

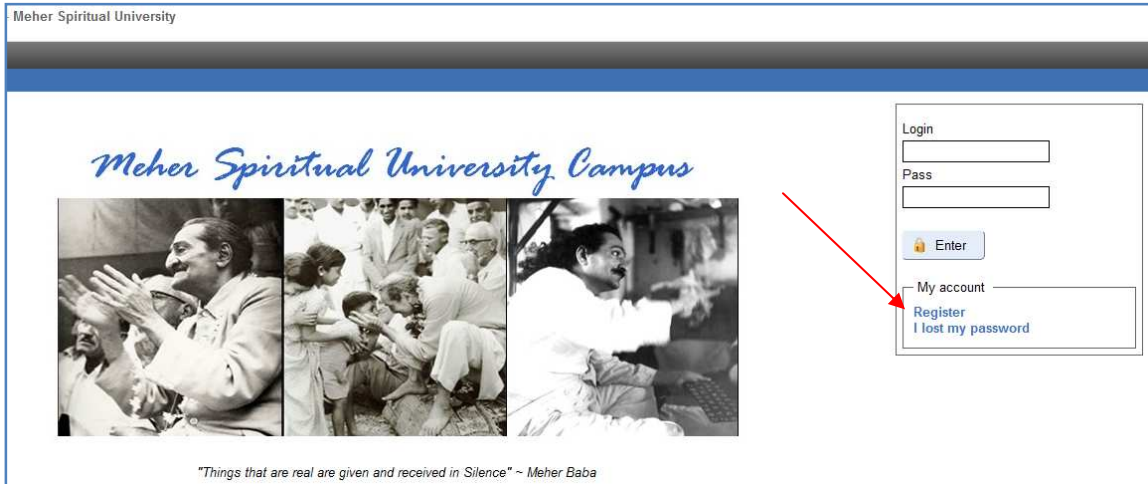
QUICK START GUIDE

Registering and Reading MSU Courses

Section 1: Registration

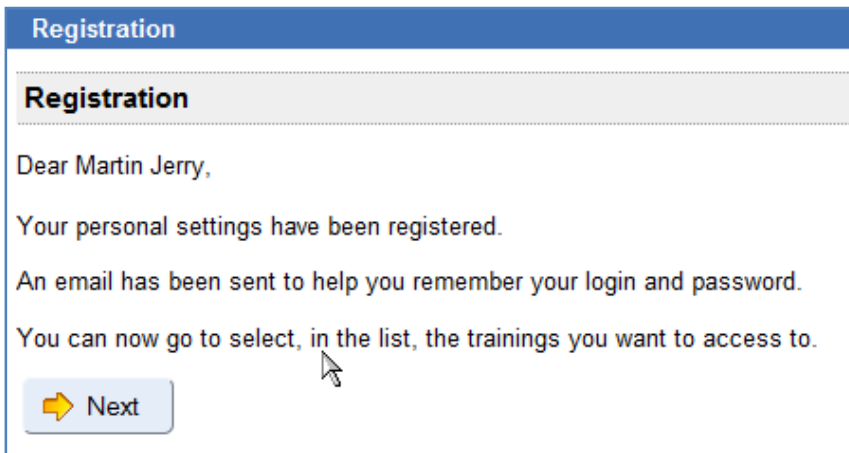
MSU courses are completely free. You can register yourself in a few simple steps, subscribe to courses that you are interested in and start reading all in just under a few minute. The following takes you through a Step by Step tour of the registration process.

1. Reach the MSU Online Campus page at : <http://campus.meherspiritualuniversity.org>
2. Click on the **Register** link as shown below:

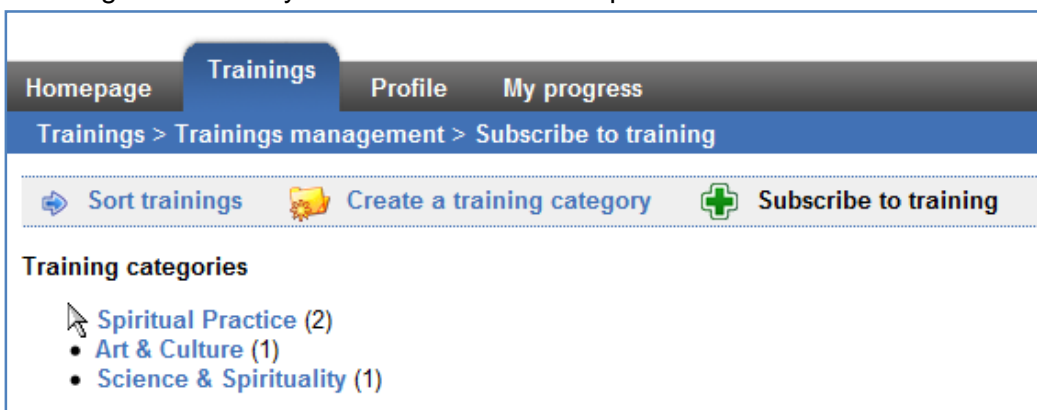


3. You should see the registration page as follows. Fill the boxes as shown below and press **register** (leave the phone field blank). **Please make a note of what you fill in Login and Pass boxes** as you have use them to login to MSU. **Registration details submitted by you are not shared with anyone for any purpose whatsoever.**

4. Registration is complete! You should now see the following screen confirming that you have registered successfully. A mail is also sent to your email address providing you with your login and password for future reference.

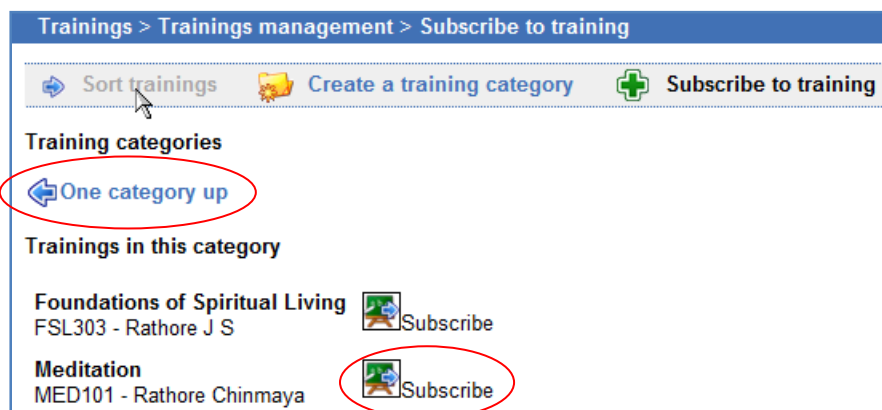


5. Pressing **Next** takes you to the course subscription screen shown below:

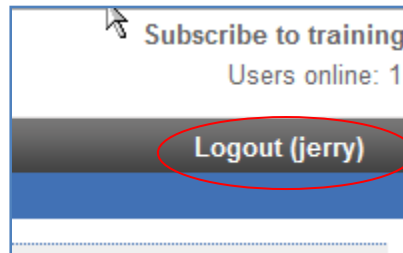


Click on any of the above categories. MSU courses are grouped under categories. The numbers in the bracket show the total courses available under each category. Both the number of categories and the number of courses in each category keep changing as MSU adds new courses from time to time. To read a summary of each course visit <http://www.meherspiritualuniversity.org/msucourses.html>

6. Click on any of the categories (Ex. spiritual practice) and you will see the following screen:



- Click on the subscribe button in front of the course that you wish to subscribe to. You can use the **One Category Up** link to move back and visit another category and subscribe courses there. Once you are finished, just **Logout** link on the top left.

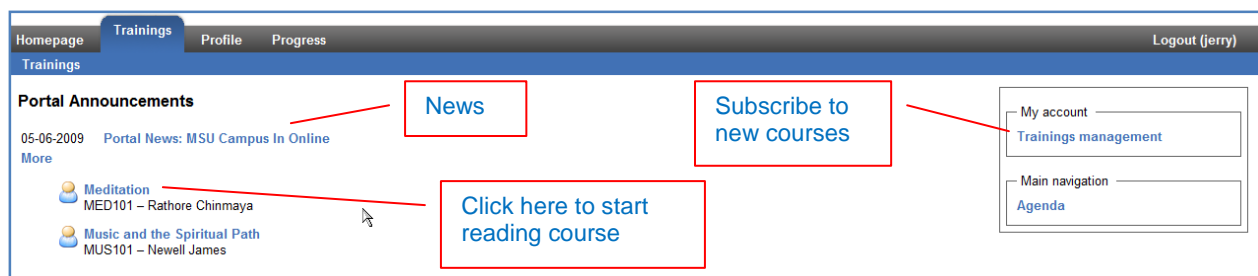


- You can now do a fresh login from the login page shown in [step 2](#) above and start reading the courses you have subscribed. **You do not need to subscribe all courses at the time of registration. You can subscribe or unsubscribe courses at any time from inside you account** also after completing registration. This way you can subscribe and read new courses as they are added from time to time without having to re-register. See the sections below for more details.

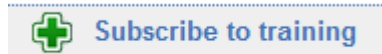
Section 2: Reading Courses

Once you have registered and subscribed to courses as described above, you can start reading MSU courses. The idea is that you will (and probably should not) read the whole course in one sitting. Feel free to logout at any time and come back again and start reading forward from where you left.

- To start reading a subscribed course, just reach <http://campus.meherspiritualuniversity.org> (also accessible through the **campus** link on the Meher Spiritual University home at <http://www.meherspiritualuniversity.org>)
- Enter your Login and Password on the login screen and you enter and get the following screen:




- You can click on the **Portal News** Link on this page to read news and announcements. You can click on **Trainings Management** link to subscribe (or unsubscribe) courses as and when you wish. Just click on the following button and follow screen instructions.



- To start reading a course, you can click on the course link (ex. Meditation or Music and the Spiritual Path as shown in [step 2](#) above) and you will see the following screen

MED101

MEDITATION



This short course on Meditation comes to you from Meher Spiritual University - a not for profit organization devoted to the study and teachings of Meher Baba. The course is based on the discourses given on the subject by one of the greatest spiritual Masters of our time - Meher Baba. The course is organized in three modules with each module comprising of lesson units. The course primarily aims to sensitize the participant to the theory and practice of meditation providing some interesting insights into the subject. After undergoing this course, the participants should be in a position to gain a good perspective in the theory and practice of meditation and feel encouraged to joyously undertake the practice of meditation in their daily life.

To start learning , click on the link below titled - **Meditation by Meher Baba**. All modules titles and lesson units within each module will appear in a pane on the left of your screen and you can read them by clicking on these links. Access to some topics may not be immediately available until the previous prerequisite modules have been read first. We recommend therefore that you read these modules and lesson units sequentially taking your time. You can resize the contents pane by dragging your mouse at the top, bottom or side edge of the pane in case all topics are not visible. To stop learning at any time, just click on the logout link on the top right of your screen and you can come back and continue later. Enjoy.


- Links
- Announcements
- Dropbox
- Chat
- Assessments

- Tests
- Forums
- Groups
- Assignments
- Meditation by Meher Baba

- Click on the **circled link** and you will be led to the following screen with a **Table of Contents (TOC)** pane in the left (orange box). You can click on links in a sequence and the content will appear in the right pane as shown below.

Training home

Course Preface



3%


Meditation by Meher Baba

- Course Preface
- Watch Meher Baba on Video
- Module 1: Understanding Meditation**
 - Module Introduction
 - Unit 1.1 : What is Meditation ?
 - Unit 1.2: Meditation Is Universal
 - Unit 1.3: Meditation not a Mechanical Exercise
 - Unit 1.4: Meditation Vs Concentration
 - Module Summary
 - Module 1 Quiz
- Module 2: Classification of Meditation

Background

Meditation has been a subject of considerable interest since times immemorial. This is particularly true for eastern spiritual traditions where meditation has long been seen as a vehicle for self discovery and gnosis. In the recent times, there has been a considerable and renewed interest in meditation due to which a number of techniques of meditation have been widely publicized. The stress on learning meditation however has largely centered on the potential health benefits of meditation in combating stress arising from the rigors of modern day living. Propelled by this understanding, many people practice meditation with the primary objective of achieving happiness in their lives through body fitness and mental tranquility.

While the stress on health benefits of meditation is fine, seeing meditation from the narrow prism of body wellness is probably undermining the true potential of meditation as a vehicle for spiritual growth and self discovery which most eastern spiritual traditions highlight as the real purpose of life. If the source of



- Courses are organized in modules with each module having units. Click on links in the TOC shown by **orange box** to read new modules and units. You can also move sequentially from one unit to the other using the **forward** and **back** buttons (shown

inside the **green oval**). When you have finished reading, you can exit by clicking on **training home** link (shown inside the **red oval**) and then press **logout** on the top left of the resulting screen.

7. It is recommended that you read course modules in a **sequence**. It may be so that you cannot open some modules in some of the courses unless you have completed reading prerequisite modules set so by the course developer.

Section 3: Subscribing to New Courses when

MSU keeps adding new courses. If you are or have been a learner at MSU, you will receive announcements of new courses by email. You can find also out about new courses by periodically visiting from the following link:

<http://www.meherspiritualuniversity.org/msucourses.html> .

To subscribe to new courses, just login using your login and password and click on the **trainings management link** as described in [steps 2-3 in section 2](#) .

Section 4: Forgotten Password

Common problem. You have read a few courses before but it's been some time and you no longer remember your password. Just click on **I lost my password** link on the login page, type in your email (that you used at the time of registration) and you will get an email with your password (as an added security feature you will have to authenticate a link before you get to see your password)

The image shows a login form with two input fields labeled 'Login' and 'Pass'. Below the fields is a button labeled 'Enter'. Underneath is a section titled 'My account' which contains two links: 'Register' and 'I lost my password'. The 'I lost my password' link is circled in red.

Section 5: Explanation of Learning Tools Icons

The following annotations explain some of the tools that are available to learners.

Links	Has links to aids and other resources that you can visit to read further
Announcements	Important course announcements from time to time
Dropbox	You can upload share your files with other learners
Chat	See how is online and engage in a live chat with them
Meditation by Meher Baba	This type of link will open the course contents (different for different courses)
Tests	Quizzes and Tests used in the course that you can access any time to test learning
Forums	Course Forums that you can create and comment in
Groups	Learner Groups. To be set up on request by instructor
Assignments	Drop your assignments here

Please contact coordinator@meherspiritualuniversity.org for any questions or assistance. We will be happy to help.