HHS130: Meditation for Life
2015 Spring Semester

Instructor: Bill Johnson, Student Success Coordinator/Personal Development Coach/Instructor, Office of Life Planning and Personal Development, School of Health and Human Sciences
Office Location: 215 McIver Building
Phone: 336-207-6795
E-mail: whjohnso@uncg.edu (preferred)

Introduction
This course will provide you with the skills to incorporate meditation into your daily life. You will learn and be engaged in a variety of meditative techniques during the seven weeks of the course. Typically, Monday and Wednesday sessions are focused on learning a new meditation technique, Fridays are focused on long (20-30 minutes) unguided silent or music meditations. Course is specifically designed for those new to meditation. Experienced meditators are welcome to register for the course, although content of course is geared towards beginning meditators.

Learning Outcomes
By the end of the semester, students will:
- Develop a regular meditation practice that is appropriate for their lifestyle.
- Describe which guided meditations were most/least effective for their practice.
- Explain how meditation positively or negatively impacted his or her life.

Grade Structure
You will be graded as follows:
- Class attendance (30 classes @ 2 points per class) 60 points
- Weekly “Tracking Log” (10 weeks @ 3 points per log) 30 points
- Final Reflection Papers (1,000 words) 10 points
  - Total Points 100 points

Attendance Policy
Show up for class ready to meditate – you earn 2 points for every class you attend. To learn and understand the practice best, make sure to attend all of the classes.

Meditation Guidelines
- Meditations during semester will be both guided and unguided.
- On Monday and Wednesdays, we will spend 5-10 minutes of quiet time at the beginning of class to get settled into meditation, then go through the specific guided meditation for that day.
- On Fridays, we will focus solely on long, unguided meditations.
- Get into a comfortable meditative position. Recommended positions:
  - Sitting in chair with back straight, feet flat on floor, and hands in lap.
  - Sitting on floor with legs crossed and hands in lap.
  - Lying down on your back with legs shoulder-width apart and arms to side.
- Standing, with back straight.
- "Astronaut" position (will demonstrate in class)

- If you fall asleep, don’t worry about it. You’ll get better...
- If you have thoughts, let them go. May want to adopt a mantra (saying) that works for you to keep you focused on breathing. Some examples might include:
  
<table>
<thead>
<tr>
<th>Breath in...breath out</th>
<th>No...thoughts</th>
<th>Here...now</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inhale...exhale</td>
<td>In-2-3...out-2-3</td>
<td>Let...go</td>
</tr>
<tr>
<td>Just breathe...out breath</td>
<td>In...out</td>
<td>Feel...good</td>
</tr>
<tr>
<td>Show...compassion</td>
<td>Deep...slow</td>
<td>1...2</td>
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</tbody>
</table>

- No cell phones on or used in class. Use this as an opportunity to disconnect from technology for 20-30 minutes.

**Types of Meditations**
Breathing meditation, Body Scan meditation, Walking meditation, Meditation on emotions, Lovingkindness meditation, Chanting/Mantra meditations, Listening Meditation

**Weekly Meditation Tracking Logs**
To stay on track, students will need to keep a weekly log of their meditation practice throughout the week. To create an effective practice, you should meditate at least 5 days a week. As you track your progress doing meditation throughout the course, you will be encouraged to meditate outside of class. Try to find 10 minutes every day to meditate and track your progress using the Meditation Tracking Log. Use the log to document your emotions before and/or after the meditation, challenges you have encountered during the meditation, and anything else you noticed during the meditation.

**Paper**
You will have one final reflection paper due at the end of the semester (April 10th). You will be asked to answer a few questions regarding your meditation experience throughout the semester. Paper will be typed and must be a minimum of 1,000 words. Writing guidelines will be provided at a later point during the semester.

**Academic Integrity Policy**: Each student needs to understand the Academic Integrity Policy on all major work submitted for the course. Refer to the following URL: [http://sa.uncg.edu/handbook/academic-integrity-policy/](http://sa.uncg.edu/handbook/academic-integrity-policy/)

**Final Examination**: During the last class, you will be challenged to complete a 40 minute unguided meditation during the last class.
Common Meditation Postures

Full Lotus  
Half Lotus  
Burmese

On a stool  
Seiza  
On a Chair


Diagram A  
Diagram B

from http://www.siddhayoga.org/a-sweet-surprise/preparation/yawny-breath
Each week, you will be learning a new meditation technique; you can either try the new meditation technique or just use the technique that’s most comfortable for you. Use the resources provided in class to practice at home.

- **Meditation Technique:** Identify what you used – guided vs. unguided, music vs. sound vs. words, breathing vs. walking vs. lovingkindness vs. some other form.
- **Comments (1-2 sentences):** Indicate how you felt before, during, and/or after the meditation. Comments may include: fell asleep during meditation; mind wandered the whole time; blissful experience; calming effect, etc.

I would like for you to use this log to keep track of your meditations during the week. Every Friday, you will be required to turn in your worksheet. To be most effective, you will want to try to meditate at least 5 days during the week, preferably 10-15 minutes a day – but start out trying to do at least 5 minutes every day.

<table>
<thead>
<tr>
<th>Date</th>
<th>Meditation Technique Used</th>
<th>Length (minutes)</th>
<th>Comments: What was the meditation like for you? How did you feel? How did it go? List discoveries, difficulties, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1 Mon</td>
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