

The Art of Meditation
Course Curriculum and Class Schedule

Every 1 Hour Class follows a similar Schedule:

There are four classes in every course, one four-week course every month ... but classes are ongoing and you can begin at any time, all that's required is for you to familiarize yourself with the theory content of the previous classes before you join; for each class there is a pamphlet with a transcript of the theory reading.

It is true that meditation is a very simple 'activity', we indeed do nothing; however, there are certain aspects of doing nothing that practitioners have to be aware of: A correct sitting position (a resting pose that renders the body motionless), correct breathing, the use of a mantra or Ohmmm, or the counting of the breaths.

Furthermore ... every course participant should read THE ART OF MEDITATION on my website; part 1 relates to classes 1 & 2; part 2 to classes 3 & 4.

- class 1 introduction to THE ART OF MEDITATION (TAOM) with emphasis on the practice, i.e. on learning the (half-) lotus pose and correct breathing; an overview of meditation theory and principles; as in all classes, we'll first do a 5 min meditation, followed later on by a 20 min meditation
- class 2 revision and extension of the principles learnt in class 1; feed-back discussion of the practical aspects of meditation, including feed-back on part 1 of TAOM on my website
- class 3 we again reiterate the content of classes 1 & 2 and introduce part 2 of TAOM: The deeper meaning of meditation as regards concepts of mind, ego and lower & higher consciousness; for class 3 & 4 please read part 2 of TAOM on my website
- class 4 further reiteration of the practical side of meditation; the theory reading will be an in-depth talk on enlightenment, as outlined in part 2 of TAOM on my website

- after a meet & greet we do a bunch of stretch exercises
- we ease into our meditation position, cross-legged, (half-) lotus or what-ever each individual has decided on, or is comfortable with; there may be a discussion about the merits of the correct pose ... as well as the use of a mantra or Ohmmm, or breath-counting

suggested mantras: Om, Aum or Ohmmm; Om Mani Padme Hum; Radha Swami ... much is made in Eastern religions of mantras being 'holy' sounds; in Zen the concept of 'holiness' is discounted, from a Zen angle any term that soothes is sufficient as a mantra
- we do a 5 minute 'warm-up' meditation
- theory reading, as per the pamphlet that is supplied; the content of the pamphlet will be elaborated on ...
- ... followed by a de-brief with a question and answer session, this session shall include questions about TAOM on my website and a discussion about participants' meditation experiences; in particular we shall address any blocks that may hinder a practitioner's meditation, or the issue of expectation vs rewards that may have arisen

practitioners are again reminded of the need for consistency and regularity in their meditation practice
- finally we do a meditation lasting 20 minutes; beginners to meditation shall gauge themselves whether they will go for the full length in the sitting position or rather lie down after a while

www.carstenburmeister.com/meditation.aspx

