

Meru University #1409

Inner Stillness

Sundays November 9 and 16

9:00 - 11:30 a.m. MST

Instructors: Boyd Badten and David C. Lewis

Sponsoring Masters: Lord Himalaya and Kuthumi

Course Syllabus

Class One, November 9

9:00 – 10:15 a.m. Instruction and Practice with Student Comments on their Experiences

1. The Quieter You Become the More You Will Be Able to Hear
2. Stillness versus Silence
3. What happens to soul, the four lower bodies and higher bodies when a person is in stillness for a significant time?
4. Our Many Selves – Who is in Charge?
5. The Observer – The Soul
6. Stillness Practice #1
 - Staying in the observer role
7. Stillness Practice #2
 - Using tactile awareness to stay free of interruptions
8. Instructional Video – dismissing intruding thoughts
9. Stillness Practice #3
 - Using devotion to dismiss intruding items
10. A Reading from Kuthumi's darshans in *The Guru and The Chela* (from Bridge to Freedom) on **The Great Silence**.

10:15 – 10:45 a.m. David Lewis and Input from the Masters

10:45 – 11:30 a.m. Practice, Discussion, Questions and Comments from students

Assignment: Practice for 10 or more minutes every day being in silence and stillness. Kindly and gently dissolve each intruding thought, feeling, memory or bodily demand until you feel that you have broken through to a new level of stillness and you feel a "glow". Try to replicate this experience each succeeding day and improve at how long you can hold it and how pronounced the glow feels to you.

Class 2, November 16

9:00 – 10:15 a.m. Instruction and Practice with Student Comments on their Experiences

1. Stillness Practice #1
 - Combine tactile feelings with devotion to God within our three-fold flame
2. Every moment of stillness/emanation brings permanent change to you
3. Is Silence/Stillness always simply “Nothing”
4. Stillness Practice #2
 - Instructional video: radiation and absorption
5. Stillness Practice #3
 - Whole physical-body-awareness
6. Stillness Practice #4
 - Gazing upon the Light of the Presence
7. Expect the transfiguration
 - Instructional video

10:15 – 10:45 a.m. David Lewis and Input from the Masters

10:45 – 11:30 a.m. Practice, Review, Comments and Discussion with Students

8. Review-Skills to develop and use for slipping into stillness more quickly and staying longer
9. Questions and comments from students

Assignment: Establish a meditation practice which you can maintain and sustain every day. Create for yourself the habit of expecting to be able to slip into Samadhi every time you try and whenever you desire.

Post your reflections and experiences in the course Forum (MU1409) to receive a certificate of completion for this course.