



**SPD 611 Contemplative Prayer 2 hrs / 3 units  
Spring Term 2012**

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<b>Required Texts</b>	Bible (RSV)  Goldstein, Joseph and Kornfield, Jack. <i>Seeking the Heart of Wisdom: The Path of Insight Meditation</i> . Boston: Shambala, 1987.  Hall, Thelma. <i>Too Deep for Words: Rediscovering Lectio Divina</i> . Mahwah NJ: Paulist, 1988.  Keating, Thomas. <i>Open Heart, Open Mind: The Contemplative Dimension of the Gospel</i> . NY: Continuum, 1992.
<b>Other Required Reading</b>	Gangaji. <i>Searching For Happiness</i> . Unity Magazine. (July/August 2006): 42- 43.
<b>Recommended Reading</b>  (On reserve in the library.)	Douglas-Klotz, Neil. <i>The Sufi Book of Life</i> . New York: Penguin, 2005.  Godman, David., ed. <i>Be As You Are: The Teachings of Sri Ramana Maharashi</i> . NY: Penguin, 1985.  Kornfield, Jack. <i>A Path With Heart: A Guide Through the Promises and Perils of Spiritual life</i> . New York: Bantam, 1993.  <i>Edwards, Tilden. Embracing the Call to Spiritual Depth: Gifts for Contemplative Living</i> . Mahwah NJ: Paulist Press, 2010.  Shear, Jonathon. <i>The Experience of Meditation: Experts Introduce the Major Traditions</i> . St Paul MN: Paragon House, 2006.  Jones, Alan. <i>Soulmaking: The Desert Way of Spirituality</i> . New York: Harper Collins, 1985.  Rohr, Richard. <i>Everything Belongs: The Gift of Contemplative Prayer</i> . New York: Crossroad, 2003.

**Course Description**



This course include the study and practice of a variety of contemplative prayer and meditation practices from both Eastern and Western spiritual traditions. Emphasis is placed on the student's personal experiences of each practice. A short contemplative retreat is a required part of this course.

### **Learning Objectives**

Upon completion of this course, students will be able to:

1. Compare and contrast the various meditation practices studied in this course.
2. Describe the spiritual practices in this course and explain how each is a reflection of the spiritual tradition from which it originated.
3. Report on their personal prayer experience during the course with each of the practices.
4. Complete a meditation retreat of at least two full days and report their experience.

The above objectives partially fulfill the following program outcome for the Master of Divinity:

MD-3: Recognize and practice personal habits that provide for a healthy ministry.

The above objectives partially fulfill the following program outcome for the Certificate in Unity Ministry:

C-3: Recognize and practice personal habits that provide for a healthy ministry.

The above objectives partially fulfill the following program outcome for the Master of Arts in Religious Studies:

MA-3: Create and maintain a personal spiritual practice.