

DHARMA FIELD MEDITATION AND LEARNING CENTER

The Practice of Meditation

Instructor: Bev Forsman

syllabus

lecture #1

Introduction to Meditation

basic meditation instruction—no reading assignment

lecture #2

Clarifying the Matter

read: pp. 1–28; 96–110; 151–168*

lecture #3

Getting Down to It

read: pp. 29–51; 111–134; 169–179*

lecture #4

Problems in Meditation

read: pp. 52–63; 135–150*

lecture #5

The Essentials of Meditation

read: pp. 64–75; 83–91; 191–194*

lecture #6

The Object of Meditation

read: pp. 76–78; 92–95; 180–190*

*At a minimum, please read the pages marked with the asterisk prior to each lecture.

Text: *Meditation Now or Never* by Steve Hagen