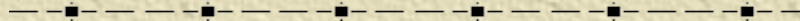




Online Course in Meditation

Introduction



Zoom participant controls

✦ <https://support.zoom.us/hc/en-us/articles/200941109-Attendee-Controls-in-a-Meeting>

Get to know each other

1. What makes you an interesting person?
2. In what ways has your qigong practice prepared you for meditation?
3. Have you tried meditation before?
 - a) What sort of meditation?
 - b) What was your experience?
4. What are your specific learning goals for this course?

Preliminaries

Web page [*CourseMaterials.html*](#)

Meditation chair

Home space for meditation and sessions

Zazen Meditation Timer (Gaffga)

Journal

The Path of Meditation by Jack Risk

Your participation in this course

Attend all sessions

Communicate with Jack regarding any exceptions

Practice

Maintain a daily meditation practice

At least 30 minutes per day

Readings

Required readings before session

Other readings as time permits

Books on meditation at Meditation Resources

Discussion

Ask questions

Share your thoughts and experiences

Journal

Keep a record of your meditation

Record your thoughts and experiences

Evaluation forms

Adobe Reader

Weekly

End of course

Jack is available

Questions

Problems

To chat about your practice

How the course is put together

Structure
of the
course

**Threefold
training**

1. Morality
 2. Meditation
 3. Discernment
-

Shape of
each
session

**Three
sections**

- A. Meditation theory
 - B. Meditation practice
 - C. Concepts
-

Shape of each session

Segments

1. Presentation on meditation theory
2. Meditation practice
 1. Instruction
 2. Group practice
 3. Discussion
3. Presentation on concepts

Discussion

- ✦ Check in
- ✦ Sharing after practice
- ✦ Questions anytime
- ✦ Afterthoughts

- 
- Morality {
- Morality supports and guides your practice
- Meditation {
- To calm the mind and rid it of vexations
- Discernment {
- To understand reality as it is

Threefold training

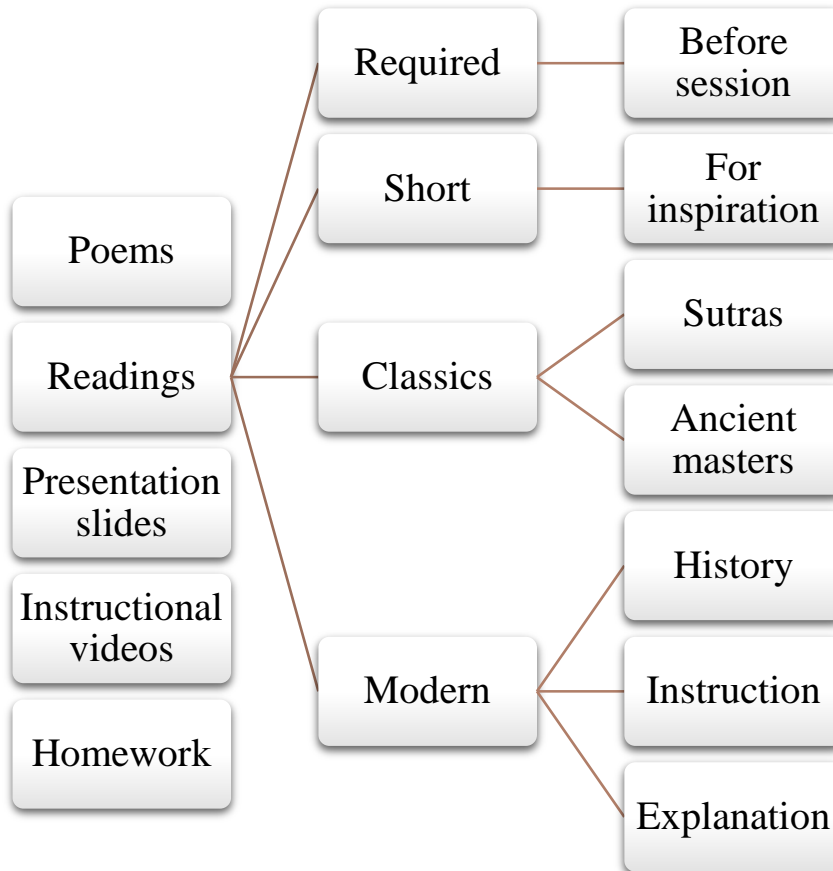
Website materials for each week

Webpage

Username: *jack*

Password: *pinklotus*

Bookmark



Before Session 1

<http://www.jackrisk.ca/ResourcesOnlineMeditationCourse/OnlineCourseMeditation.html>

✦ Payment ✓

✦ Chair

✦ Space

✦ Journal

✦ Adobe Reader — <https://get.adobe.com/reader/>

✦ Assigned readings

✦ Supplement on Compassion Training — Session 1.a.

Between sessions

- ✦ Practice (at least 30 minutes per day)
 - Homework instructions
- ✦ Readings
- ✦ Powerpoint presentations
- ✦ Instructional videos
- ✦ Recordings of online sessions
 - One day later
 - At the bottom of the website panel for that session
- ✦ Retreat 24-Oct