

# **849: HEART CENTERED MEDITATION: Wellness, Consciousness and Spirit**

**Christine Bair, PhD, ThD, RN, LPC, LMFT,**

## **SYLLABUS**

### **COURSE DESCRIPTION**

**(D)** Distance learning. (3 credits) “Opening your heart is your greatest power. Love heals. It’s who we are. Around us, within us, we are part of the energetic resonance of life.” –Chunyi Lin.

The primary goal of this course is twofold. To experience and facilitate the opening of hearts, promote healing, and develop intention in conscious direction of life energy through meditation. Academically we survey the emerging scientific research documenting the physiological and emotional effects of the human heart field, and the value of meditation. For thousands of years meditation has been an essential practice of the world’s spiritual traditions; a means of expanding conscious awareness to include invisible realms of reality. Older forms focused on expansion by detaching consciousness from the physical. *Heart Centered Meditation* (HCM), takes meditation to a new level by firmly grounding expanded consciousness in the physical world—the universe within our hearts. Students will learn and practice *Heart Centered Meditation* as a tool for opening their heart, creating energy balance, and bringing spiritual consciousness to everyday choices, promoting inner healing and outward connection. Physical, emotional, and spiritual aspects of the heart will be examined from both spiritual and scientific perspectives. HCM reverses the stress response which underlies all chronic illness, and creates coherence. Optionally, using HeartMath technology students are able to document HCM’s effect on Heart Rate Variability – shown in leading scientific research to be a key indicator of health. A variety of scientific studies investigating life force energy dynamics will be reviewed and analyzed, placing meditation in a functional context in both our inner and outer environments.

### **FACULTY BIOGRAPHY**

Dr. Christine Bair is an RN, holds a BA in Philosophy and Religious Studies from Virginia Wesleyan College, a Master of Counseling Psychology degree from Regent University where she also completed a two year post-master’s program in Clinical Theology and Spiritual Direction, and holds Doctorates in Natural Health and Spiritual Integration from Holos University. She is the author of *The Heart Field*, and her dissertation work defining The Heart Field Effect™ has been published in the peer-reviewed journal *Advances in Mind-Body Medicine*. She has numerous articles published in magazines, and is a speaker and workshop leader at events and workshops. Christine has been interviewed on national radio and TV, and is a frequent presenter at ISSSEEM and ACEP national conferences, and served on Holos University Academic Board of Directors for five years. Dr. Bair is an ordained minister in *The Association for Global New Thought*, and founding director of Center for TRUE SELF in Harrisburg, PA., where she developed the comprehensive *Heart Centered Wellness* approach to natural health and wellness.

## FACULTY CONTACT INFORMATION

Faculty Name: Christine Bair, PhD, ThD

E-mail address: [cbair9@comcast.net](mailto:cbair9@comcast.net)

Website: [www.heartcenteredwellness.org](http://www.heartcenteredwellness.org)

Phone number: 717 238-5683

Address: 907 N Front Street, Harrisburg, PA 17102

## FACULTY STUDENT COMMUNICATIONS

Frequent email communications between student and instructor should continue throughout the course. The phone conferences create an important collegial forum for sharing ideas. E-mail questions about schedules, credits, course content, and assignments to the instructor. All written assignments and conference calls are supervised by the instructor. Periodic telephone interaction, when required, is at the student's expense and can be arranged through email contact.

### Faculty-Student Communications Policy

- Faculty and students are to keep one other informed if unable to communicate by E-mail or phone due to traveling or other extenuating circumstances.
- After the initial contact is made via an E-mail message, wait for three days for a response. If you have not received a response, retransmit your email and make telephone contact. Make sure to leave a voice message.
- If you have not received a response after two additional days, redirect your transmission to the Dean of Faculty. That means send the E-mail again and copy the Dean of Faculty on your E-mail. Make sure the transmission includes previous communication efforts.
- Any further action will be determined on an individual basis together with the Dean of Faculty and Academics.

## ASSIGNMENTS AND FORMATS

- All written assignments must be **Microsoft Word** documents sent by email as attached files.
- All papers should be **double-spaced**.
- **FONT:** Times or Times New Roman.
- **E-MAIL SUBJECT LINE:** Always include your name and the Assignment number in the subject line of your E-mail and on the title page of your assigned papers.
- **END NOTES:** All referenced material must be cited using endnotes. Include the Author's name, the publication name, the publisher, the date of publication, and the page number.
- **FILE NAME: When you "save" your document, you MUST use the following format to name your Word file: Or your file will be returned so that you can add the proper file name and format: The name of the document you attach to your e-mail should be in the following format:**

**SmithJ\_881#1.doc.** When the assignment file is returned it will be named: **SmithJ\_881#1\_Review.doc.**

## OUTLINE OF ASSIGNMENTS (Percentage of Course Grade)

Assignment #1. Personal process paper: Write 2-4 pages – Meditation Practice	05%
Assignment #2. First Class Conference Call	05%
Assignment #3. Scholarly Paper: Read and Write 5-7 pages – science of life energy	20%
Assignment #4. Second Class Conference Call	05%
Assignment #5. Scholarly Paper: Read and Write 5-7 pages – spiritual path/healing	25%
Assignment #6 Third Class Conference Call	05%
Assignment #7. Integration Paper: Write 6-8 pages - experiential/didactic assimilation	35%

## ASSIGNMENT DUE DATES

Assignments are based on a 20 Week Semester. Spring Semester begins the second Monday of March and Fall Semester begins the second Monday of September. (See Website Calendar for Specific Dates). Specific assignment dates will be sent to students at the beginning of each semester.

## PHONE CONFERENCE INFORMATION

**Phone number to call:** (605) 475-4000

**Access code:** 946358#

**Scheduled Times:** Dates and times for three class conference calls will be worked out with enrolled students at the beginning of each semester.

## DETAILS OF ASSIGNMENTS

### Assignment #1:

#### **Required Texts and Materials:**

1. Bair, *The Heart Field: What it is. How it works. Why it matters.* (2016)
2. Bair, *Follow your Heart.* (2011)

**Description:** Write a succinct but comprehensive 2-4 page paper detailing any previous experience you may have had with meditation; your feelings/thoughts about meditation; your hopes/expectations for this course. Include additional information that you feel is relevant, such as previous training, spiritual frames of reference, etc. This is a personal reflection paper and does not require any references or footnotes. **Due: 3 days BEFORE first Conference Call.**

Read first text, The Heart Field, and begin a daily practice of heart meditation. **Institute a daily 20 minute practice of HCM, 5-6 days each week.** Keeping a record of dates/times and brief description of your experience is not required, but may prove useful in doing later assignments. Read second text, noting in particular the stages of spiritual development. Consider where you are within this model. **This assignment should be completed prior to the first Conference Call.**

**Goals of Assignment:**

- Read and assess *The Heart Field*
- Plan, create, and implement a daily *Heart Centered Meditation* practice.
- Read *Follow your Heart*
- Assess the steps of spiritual development

**Assignment #2:** First Conference Call. Focus on meditation practice and identifying stages on the spiritual path.

**Assignment #3:**

**Required Texts and Materials:**

1. Bruce Lipton. *Biology of Belief*.(2007)
2. Joseph Chilton Pearce. *The Biology of Transcendence: A blueprint of the human spirit*. (2002).

**Description:** Continue HRM practice throughout the semester. Read Lipton text giving particular attention to the role of feelings and beliefs in altering our internal environment and physiology at the cellular level. Read Pearce text, with particular attention to Chapters three and four. Write a scholarly 5-7 page paper cogently summarizing the scientific basis of human energy function. In particular address the role of the heart and consciousness. Comment on your perceptions of how HCM may influence these interactions.

**Goals of Assignment:**

- Analyze and critique current scientific evidence relating to human energy function
- Discuss the influence of Heart Centered Meditation

**Assignment #4:** Second Conference Call. Focus on science of meditation and its relationship to consciousness and human transformation.

## Assignment #5:

### **Required Texts and Materials:**

1. Christine Caldwell Bair. *The Heart Field Effect: Synchronization of Healer-Subject Heart Rates in Energy Therapy*, *Advances in Mind-Body Medicine*, Winter 2008-2009, VOL 23, NO 4, pp. 10-19. Also on HU website/library/dissertations/2006.
2. William A. Tiller, PhD. *Science and Human Transformation: Subtle energies, intentionality and consciousness*. (1997) Pavior Publishing.

**Description:** Read texts. In Bair, note particularly the abstract, hypothesis and outcome measures. In Tiller, the first 5 sections. Enlarging on previous assignment and meditation experience, write a 5-7 page paper describing the scientific basis of how the heart field bio resonantly impacts the environment and others. Address the implications these findings have for human health and healing.

### **Goals of Assignment:**

- Discuss *The Heart Field Effect*
- Explain interpersonal energy field interactions and effects
- Reflect articulately on the larger implications of interconnectedness

Assignment #6: Third Conference Call. Focus on *The Heart Field Effect* and its implications.

## Assignment #7:

**Required Texts and Materials:** None new. All used so far.

**Description:** Continue HCM practice. Write a 6-8 page paper, cogently integrating the science studied and personal experience of *Heart Centered Meditation* into a clear discussion of how your awareness of your Heart Field has affected your sense of self. In particular, what impact do you see it having on expanding your conscious awareness, inner healing, your relationships? You may include areas not mentioned here that you see are related.

### **Goals of Assignment:**

- Explain how science describes human energy interactions.
- Analyze your experience of HCM in light of the science
- Integrate the science and meditation experience into practical application in your life.

## LEARNING OUTCOMES

- Read and assess *The Heart Field*.
- Plan, create, and implement a daily *Heart Centered Meditation* practice.
- Read *Follow your Heart*
- Assess the steps of spiritual development
- Analyze and critique current scientific evidence relating to human energy function
- Discuss the influence of Heart Centered Meditation
- Discuss *The Heart Field Effect*
- Explain interpersonal energy field interactions and effects
- Reflect articulately on the larger implications of interconnectedness
- Explain how science describes human energy interactions.
- Analyze your experience of HCM in light of the science
- Integrate the science and meditation experience into practical application in your life.

## REQUIRED TEXTS and MATERIALS

1. Christine Bair. **The Heart Field: What it is. How it works. Why it matters.** (2016). Available online from Amazon.com or Create Space.com.
2. Susanna and Puran Bair. **Follow your Heart: The map to illumination.** (2011). Living Heart Media. Available online from [www.InstituteforAppliedMeditation.org](http://www.InstituteforAppliedMeditation.org) , or Amazon.com.
3. Christine Caldwell Bair, PhD, ThD. ***The Heart Field Effect: Synchronization of Healer-Subject Heart Rates in Energy Therapy.*** Available online at **Advances in Mind-Body Medicine**, winter 2008-2009, VOL. 23, NO 4, pp.10-19.; or Holos University website/library/dissertations (2006).
4. William A. Tiller, PhD. ***Science and Human Transformation: Subtle energies, intentionality and consciousness.*** (1997) Pavior Publishing
5. Bruce Lipton. **Biology of Belief.** (2007). Available from Amazon.com in new/used/Kindle versions
6. Joseph Chilton Pearce. **The Biology of Transcendence: A blueprint of the human spirit.** (2002). Available at Amazon.com.

## Recommended References and Reading List

1. EmWave monitoring technology. Available from HeartMath.org. This software allows you to visually see when you are in coherence and offers valuable feedback. It is not required because of its cost, but can be a useful adjunct to monitor your progress.
2. Arthur M. Young. **The Reflective Universe: Evolution of consciousness.** (1999). Anodos Publications. Available new/used at Amazon.com.
3. Claude Swanson, PhD. **Life Force, The Scientific Basis: Breakthrough physics of energy medicine, healing, chi, and quantum consciousness.** (2010). Poseidia Press. Available new or used on Amazon.com, or from Poseidia Press.
4. Norman Shealy, MD, PhD, and Dawson Church, PhD. **Soul Medicine: Awakening your inner blueprint for abundant health and energy.** (2006). Elite Books. Available at Elite Books or Amazon.com.
5. John Boghosian Arden. **Science, Theology, and Consciousness: The search for unity.** (1998) Prager

## GRADING

**GRADING:** Part of the grade is based on how clearly and creatively you *interpret* the assignment. Scholarly Papers: an “A” is assigned to work that is exceptionally clear, well organized, and contains original thought. A “B” is assigned to papers that are not exceptional but that are well written and indicate an adequate understanding of the material.

**Personal Journals:** In papers where you are journaling and describing personal experience, emphasis is placed on giving a clear, candid, and honest description. These papers do not require endnotes or “scholarly” writing. It is important to keep these papers within the length prescribed. Be succinct and don’t ramble.

**Experiential Exercises:** Equal weight is given to experiential and didactic course components.

**Conference Calls:** There are three conference calls during the semester. The preparation for these calls and the participation in the conferences is a very important aspect of Assignment #5.

You will receive a grade on your papers with the exception of the initial Personal Process Report. The instructor’s final course grade will take into account the learning that is evident in the composite of reports plus an assessment of the Conference Call preparation and participation.

**Grade of Honors:** We encourage students to strive for honors in all that they do. However a grade of Honors is reserved for work that significantly exceeds the level of excellence required for an "A" or "B". It might be thought of as an A++!

**Grade of Unsatisfactory:** Students who fail to adequately satisfy the requirements or who do not demonstrate graduate level competency in the course will receive an Unsatisfactory grade. An Unsatisfactory grade in a Core course will require re-enrollment in the course.

### FINAL ASSIGNMENT:

You will receive a course evaluation form at the end of the Semester. Complete and return the form. You will receive notification of your final course grades only after you have submitted an evaluation for this and all other courses you have *completed* this semester. Students who plan to take an *Incomplete* in a course must wait until *finishing* the course before filling out the form.