

‘The Revelation of Meaning: Meditation and Higher Education’

World Goodwill Seminar, From the Unreal to the Real:

Discerning Truth in Our Times, 18/11/2017

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www.hm.edu/meditationsmodell



„The world will not evolve past its current state of crisis by using the same thinking that created the situation.“

Albert Einstein



Creativity is a process for Sir Ken Robinson in order to develop relevant original ideas - which often have their origin in the interaction of different perspectives (13:20).

TED-Talk von Sir Ken Robinson

https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity

Instead of offering a certain amount of leeway to be able to develop original ideas, our schools stick to the – in Robinson's opinion outdated –

educational plans that only focus on the cognitive competencies of the students. The goal is to achieve a seamless integration in the working world.

TED-Talk von Sir Ken Robinson

https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity

“One of the underlying causes, perhaps the greatest, of our materialistic age is the lack of the spiritual element in our formal education.”

Alice A. Bailey

Bailey, A. A. (2012): From Intellect to Intuition. New York: Lucis Publishing Company, p. 31. (1932)

“May it not be possible that the science of the intuition, the art of clear synthetic vision, may some day stand to the intellect as it, in its turn, stands to the instinctual faculty.”

Alice A. Bailey

Bailey, A. A. (2012): From Intellect to Intuition. New York: Lucis Publishing Company, p. 26. (1932)

Dalai Lama – Ethics for the New Millennium

Mind and Life discussions

Goleman, D. (2004): Destructive Emotions. How can we overcome them: A Scientific Dialogue with the Dalai Lama. New York: Bantam Dell.



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www.mindandlife.org

NEW FROM MIND & LIFE

The Monastery and the Microscope

CONVERSATIONS WITH THE DALAI LAMA ON MIND,
MINDFULNESS, AND THE NATURE OF REALITY →

Effects of Mindfulness and Meditation

Becoming more aware of mental activities

Increasing level of concentration

Improving sense of confidence, of self-efficacy, of
wealth and happiness as well as emotional balance

Reducing level of stress und fear

(...)

Mindfulness

Pay attention and develop an awareness of what is happening, in the moment, with your body, your emotions, and your thoughts.

The goal is to achieve a state of clarity and equanimity.

Mindful Walking

Mindful Eating / Cooking

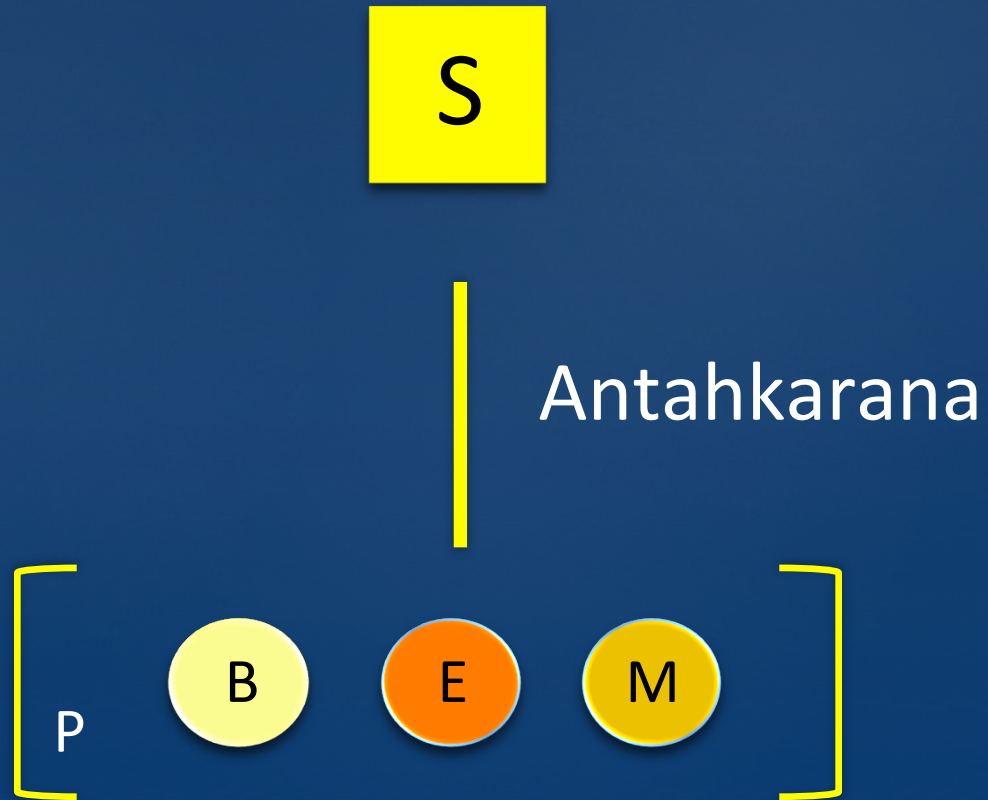
Bodyscan

Breathing Exercises / Mantra Meditation / (...)

Pictures see streaming:

https://www.lucistrust.org/de/world_goodwill/seminar/2017_world_goodwill_seminar_london

Meditation



„True meditation is after all an attitude of mind and will grow out of an attitude of concentration.

The objective, therefore, of all our endeavor is to train the mind so as to make it our servant and not our master, and to cultivate the power of concentration preparatory to true meditation work.“

Alice A. Bailey

Bailey, A. A. (2012): From Intellect to Intuition. New York: Lucis Publishing Company, p. 107. (1932)

„The earnest student, therefore, will carry this close attention into the affairs of everyday life and will thereby learn to regulate his mind as an apparatus for his thought.“

Alice A. Bailey

Bailey, A. A. (2012): From Intellect to Intuition. New York: Lucis Publishing Company, p. 107. (1932)



„Meditation is hard work. It demands the highest form of discipline – not conformity, not imitation, not obedience – but a discipline which comes through constant awareness, not only of the things about you outwardly, but also inwardly.“

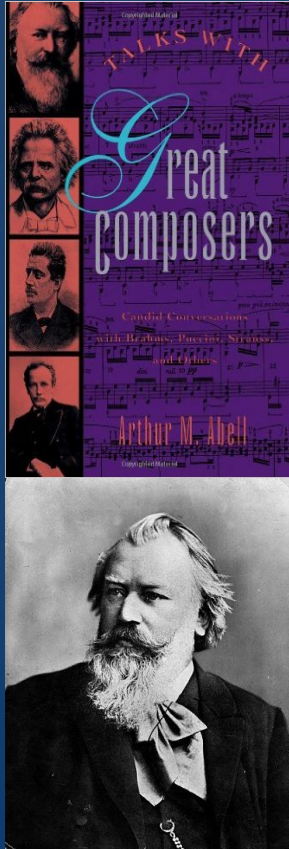
Jiddu Krishnamurti



„When we meditate, what we actually do is enter into a deeper part of our being. At that time, we are able to bring to the fore the wealth that we have deep within us. “

Sri Chinmoy

Sri Chinmoy (1974): Meditation: God's Duty and man's beauty. New York: Agni Press, p. 2.



Abell, A. M. (1955 / 1994):
Talks with great composers.
New York: Citadel Press.

Johannes Brahms

„Straightaway the ideas flow in upon me, (...) and not only do I see distinct themes in my mind`s eye, but they are clothed in the right forms, harmonies and orchestration.”

“(...) I have to be in a semi-trance condition to get such results – a condition when the conscious mind is in temporary abeyance and the subconscious is in control, for it is through the subconscious mind, which is part of Omnipotence, that the inspiration comes.”

(1955, p. 5f.)

„I have to be careful, however, not to lose consciousness, otherwise the ideas fade away.“

(...) Therefore, to evolve and grow, man must learn how to use and develop his own soul forces. All great creative geniuses do this, although some of them do not seem to be as conscious of the process as others.“

(1955, p. 6f.)

Possibilities of training the mind:
Meditation at university?
– The Munich Model

www.hm.edu/meditationsmodell

Fields of studies

- Education and Training in Childhood
- Elementary School Pedagogics
- Teacher Education
- Pedagogics for Special Needs Education
- Social Work
- Psychology
- Home and Outpatient Care
- Art (Music / Painting)
- General and Interdisciplinary Studies

Credit earned through

Active participation

Practicing of meditation exercises at home
(meditation diary/journal)

Personal reflection in written form (term paper)

(meditation diary/
journal/term paper)



Practical exercises (selection)

- Mindful communication
- Mindful eating/cooking
- Mindfulness and breathing exercises
- Ajna Meditation
- Bodyscan
- Walking Meditation
- Meditation of sounds
- Loving kindness/ Compassion Meditation
- Maranatha Meditation
- Other Techniques (f.e. Vipassana Meditation, Transmission Meditation)

Pictures see streaming:

https://www.lucistrust.org/de/world_goodwill/seminar/2017_world_goodwill_seminar_london

Theoretical input

- Research on mindfulness and meditation (especially neuroscience)
- Fields of implementation for mindfulness and meditation (specified for every degree program)
- Background knowledge about approaches of mindfulness and meditation (e.g. Vipassana, MBSR, Christian Meditation, Zen Meditation, Transcendentale Meditation, Transmission Meditation etc.)
- Spiritual teachers and their concepts

Other topics (selection)

- Thoughts and emotions
- Health and stress
- Happiness / Compassion / Altruism
- Religion and spirituality
- Time (past, present/ moment, future)



Films (selection)

- Monks in the laboratory
- The Altruist Revolution
- Free the Mind
- The Dhamma Brothers
- InnSaei – the power of intuition



FAKULTÄT 11

- > Startseite
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- > Frageportal
- > Rund ums Studium
- > Studienangebot
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- > Internationales
- > Kontakt
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DAS MÜNCHNER MODELL

Die Initiative »Meditation im Hochschulkontext – Das Münchner Modell« wurde 2010 von [Prof. Dr. Andreas de Bruin](#) ins Leben gerufen. Beim Münchner Modell handelt es sich insbesondere um die Implementierung von Meditations- und Achtsamkeitsübungen in Form von Lehrveranstaltungen in die Lehrpläne verschiedener Studiengänge an der Hochschule und der Ludwig-Maximilians-Universität (LMU) München.

Im Mittelpunkt stehen praktische Meditationsübungen. Sitzmeditationstechniken, die beispielsweise die Fokussierung auf den Atem, auf dem Bereich zwischen den Augenbrauen oder das innerliche Rezitieren eines Mantras, beinhalten. Weitere Übungen sind unter anderem Sutras (Lehrreden), Bodyscan, Mitgefühlsmeditation, Gehmeditation sowie reine Achtsamkeitsübungen, wie bewusstes Kochen und Essen.

Theoretische Bausteine in der Lehrveranstaltung sind insbesondere die wissenschaftliche Forschung, Hintergrundwissen über die verschiedenen Meditationsansätze und Anwendungsbereiche. Die Studierenden lernen dabei auch, wie die Übungen in den jeweiligen Berufsfeldern – abhängig vom jeweiligen Studiengang – eingesetzt werden können.

Angebote gibt es derzeit in neun Studiengängen. Über 1200 Studierende haben das Programm bereits absolviert, pro Semester nehmen 150 Studierende an den Kursen teil. Im Münchner Modell gibt es auch Noten und Creditpoints. Benotet wird aufgrund von Präsenz, aktive Mitarbeit, dem Führen eines persönlichen Meditationstagebuchs und einer schriftlichen Reflexion darüber, wie Meditation und Achtsamkeit im späteren Berufsfeld sinnvoll eingesetzt werden können.

Weitere Angebote im Rahmen des Münchner Modells

- 1) Zusatzmeditationsangebot für Studierende (siehe [Rubrik "Aktuelle Projekte"](#))
- 2) Zusatzmeditationsangebot für Hochschulbeschäftigte (siehe [Rubrik "Aktuelle Projekte"](#))
- 3) Netzwerktreffen (siehe [Rubrik "Netzwerk"](#))
- 4) Öffentliche und kostenlose Film-/Vortragsreihe "Spirituelle Lehrer und ihre Unterweisungen" (siehe [Rubrik "Kostenlose Downloads"](#))

Ausführliche Infos zum Münchner Modell

Lehrveranstaltungen und Zusatzangebote: [Übersicht Münchner Modell 02.2017](#)
Universität Bayreuth (Masterarbeit): [Interview 02.2017](#)

Publikation "Meditation im Hochschulkontext – Das Münchner Modell"
Erscheint Mai 2017 (voraussichtlich als PDF-Download)

[Zur Profilseite Prof. Dr. Andreas de Bruin >](#)

Meditation at University – Possibilities and Challenges

Lecture at the World Forum for Ethics in Business called “Possibilities of Training the Mind: Meditation at University? The Munich Model“, 26/06/2017



Photo: R. Wegele



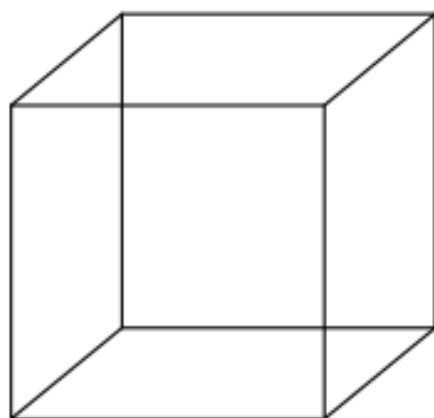
'Meditation in the Museum'

Symposium Museum Guides Now! 07/11/2017

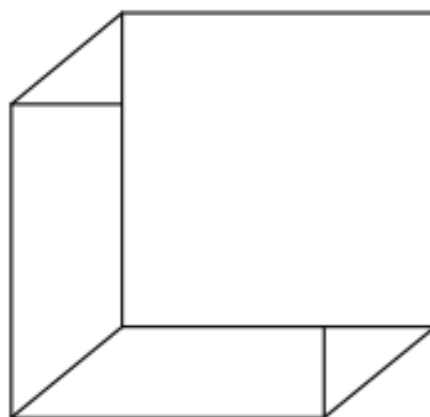
Prof. Dr. Andreas de Bruin
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Photo: A. de Bruin

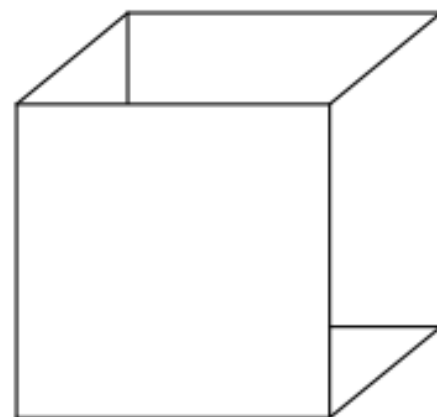
A



B



C





Silence before
looking

Silence during
looking

Silence after
looking

Photo: A. de Bruin



Self-Portrait, Rembrandt



Self-Portrait, Rembrandt

Rembrandt

Quality of entering into the life of the other individual, their feelings, their psychic.

Extraordinary technical ability to embody that into a form.

Empathy, deeper understanding of the inner aspects, the inner life.

The background of the slide is a reproduction of the painting 'The Jewish Bride' by Rembrandt. It depicts a man and a woman in 17th-century attire. The man, on the left, is wearing a dark, patterned robe and a white shirt with a ruffled collar. He is looking down at the woman with a gentle expression. The woman, on the right, is wearing a red dress with a white lace collar and a white lace veil. She is looking up at the man. The lighting is soft and focused on the couple, with a dark, indistinct background.

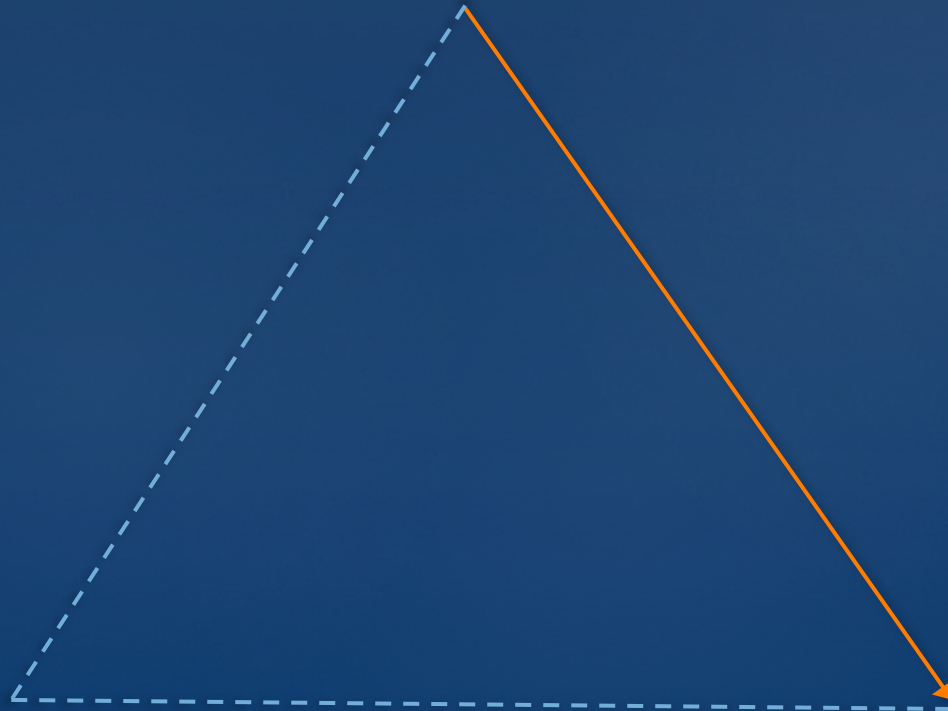
The Jewish Bride, Rembrandt

„(...) an artist is someone who attunes himself to the vibration of Reality and gives that expression.“

Benjamin Creme

Creme, B. (2005): The esoteric art of Benjamin Creme. Boulder: Sirius Enterprises, p. 6.

Painter



Interpreter
(Copy of the Painting)

Viewer



“The painter has the
Universe in his mind
and hands”

Leonardo da Vinci

“A painting is
complete when it has
the shadows of a
god.”

Rembrandt

Salvator Mundi, Leonardo da Vinci

It is really the provision of a 'way in' for the viewer; but to know what the picture is about is not the same thing as to experience the painting."

Benjamin Creme

Creme, B. (2005): The esoteric art of Benjamin Creme. Boulder: Sirius Enterprises, p. 8.



Vanity, Tizian

Silence before
looking

Silence during
looking

Silence after
looking

Aspects of the painting

Organizing the material

Colour / Light / Shadow

Lines / Perspective /
Movement / Composition

The architecture of the
painting / Inner structure

Used techniques

Signs / Symbols / History

(...)



The Jewish Bride, 1667, Rembrandt, Rijksmuseum, Amsterdam

Mindful Walking

Mindful Breathing

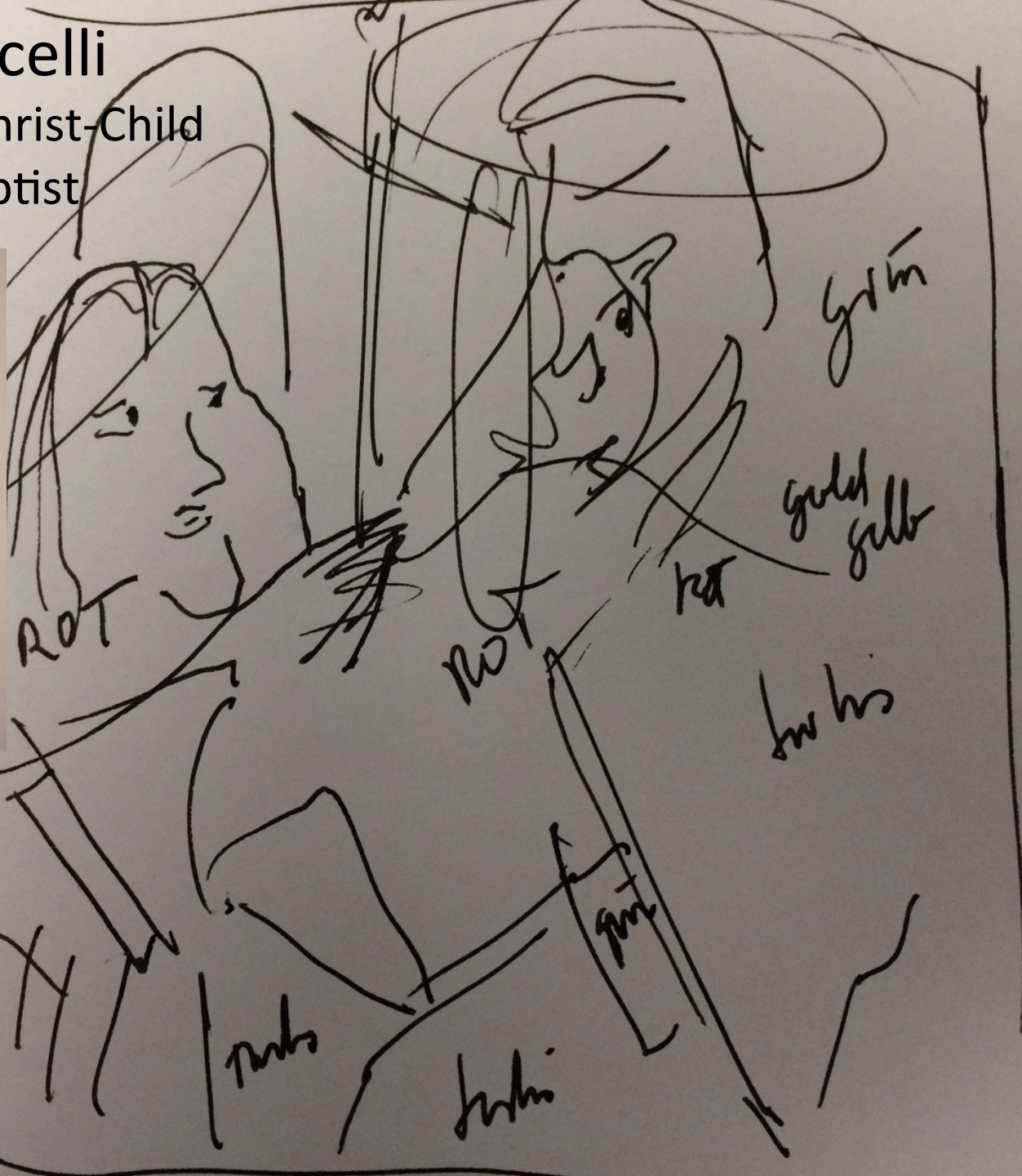
Meditation and Art – Aspects of the Painting

Pictures see streaming:

https://www.lucistrust.org/de/world_goodwill/seminar/2017_world_goodwill_seminar_london

Mary with the Christ-Child and John the Baptist

Mary with the Christ-Child and John the Baptist



„As an archer aims an arrow,
as a carpenter carves wood,
the wise shapes their lives.“

Buddha

Thank you for listening! ;-)

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