

DHARMA FIELD MEDITATION AND LEARNING CENTER

# The Practice of Meditation

Instructor: Mary Sullivan  
*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*

*Text: Meditation Now or Never by Steve Hagen*