

Barbara A. T. Wilson, August 11, 2020

## **Mindfulness Meditation Teacher Certification Program**

### **Class of 2021**

Practicum Approval Form

Introductory Course

### **An Introduction to Mindfulness Meditation and Benedictine Spirituality**

Session times and dates (negotiable) Saturdays, 4 PM-5:30 on 10/10; 10/17; 10/24; 10/31

#### **Overview and description of the course**

A brief overview of mindfulness and mindfulness meditation as taught at the Mindfulness Meditation Teacher Certification (MMTCP), The Greater Good Science Center at the University of California, Berkeley. The goal is to help Christians to see the similarities and ultimate value of mindfulness meditation as an adjunct and basis for personal spiritual growth.

#### **Detailed outline of the course curriculum:**

##### Session One Outline

| <u>Time (minutes)</u> | <u>Cumulative</u> | <u>Activity</u>                              |
|-----------------------|-------------------|--|
| 5                     | 5                 | Welcome                                      |
| 10                    | 15                | "Settling in" meditation-Intro to Meditation |
| 10                    | 25                | Class Overview: Here and Now Issues;         |
|                       |                   | Expectations & Reassurances                  |
| 10                    | 35                | Participant Introductions                    |

|                  |    |                                      |
|------------------|----|--------------------------------------|
| 10               | 45 | What is Mindfulness?                 |
| 10               | 55 | What is Benedictine Spirituality &   |
| Why              |    | include It in Mindfulness Intro?     |
| 5                | 60 | Introduction to Body Scan            |
| 15               | 75 | Body Scan                            |
| 5                | 80 | Group Process                        |
| 10               | 90 | Wrap-Up, Homework: Read the Prologue |
| Prologue         |    | to the Rule of St. Benedict          |
| (Handout)        |    |                                      |
| Meditation or 15 |    | Daily 5 Minute Settling-in           |
|                  |    | Minute Body Scan                     |

### Session Two Outline

| <u>Time (minutes)</u> | <u>Cumulative</u> | <u>Activity</u>                                       |
|-----------------------|-------------------|---|
| 5                     | 5                 | Welcome and Check-In                                  |
| 15                    | 20                | Awareness of Sounds Meditation                        |
| 10                    | 30                | Benedict: Listening with the Ears of the Heart (talk) |
| 10                    | 40                | Intro to Dyads/Small Group Check-Ins:                 |
|                       |                   | Mind & Heart-full Listening & Speaking,               |

|             |    |                                     |
|-------------|----|-------------------------------------|
|             |    | 2 minutes each                      |
| 10<br>from  | 50 | Group Process: Q & A, and follow up |
|             |    | previous week                       |
| 5           | 55 | Intro to Mindfulness & Breathing    |
| 15          | 70 | Mindfulness of Breathing practice   |
| 10          | 85 | Group Process                       |
| 5<br>minute | 90 | Wrap-Up and Homework: Daily 10      |
|             |    | Awareness of Sounds Meditation or   |
|             |    | Mindfulness of Breathing Meditation |

### Session Three Outline

| <u>Time (in minutes)</u> | <u>Cumulative</u> | <u>Activity</u>              |
|--------------------------|-------------------|------------------------------|
| 5                        | 5                 | Welcome and Check-In         |
| 5<br>Walking             | 10                | Introduction to Mindful      |
| 10                       | 20                | Mindful Walking Meditation   |
| 10                       | 30                | Group Process: Q & A, etc.   |
| 20<br>Stability,         | 50                | Slide Presentation re        |
|                          |                   | Benedictine Spirituality:    |
| 10<br>Life               | 60                | Obedience, and Conversion of |
|                          |                   | Small Group Check-in         |

|             |    |                              |
|-------------|----|------------------------------|
| 10          | 70 | Group Process conversation   |
| 15          | 85 | 15 minute guided             |
|             |    | Mindfulness of Breath        |
| Meditation  |    |                              |
| 5           | 90 | Wrap-up and homework         |
| assignment: |    | 10-15 minutes daily of       |
|             |    | meditation of                |
|             |    | one's choice (Mindfulness of |
| sound,      |    |                              |
|             |    | breath and/or walking        |
| meditation) |    |                              |

#### Session Four Outline

| <u>Time (in minutes)</u> | <u>Cumulative</u> | <u>Activity</u>             |
|--------------------------|-------------------|-----------------------------|
| 5                        | 5                 | Welcome                     |
| 10                       | 15                | Mindfulness of Emotions and |
|                          |                   | Feelings                    |
| 10                       | 25                | Mindfulness of Thoughts     |
| 15                       | 40                | Meditation: Mindfulness of  |
| Thoughts,                |                   | Emotions and Feelings       |
| 10                       | 50                | Small Group Check-In        |
| 10                       | 60                | Group Process Discussion    |
| 10                       | 70                | Mindfulness in Daily Life   |

10

90

Review, Recap, and Closure