

MU1707
Mindful Meditations with Nature: How to Master the Great Silence
Syllabus

Date: March 26, 2017

Time: 1 - 2 hours

Instructor: Dennis Fisher

Ascended Master Sponsors:

Lanello

Jesus

The Voice from the Great Silence

Course Description:

This course will touch upon how to achieve the goal of life, union with God, through meditation, mindfulness and entering into the Great Silence. We will explore several meditation techniques. The course will lead you to a deeper understanding of the nature of maya and the mind to be firmly rooted in the one reality, the absolute, The Great Silence.

Course Outline:

1. What is Mindfulness?
2. What is Meditation?
3. What and where is the Great Silence?
4. How meditation on your true nature is a door to the Great Silence.

Discussion Question:

Describe a time when you were in nature, hiking or on the beach or even just outside, when you felt a profound connection with God.