



IBB ...your partner for positive change

Meditation

The Inward Art

A 4 Week Programme

The practice of meditation has its origins in the various cultures and spiritual traditions of ancient times and was used as a major tool to support the psycho-spiritual development of the adherents of these traditions.

Today in these challenging times that we live in, where the stress levels of our rat race seems at times to be insurmountable, modern man is turning towards this ancient discipline to wrest him from the travails of contemporary living.

Many reputable academic institutions in North America, Europe, Asia and others have carried out research on the practice of meditation and its effects on both the physiology and psychology of the human being, the results of which have been published in various scientific journals and periodicals.

Indeed, as these studies have shown there are several benefits to be derived from a meditation practice which range from an increase in health and vitality to the safe and effective management of stress. The avid practitioner will find that their ability to focus and complete various tasks both professionally and personally will be augmented through regular practice and the overall sense of well-being and increased awareness, an implicit advantage of essaying such a path.

In this four week training programme we will explore the origins of this ancient art, the steps involved in achieving proficiency and the benefits of incorporating this time honoured practice into one's daily life. At the conclusion of the programme the student will have the necessary knowledge, information and skill to begin using meditation as an effective tool in his personal and spiritual development.

IBB Lifestyles
IBB Limited, a member of the IBB Global Group
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Trinidad, W.I



Objectives

- To offer a working definition of meditation
- To provide recipients with safe and effective techniques to engage in meditation practice
- To provide information on the various benefits and advantages of meditation practice
- To conduct regular meditation practice sessions within the confines of the training programme

Expected Outcomes

- Participants will understand the meaning of meditation and its practice and what distinguishes it from contemplation and concentration.
- Participants will become familiar with the various approaches to meditation
- Participants will understand the benefits which are derived from effective and regular meditation practice
- Participants will achieve a basic proficiency of meditation practice
- Each participant will possess the knowledge and information to carry out and continue a daily meditation practice in their personal lives

Course Outline

The following course outline is geared to equip the participant with key knowledge and information necessary to achieve basic proficiency in meditation practice.

Week	Study Plan	Component(s)
One	<p>What is meditation? Its evidence and history in various spiritual traditions</p> <p>Types of meditation approaches- active and passive</p> <p>Concentration as a tool in meditation</p> <p>Tips for developing concentration</p> <p>Requirements for meditation- Journal, clothing, posture</p> <p>Meditation technique-I</p>	<p>Presentation/ discussion</p> <p>Practice: Breathing and relaxation</p> <p>The Lunar Breath</p> <p>Relaxing the physical body</p>

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Week	Study Plan	Component(s)
Two	<p>Why should I meditate?</p> <p>Scientific evidence for meditation.</p> <p>Brain waves and the Body/Mind connection</p> <p>The God Spot</p> <p>Various benefits of regular meditation practice</p>	<p>Presentation and discussion</p> <p>Practice: Following the breath</p>
Three	<p>The mandala of consciousness and what it means.</p> <p>Deepening Awareness of the “I”</p> <p>Turning off the mental chatter</p>	<p>Presentation and discussion</p> <p>Practice: The Awareness of the Self</p> <p>The quieting of the tongue</p>
Four	<p>Meditation and altered states of consciousness</p> <p>The healing effects of meditation</p> <p>Walking meditation</p> <p>The use of music and other aids to support the meditative process</p>	<p>Presentation and discussion</p> <p>Practice:</p> <p>Walking meditation</p> <p>Self-Healing meditation</p>