

Meditation Practises – Spiritual Education and Enrichment SPD 105 Syllabus

Dates, times and cost:

Meeting every Thursday evening, from 11th April - 9th May, 2024, 7-9pm UK (BST)

Time Zone Converter: <https://www.timeanddate.com/worldclock/converter.html>

Cost: £35 for 10 credits awarded to SEE students; £25 to those studying for interest only
Sponsored Students independent costs.

Held via Zoom

Course Description:

Extensive research on meditation practices has revealed that regular meditation has many mental and physical benefits and there are many effective ways to meditate. This course explores the practice and the experience of various forms of meditation. Benefits of the various forms of meditation will be explored, as well as methods to deal with resistance to it. There will also be helpful tips for developing a regular meditation practice. Practicing the Silence, Unity's meditation practice, is fundamental and foundational to Unity teachings. Therefore, it will be the primary meditation practice for the duration of the course.

Required Materials	Meditation for Dummies, Stephen Bodian, preferably 2 nd or 3 rd edition
Recommended Materials	<i>Heart centered Metaphysics</i> by Paul Hasselbeck <i>Lessons in Truth</i> by H. Emilie Cady

Course learning Objectives:

By the end of the course, students will be able to:

- Define meditation, Practicing the Silence, and the Silence
- Develop a daily practice of the Silence and report on their progress
- Identify and describe any blocks or resistance to daily meditation as well as strategies to overcome them
- Compare and contrast different forms of meditation

About the teacher: Rev Kimerie Mapletoft

Kimerie is the Director of Silent Unity Prayer Ministry and Daily Word UK, and Centre Leader at Unity Maidenhead.

She began her work in Silent Unity in October 2002 as a letter writer, supporting people who wrote or called in in for prayer support.

To enable her work in Silent Unity she studied the SEE programme at Unity Village in Missouri as well as through the UK education programme. This led her to become a Licensed Unity Teacher in 2008 and Unity Minister in 2015.

Kimerie teaches Unity classes, runs retreats, holds meditations and leads workshops, with the support of our Unity Maidenhead teachers, as well as overseeing and being highly active in Silent Unity UK.

Instructors Commitment

- Do all that is within her power to facilitate an environment that feels safe and encouraging for everyone.
- Come to class each day on time and prepared to engage the class in a way that enables the practice of meditation.
- Ensure to the best of her ability that each person has the opportunity to speak and share their thoughts
- Answer all questions at the time or at a later date if necessary
- Read, comment, and return the assignment, if applicable.
- Be available as our schedules permit to discuss individual questions or to cover on an individual basis a week the student may have missed.

Kimerie will send a detailed class plan to all registered participants in good time, so any preparation work can be done in advance of each meeting.