

## PDP MB 103 Zen Meditation

Instructor: Mark O'Leary

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Meets once per week: 1.0 Credit

### Course Description:

Zen meditation is a discipline, a practice, and a path that dates back over 2,500 years to the historical Shakyamuni Buddha. As a discipline, it helps us cultivate openness and concentration, heightening our awareness of both our inner being and the world around us. As a practice, it helps us discover who we are, develop greater compassion for oneself and others, and open up to the deeper layers of experience. As a path, it is a way to grow, to deepen, to let go, and to live. We will explore basic Zen meditation techniques for use while sitting, walking, and chanting. We will engage in meditation for a period of time during each class. Each class will also include explanations and discussion of the teachings and philosophy behind the practice of Zen.

### Class Etiquette:

1. Loose comfortable clothing is recommended as is dressing in layers. Be prepared for cool temperatures during relaxation.
2. Please use this meditation class as an opportunity to relax your body and mind.
3. Turn off your cell phone.
4. If you must leave class early, permission is required at beginning of class.

### Required Equipment:

You will need a notebook or journal.

Please wear loose, comfortable clothing. We will sit on the floor during class. Meditation cushions will be provided. If you need a chair, please let the instructor know.

### Course Goals:

This class is designed to provide a calm refuge in the busy, stressful day of the typical college student. You will receive complete instruction in Zen meditation. Each class will begin with a few stretching exercises and a deep relaxation. We will then practice sitting and walking meditation, starting with 10 minutes, and working up to 40 minutes. You will also learn and discuss the teachings and philosophy behind the practice of Zen. The goal of this course is to teach you a way to look deeply into who you are, and for you to experience for yourself the benefits of Zen meditation.

### Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 85% attendance

W – Withdraw: If you drop this class after the Registrar's drop deadline, you will receive a "W" grade.

**I – Incomplete:** If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with the instructor to do so within the following semester. Your grade will be changed to a “P” once all classes have been made up.

**AU – Audit:** If you intend to audit this class, please fill out and obtain your instructor’s signature for the Class Adjustment/AU form and turn it into the Registrar’s Office by the specified deadline.

**F – Fail:** It is very unlikely that you will receive a failing grade. Your instructor will be happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU Student Code of Conduct.

**Attendance Policy:**

All Mind/Body classes have the same attendance policy. Classes are graded primarily on attendance and learning is cumulative, so it is important that you attend each class. You will need an 85% attendance record to receive a passing grade.

- If your class meets once a week, you are allowed 2 absences.
- If your class meets twice a week, you are allowed 4 absences.
- If your class meets three times a week, you are allowed 6 absences.

At the instructor’s discretion, one additional absence for illness or family emergencies may be granted; the student must receive the instructor’s approval in writing before the end of the semester.

**Make-Up Policy:**

Mind/Body classes may be made up by attending other Mind/Body classes. Please email your instructor and Ramelle Adams at [rfadams@bu.edu](mailto:rfadams@bu.edu) before attending a make-up class. This is to ensure that there is space in the class and to alert the instructor that they will be having a make-up student. If no Mind/Body classes fit in your schedule, you must get permission from your instructor for an alternate make-up.

It is recommended that students make up the class within two weeks of the absence. Make-up slips may be obtained at the PERD office on the second floor of FitRec. They must be signed by the instructor of the make-up class and turned into either your instructor or the PERD office.

You are responsible for keeping track of your attendance record and making up any missed classes.

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

## **Schedule:**

### **Week 1**

Explain grading policy, attendance policy, make-up classes.

What is meditation? Why practice meditation? Meditation instruction. 5 minute meditation.

Q&A/discussion.

### **Week 2**

Body practice: Tense & Relax

Review meditation instructions. 10 minutes meditation

What is Zen? Q&A/discussion

### **Week 3**

Body practice: Soen Yu ("Zen play") breathing technique.

10 minutes meditation

Suffering and attachment.

Q&A/discussion

### **Week 4**

Body practice: Soen yu

"Don't Know" mind

Sit 10 minutes

Q&A/discussion

### **Week 5**

Body practice: Yin yoga—very basic postures to make sitting meditation easier.

Introduction to walking meditation

Sit 10, walk 5

Q&A/discussion

### **Week 6**

Body practice: Soen Yu, Yin Yoga

Pain meditation (guided)

### **Week 7**

Body practice

Sit 15, walk 5

"The Three Marks of Existence"

### **Week 8**

Body practice

Sit 20, walk 5  
The Heart Sutra

**Week 9**

Body practice  
Listening Meditation Part 1

**Week 10**

Body practice  
Sit 20, walk 5  
Listening Meditation Part 2

**Week 11**

Body practice  
Sit 25, walk 10  
Kong An Practice

**Week 12**

Body practice  
Sit 30 minutes  
Walking 10 minutes  
“Zen is everyday mind”

**Week 13**

Body practice  
Sit 30  
Walk 10  
Review: what have we done? What have we learned?

**Week 14**

Body practice  
Sit 30  
Walk 10  
What next? Resources for those who want to continue some form of meditation practice. How to adapt these practices to your lifestyle