

MEDITATION PRACTICES

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SPIRITUAL EDUCATION & ENRICHMENT

CLASS AGREEMENTS

- ❖ Cell phones & other noise making devices - off
- ❖ All points of view are valid and contribute to a greater understanding
- ❖ Each of us can change our mind at any time
- ❖ Use I statements
- ❖ Confidentiality of personal sharing
- ❖ Have fun!

SYLLABUS

- ❖ Assignments
- ❖ Reading
- ❖ Personal Meditation Practice
- ❖ Reflection Paper

INTRODUCTIONS

- ❖ Name?
- ❖ Number of years in Unity
- ❖ How many Unity classes have you taken before this one?

TEXTBOOK DEFINITION

- ❖ Meditation is power -- when you concentrate any form of energy, including mental energy you gain power.
- ❖ Meditation is the practice and process of paying attention and focusing on your awareness.

TYPES OF MEDITATION

- ❖ The key is to experiment with different forms of meditation and trust your intuition to tell you which ones are best suited for you at this particular point on your journey.

WHAT MEDITATION IS NOT...

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- ❖ Thinking
- ❖ Daydreaming
- ❖ Spacing Out
- ❖ Repeating Affirmations
- ❖ Self-Hypnosis
- ❖ Praying
- ❖ Sleeping

SILENT UNITY
GUIDED MEDITATION

SHARING

- ❖ What did you like best about the meditation? The least?
- ❖ How well did it fit our “textbook definition?”
- ❖ Meditation is power -- when you concentrate any form of energy, including mental energy you gain power.
- ❖ Meditation is the practice and process of paying attention and focusing on your awareness.

UNITY'S DEFINITION

- ❖ Meditation is continuous and contemplative thought.
- ❖ Meditation is the gateway to the Silence, the Secret Place Most High.

LESSONS IN TRUTH

- ❖ Secret Place: A place of meeting between the Christ at the center of your being and your consciousness
- ❖ Meditation: a definite inner revealing of the reality of an indwelling Christ

LESSONS IN TRUTH

- ❖ This revelation will never come through the intellect of man to the consciousness, but must ever come through the intuitional to the intellect as a manifestation of Spirit to man.
- ❖ Books and lectures are good, teachers are good, but you must learn for yourself that the Christ lives in you. Spirit itself must reveal to you.

HOW TO ... UNITY'S WAY

- ❖ Relaxation
- ❖ Turn Within
- ❖ Concentration
- ❖ Other Thoughts
- ❖ The Silence
- ❖ Thanksgiving
- ❖ Conclusion

SHARING

- ❖ What did you like best about the meditation? The least?
- ❖ How well did it fit our “textbook definition?”
 - ❖ Meditation is power -- when you concentrate any form of energy, including mental energy you gain power. Meditation is the practice and process of paying attention and focusing on your awareness.
 - ❖ Meditation is continuous and contemplative thought. Meditation is the gateway to the Silence, the Secret Place Most High.

WRAP UP

- ❖ Q & A
- ❖ Homework
- ❖ Read Chapters One and Two
- ❖ Meditation - at least 5 minutes