

# NC STATE UNIVERSITY INTERFAITH PRAYER AND MEDITATION ROOM GUIDELINES

204 Witherspoon Student Center

NC STATE UNIVERSITY

## Background

In the fall of 2013, the Office for Institutional Equity and Diversity requested the creation of permanent space on Main and Centennial Campus to serve as interfaith prayer, meditation and reflection space for students. The idea for this space came from student requests, surveys, research comparables and peer institutions. Proposals for a space were also presented by students during the 2015-16 academic year and were endorsed by the Student Center Board of Directors and the Student Senate. As of the fall 2016, several (temporary and permanent) spaces now exist across the campus.

## Description

The interfaith prayer and meditation room is meant to serve and support all students and the holistic wellness of the university community. This space allows individuals of all religious faiths and non-religious beliefs to experience a place for peace, prayer, meditation and/or reflection throughout the day. Scientific evidence<sup>1</sup> demonstrates significant cognitive and physiological benefits to meditation.<sup>2,3</sup> The space is intended for individual use and not for any organized group activity or meetings. The interfaith prayer and meditation room is not reservable and is available for individual students to use whenever the Witherspoon Student Center is open.

## Interfaith Prayer and Meditation Room Guidelines

The guidelines below must be followed when using the interfaith prayer and meditation room. These guidelines are posted outside the door to the interfaith prayer and meditation room located at 204 Witherspoon Student Center.

- Cellular phones must be placed on silent upon entry.
- No food or beverages (with the exception of water) are allowed in the room.
- Shoes are to be removed and placed on the provided racks immediately upon entering the room.
- Music is to be listened to through headphones or earbuds with all musical devices (e.g., iPods, MP3 players, etc.). No loud music is permitted.
- No posters, signs, brochures or other displays are to be placed inside or outside the room at any time.
- The use of fire, including lit candles or incense, is not permitted in the room or building.
- Symbols of faith must be removed or stored in cabinets after individual usage.
- Please keep the room clean. All personal materials are to be removed from the space after use. Mats/carpets need be returned to the allotted location (cabinets). Furniture must remain in the room and restored to the original position. No items are to be removed from the room.
- Mutual respect of others is expected at all times.
- This room is not intended to be used as a lounge, study room, meeting room or for other purposes.
- Gatherings that cannot be conducted without disrupting other activities or users in the room should be done in other rooms or locations. Contact Rave! Events at 919.513.8368 or in person in Talley Student Union, Room 3244 to reserve a room.

## “RESPECT THE PACK” – Respect for Others

All users are expected to exercise mutual respect for the integrity of each other's beliefs, cultures and traditions. This means that users should respect other peoples' freedom within the law to express their beliefs, traditions and dress in worship and prayer.

## Concerns

- If you have any concerns regarding the use of this space, please contact Dr. Tracey Ray, assistant vice provost for student diversity at [teray@ncsu.edu](mailto:teray@ncsu.edu) or 919.515.9243.
- If you feel that you are being discriminated or retaliated against based on your faith or non-faith tradition, visit [go.ncsu.edu/report\\_harassment](http://go.ncsu.edu/report_harassment) to report a discrimination, harassment or retaliation complaint.
- If you feel that your safety is being threatened, contact Campus Police at 919.515.3000 or 911.

## NC State's Equal Opportunity and Non-Discrimination Policy ([policies.ncsu.edu/policy/pol-04-25-05](http://policies.ncsu.edu/policy/pol-04-25-05))

- Discrimination is unfavorable treatment with regard to a term or condition of employment, or participation in an academic program or activity based upon age (40 or older), color, disability, gender identity, genetic information, national origin, race, religion, sex (including pregnancy), sexual orientation or veteran status. Discrimination includes the denial of a request for a reasonable accommodation based upon disability or religion.
- Harassment is any unwelcome conduct based upon age (40 or older), color, disability, gender identity, genetic information, national origin, race, religion, sex (including pregnancy), sexual orientation or veteran status that either creates a *quid pro quo* situation or a hostile environment.

## Additional Resources

The NC State Counseling Center offers group guided meditation workshops each semester. For more information about their programs and services, visit [counseling.dasa.ncsu.edu/workshops-and-events](http://counseling.dasa.ncsu.edu/workshops-and-events).

**To provide comments, suggestions or feedback about this space, please visit [go.ncsu.edu/interfaithspace](http://go.ncsu.edu/interfaithspace) to complete our user survey.**

## Notes

<sup>1</sup> National Center for Complementary and Integrative Health (NCCIH), U.S. Department of Health and Human Services, National Institute of Health, *Meditation: In Depth*, February 1, 2006, [nccih.nih.gov/health/meditation/overview.htm](http://nccih.nih.gov/health/meditation/overview.htm).

<sup>2</sup> Puddicombe, Andy, *The Science Behind Meditation*, Headspace, August 2016, [www.headspace.com/science](http://www.headspace.com/science).

<sup>3</sup> Schulte, Brigid, *Harvard Neuroscientist: Meditation Not Only Reduces Stress, Here's How It Changes Your Brain*, The Washington Post, May 26, 2015, [www.washingtonpost.com/news/inspired-life/wp/2015/05/26/harvard-neuroscientist-meditation-not-only-reduces-stress-it-literally-changes-your-brain](http://www.washingtonpost.com/news/inspired-life/wp/2015/05/26/harvard-neuroscientist-meditation-not-only-reduces-stress-it-literally-changes-your-brain).