

EST. 2007

# FALL 2024 NEWSLETTER

University of Redlands Meditation Room Program

## What is the Meditation Room and Contemplative Education?

The Meditation Room Program is a contemplative educational space open to all students, faculty, staff, and Redlands community members.

Contemplative education cultivates inner awareness through rigorous first-person investigations known as "contemplative practices." Contemplative practices in the classroom range widely: silent sitting meditation, walking meditation, deep listening, mindfulness, yoga, calligraphy, chant, guided meditations, nature observation, self-inquiry, and many others.

The Meditation Room facilitates the concept of "Know Thyself" as a foundation of liberal arts education. Students benefit from contemplative practices in their intellectual, personal, and social pursuits.

## Weekly Schedule

<p>SOAN-265 1:15 - 2:30pm</p> <p>Monday</p>	<p>JNST-000H 10:50 - 12:05pm Open Hours 12:15 - 2:15pm Bloom Meeting 4:30 - 5:30pm</p> <p>Tuesday</p>	<p>Community Yoga 8:30 - 9:30am SOAN-265 1:15 - 2:30pm</p> <p>Wednesday</p>
<p>JNST-000H 10:50 - 12:05pm Open Hours 12:15 - 2:15pm</p> <p>Thursday</p>	<p>Open Hours 8am - 12pm</p> <p>Friday</p>	

## Upcoming Community Events

12:15pm to 1pm

- 9/18 Restorative Yoga**  
Prof. Pat Geary
- 9/25 Buddhist Sound Bath**  
Rev. Sharon Graff
- 10/2 Bloom Contemplative Practice**  
Bloom Student Group
- 10/9 Native American Practice**  
Prof. Larry Gross
- 10/16 Restorative Yoga**  
Prof. Pat Geary
- 10/23 Earth Seed Meditation**  
Prof. Lillian Larsen
- 10/30 Jewish Contemplative Practice**  
Rabbi Lindy Reznick
- 11/6 Election Reflection**  
Rev. Dr. Darrel Wesley
- 11/13 Restorative Yoga**  
Prof. Pat Geary
- 11/20 Buddhist Sound Bath**  
Rev. Sharon Graff
- 12/5 Islamic Contemplative Practice**  
Prof. Sana Tayyen

*schedule subject to change*

Interested in receiving semester newsletters? Email [meditation\\_room@redlands.edu](mailto:meditation_room@redlands.edu) to be added to our mailing list!

# Our New Chapter

## The Meditation Room's Spring 2024 Re-opening

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After an extended hiatus, with the onset of Covid in the Spring of 2020, we are thrilled to report that the 2023/2024 Academic Year marked the re-opening of the University of Redlands Meditation Room. As we progressively re-commenced programming, our fledgling Fall 2023 program included weekly yoga classes, led by Prof. Pat Geary; weekly classes focused on Native American contemplative practice, led by Prof. Larry Gross; and weekly gatherings of the newly constituted Bloom Student Mindfulness Group. Simultaneously, we began to experiment with maintaining a regular schedule of 'open hours', interspersed with occasional midday community sessions, facilitated by local religious leaders.

During Fall 2023 this included a Yom Kippur meditation led by Rabbi Lindy Reznick (Bet Ahava), which served as a rich prototype for organizing a regular slate of weekly sessions. These commenced during the Spring 2024 term, with a session led by Rev. Dr. Darrell Wesley [RUMC], who offered rich opportunity to contemplate the Life and Legacy of Martin Luther King, Jr. (Redlands Community News [Becca 01.25.24]). Subsequent Spring 2024 sessions introduced students, faculty, staff and community members to the contemplative benefits of Restorative Yoga (Prof. Pat Geary [UoR]), Sound Healing (Rev. Sharon Graff [SabbathPoint]), *Lectio Imago* (Rev Cheryl Raine [FPCR]), *Lectio Visceralis* (Prof Jon Falcone [SFTS] and Bloom Student Group [UoR]), Ramadan Prayer (Prof. Sana Tayyen [UoR]), Distribution of Ashes (Rev. John Walsh [UoR]), Kabbalah (Rabbi Lindy Reznick [Bet Ahava]), and Multi-Faith *Lectio Divina* (Prof. Lillian Larsen [UoR]). In turn, as students were introduced to contemplative renewal through images, movement, sound and words they were encouraged to integrate mindfulness into their own practice of self-care.

While the 2023-24 Academic Year was not without challenges, for those involved in facilitating the Meditation Room's re-opening, the joy of re-introducing our University Community to the benefits of contemplative practice carried its own reward. In turn, as we commence Academic Year 2024-25, it is with deep gratitude for the generosity of those who have already contributed to the important work of re-inaugurating this sacred space. We likewise joyfully welcome their continued collaborative investment in shaping an emergent vision of the Meditation Room's generative role in the lives of University of Redlands students, faculty and staff, and the wider community.

Dr. Lillian Larsen

Steward of the Meditation Room



## Photos (clockwise from top left)

May Term “Neuroscience of Meditation”  
MLK Jr. Week Meditation led by Rev. Darrel Wesley  
Bloom Club Journaling Lawn Event  
Ramadan Meditation led by Sana Tayyen  
Sound Bath with Sharon Graff and students





The Meditation Room is in Larsen Hall,  
1100 East Colton Avenue. Room 210

## Want to use the Meditation Room?

The Meditation Room is available for academic courses, community contemplative practices such as meditation and yoga, contemplative events, and private practice.

Please reach out to  
lillian\_larsen@redlands.edu if you're  
interested in hosting within this space.

### Acknowledgements

Thank you to everyone involved in AY2023-24 re-opening of the Meditation Room! We could not have done it without you.

Special thank you to Redlands Community News!

## A Dedication to the Meditation Room Founding Staff

Upon her retirement in July 2023, Dr. Fran Grace left behind her legacy of founding the University of Redlands Meditation Room Program. The vibrant community and culture built from her compassion and love remains strong 14 years later. Dr. Karen Derris and Dr. Lorenzo Garbo were also pivotal in the creation and life of the Meditation Room. Thank you for the love and compassion you brought to the community.



Fran Grace



Denise Spencer



### In Memoriam

In late December 2023, Denise Spencer passed from life to life after an extended battle with cancer. Denise was instrumental in both founding and sustaining the Meditation Room's success. Countless Redlands students likewise benefited from her ongoing support. In March, our wonderful yoga teacher, Urmila Moore, also unexpectedly passed from life to life. As we mourn the loss of each of these dear community members, we are grateful for the rich joy that infused their lives and their contemplative contributions.

Correction: 8/24. Original newsletter featured a photo of Urmila's sister, who is alive and teaching. Urmila passed in March, not April as originally stated. We apologize for these errors.

## Meet the Meditation Room Staff



Dr. Lillian Larsen  
Steward of the Meditation  
Room



Savannah Butak  
Department  
Coordinator



Kaye Morgan  
Student Monitor

*Changing the world from the inside-out*