experiences practicing at home
   1.2. Students: compare with experiences practicing in group
   1.3. Students: share challenges and difficulties
2. Class presentation:
   2.1. Exploration of Heart
   2.2. Exploration of Kidney
3. Meditation practices:
   3.1. Topic # 1: Heart (length: 20 minutes)
   3.2. Topic # 2: Kidney (length: 20 minutes)
4. Class workshop: draw connections between the Heart and Kidney (Shaoyin)
5. Review of today’s class
6. Q/A session: opportunity to ask
7. Homework assignment:
   7.1. Meditate 15 minutes a day [journal 5 minutes after each practice])
   7.2. Take ½ day in silence
   7.3. 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
   7.4. Finish Journals   *** Journals due on Week 5 (will be checked for compliance not content)

CLASS FIVE
1. Class discussion:
   1.1. Students: experiences practicing at home
   1.2. Students: compare with experiences practicing in group
   1.3. Students: share challenges and difficulties
2. Class presentation:
   2.1. Exploration of Pericardium
   2.2. Exploration of Liver
3. Meditation practices:
   3.1. Topic # 1: Pericardium (length: 20 minutes)
   3.2. Topic # 2: Liver (length: 20 minutes)
4. Class workshop: draw connections between the Pericardium and Liver (Jueyin)
5. Review of:
5.1. Today’s class
5.2. Course
6. Q/A session: opportunity to ask
7. *** Due ***:
   7.1. Paper (was due three days after Week 4)
   7.2. Journals (will be checked for compliance not content)
8. To be returned to students:
   8.1. Paper
   8.2. Journals
9. <Ongoing> Homework:
   9.1 Meditate 15 minutes a day (journal 5 minutes/day [not to be turned in])
   9.2. Take ½ day in silence per week
10. In closing:
   10.1. Tibetan Singing Bowls
   10.2. Savasana
   10.3. Chanting “AUM”
   10.4. Dedication
11. Concluding remarks

CLASS SIX

CLASS SEVEN

CLASS EIGHT

CLASS NINE

CLASS TEN

CLASS ELEVEN

REFERENCE MATERIAL

FACULTY INFO

Armm, Brendan
Please check with instructor during class to get updated contact info.
310.804.5315
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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.