



SPD 611 – Contemplative Prayer & Meditation 2/3
Short Syllabus

Faculty	Rev. Robert Brumet MS
Office Hours	TBA
Telephone	Office: 816-524-3550 ext. 2440 Home: 816-853-5721
E-Mail	BrumetRJ@unityonline.org
Required Texts	Bible (RSV) Goldstein, Joseph and Jack Kornfield. <i>Seeking the Heart of Wisdom: The Path of Insight Meditation</i> . Boston: Shambala, 1987. Hall, Thelma. <i>Open Heart, Open Mind: The Contemplative Dimension of the Gospel</i> . NY: Continuum, 1992
Other Required Reading	Gangaji. <i>Searching For Happiness</i> . Unity Magazine (July/August 2006): 42-43.
Recommended Reading (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. Shear, Jonathon. <i>The Experience of Meditation: Experts Introduce the Major Traditions</i> . St Paul MN: Paragon House, 2006.

Course Description:

This course includes 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 experience 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.