

## The Introduction to Meditation Teacher Training Course On-line Preview

**W**e will preview this new training course on June 5th. We will initially train four teachers, as we have four webinar slots. We will train more at this time, if you can share computers.

We will teach the course over eight Saturdays, June 18th and 25th, and July 2nd, 9th, 16th, 23rd, and 31st, and August 6th.

**Prerequisites:** Completion of the Mudrashram® Advanced Course in Meditation, strong foundation in the core practices, and a desire to teach and do coaching

**Suggested donation:** \$247.00

For our initial, introductory session on June 5th, we will go over:

- What does the ITM Teacher Training program cover?
- Why did we develop the Introduction to Meditation (ITM)?
- What does the ITM cover?
- What is the Foundations of Meditation Course (FOPMC)?
- What does FOPMC cover?
- How is FOPMC different than ITM?
- What is the opportunity for you to become a meditation teacher and coach, to earn money doing this, while you assist Mudrashram®?
- What are the opportunities for you to teach and act as a coach for the ITM courses on-line?
- What are the opportunities off-line, to teach both of these classes as an independent meditation consultant?

We will take the time to answer your questions and how this program will work. Those of you who want to pursue this opportunity can contact me. We will have a signup process, through which you can enroll. Participation in all eight sessions is required.

## What does the Introduction to Meditation Teacher Training Program (ITM-TTP) Cover?

### Class One

1. We will go into greater depth of what is covered in the Introduction to Meditation Program (ITM) and the Foundations of Practical Meditation Program (FOPM). You will view the ITM program on-line, so you see what students of this course actually take.
2. We will give you access to your ITM-TTP training materials on-line.
3. We will explore how you might teach these courses on-line and off-line.
4. We will teach you how to set up a webinar and use Skype to do groups or individual sessions for those you are not teaching in person.

### Class Two

1. We describe seven different styles of teaching meditation.
2. We explore your preferred teaching style and how you will teach these courses.
3. We will discuss the differences about being a teacher, a trainer, a coach, and a guide.

### Class Three

1. We explore the steps of working with a meditation student:
  - (a) Listening
  - (b) Assessment
  - (c) Verify what they have told you and validate their experience
  - (d) Invite your student to participate in meditation
  - (e) Suggest a solution to problems they might be having
  - (f) Practice a new technique
  - (g) Get feedback from your student as to how that worked
  - (h) Link what they are experiencing to what they are learning in the course
  - (i) Share your experiences, if appropriate, to encourage your student

#### Class Four

1. We identify issues that get in the way of your student being able to meditate.
2. We show you the resources Mudrashram® has put into place to address these issues.
3. We have you explore the resources that you have to address these issues.
4. We train you in guiding a meditation.

#### Class Five

1. You actually teach us and guide us in a meditation from ITM or FOPM
2. We give you feedback

#### Class Six

1. We show you meditation alternatives to help your client move their attention inwards when they are stuck.
  - (a) 12 tracks for going within
  - (b) 7 ways to unite with the attentional principle
  - (c) 7 ways to focus on the Self
  - (d) 7 ways to drop into the voidness of consciousness (being)

#### Class Seven

1. We will go over ways to help you assist your client succeed. These are suggestions for:
  - (a) Dealing with distraction
  - (b) Working with conflicted motivation/resistance to doing meditation
  - (c) Dealing with emotions
  - (d) Dealing with thoughts
  - (e) Dealing with inner barriers in meditation/encountering the unconscious
  - (f) Dealing with core identity and meaning (existential) issues

## Class Eight

1. We will go into the business of being a meditation teacher, including
  - (a) What records to keep
  - (b) Your responsibilities to Mudrashram® and your relationship to Mudrashram® as an independent contractor
  - (c) Your legal and ethical responsibilities
  - (d) The issue of taxes and being a business person
  - (e) Your scope of practice
  - (f) Incorporating ITM and FOPM into an existing business
  - (g) Your contractual obligations

Completion of all modules of this course will lead to the issuance of a certificate of completion and authorize you to teach the Introduction to Meditation Program and the Foundations of Practical Meditation Courses.



## Why did we develop the Introduction to Meditation (ITM)?

For many people, making the jump from never having meditated to doing the more advanced work of the Accelerated Meditation Program or the Mudrashram® Advanced Course in Meditation is just too difficult.

They might buy the Accelerated Meditation Program, start it, and then, give up frustrated. They couldn't grasp the rudiments of moving their attention, shifting it to discrete focal points, or finding the attentional principle or the Self. They might lack the inner perseverance to master this skill, and feel uncomfortable about asking for help.

It occurred to us that a more basic course was needed, that would go over the basics of meditation, starting with each vehicle of consciousness of the Conscious, Subconscious, and Metaconscious mind, and gently introducing the possibility of working with the Superconscious mind.

We developed the Introduction to Meditation Program to fill this gap to assist those who have never meditated bridge this gap.

## What does the ITM cover?

### The Conscious Mind

Body Scan – Meditation for the Waking State

Awareness of Movement in the Present Time – Sitting and Movement Meditation

Awareness of the senses – Sensory Acuity Exercise

Awareness of Deep Body Sensations – Physical Vipassana

Awareness of Feelings – Emotional Vipassana

Awareness of Thoughts – Mental Vipassana

Awareness of the Ego – I AM statement Vipassana

Awareness of the Preconscious – Monitoring Impressions Arising from the Subconscious Mind

### The Subconscious Mind

Exploring the Zone of Memory and the Personal Unconscious – The Time Travel Meditation

Chakras of the Subconscious Mind – Boyd's Detailed Model of the Chakras

Meditation on the Chakras of the Subconscious Mind

### The Metaconscious Mind

Meditation on the Desire Body

Meditation on the Persona

Meditation on the Conscience

An Introduction to Introspection

Meditation on the Concrete Mind

A Goal Identification and Goal Setting Exercise

Meditation on the Personal Intuition

The Polling Technique

Meditation on the Self – Introduction to Centering Techniques

Reflection and Disidentification – Developing Discrimination and Detachment

Being

Reposing in Being Meditation

Introduction to the Superconscious Mind and Meditation on the Soul

Meditation on Inner Vehicles

Introduction to the Soul's Essential Body

The Essence Breath

Meditation on the Soul's Essential Vehicles

Introduction to Jnana Yoga – The Yoga of Intuitive Discernment

The Seven Chords of Jnana Yoga

Introduction to Reflective Meditation – The Little Sun Method

Getting Guidance from the Soul – Introduction to Receptive Meditation

The Cord of Remembrance Method of Learning Receptive Meditation

Learning to Manifest Your Intention – Introduction to Creative Meditation

The Soul Creation Method of Creative Meditation

Next Steps

The course also includes a glossary and an addendum of articles.

## What is the Foundations of Meditation Course (FOPMC)?

The Foundations of Meditation Course is a brief 14 module training course you can adapt to work as a meditation teacher for people in your community or on-line.

It is designed for people who simply want to de-stress and center, and obtain some tranquility in their busy lives. It emphasizes relaxation, stress reduction, focus, and commitment to their authentic lives.

It is a Practical Meditation program in that it does not take students to great depths in meditation. It is, despite its brevity, a powerful course.

## What does FOPMC cover?

1. The Hansa Breath
2. The Peace Breath
3. Body Scan
4. Moving and Sitting Meditation
5. Physical Vipassana
6. Emotional Vipassana
7. Mental Vipassana
8. I AM Statement Vipassana
9. Discovering the Egoic Octave of Will
10. Discovering the Sheaths of the Ego
11. Discovering Your Native Joy
12. The Zero Point Meditation
13. The Doorway of Transcendence
14. The Standing on the World Meditation

## How is FOPMC different than ITM?

It will be helpful if you understand the overview of Mudrashram® trainings to see where these two trainings fit into that overall schema.

- ITM is a complete structured course that explores each vehicle of consciousness of the personality and introduces transcendence meditation. It is designed to be a preparation for our intermediate meditation programs.
- FOPMC is a practical meditation course with 14 selected meditations.

## Our Meditation Programs 2016

Level	Books	Courses
1 – Practical Meditation	<i>A Consumers Guide to Meditation, second edition</i> <i>The Practical Applications of Meditation in Daily Life and Education</i>	Foundations of Practical Meditation Introduction to Meditation Program
2 – Liminal Meditation	<i>The Collected Poetry of George A. Boyd, volumes one, two, and three</i>	Introduction to Meditation Program
3 – Centering Meditation	<i>Meditation for Recovery: Key Techniques for Maintaining Sobriety, Sanity, and Serenity</i> <i>Meditation for Therapy: Theory and Application</i>	Introduction to Meditation Program Accelerated Meditation Program Mudrashram® Master Course in Meditation
4 – Transcendence Meditation (Introductory)	<i>The Discourses of Swami Prem Dayal</i>	Introduction to Meditation Program
5 – Transcendence Meditation (Intermediate)	<i>A Mudrashram® Reader: Understanding Integral Meditation</i> <i>The Psychic Realm: Finding Safe Passage through the Worlds of Illusion</i> <i>Religions, Cults, and Terrorism: What the Heck Are We Doing?</i> <i>The Mudrashram® Home Study Workbook</i>	Accelerated Meditation Program Mudrashram® Master Course in Meditation
6 – Transcendence Meditation (Intermediate graduate)	<i>The Yoga of the Seven Mudras: Introducing the Mudrashram® System of Integral Meditation, volume one: the Fundamentals of Meditation</i> <i>Question and Answers with Swami</i> <i>Light on Meditation</i>	<i>The Satsang Program Home Study Course</i> <i>The Mudrashram® Correspondence Course</i>
7 – Transcendence Meditation (Advanced)	<i>A Mudrashram® Reader: Understanding Integral Meditation</i>	The Mudrashram® Advanced Course in Meditation



Level	Books	Courses
8 – Transcendence Meditation (Advanced graduate)	<p><i>The Yoga of the Seven Mudras: Introducing the Mudrashram® System of Integral Meditation, volume two: the Advanced Practice of Meditation</i></p> <p><i>Discoveries on the Path</i></p> <p><i>Your Life Never Ends</i></p> <p><i>The Winds of Adi Sat Guru Desh</i></p>	<p><i>The Satsang Program Home Study Course</i></p> <p><i>The Mudrashram® Correspondence Course</i></p> <p><i>Samadhi Week Retreat</i></p>
9 – Teacher Training (Introductory)	<p>It is recommended that Introductory Teachers have available and have read:</p> <p><i>A Mudrashram® Reader: Understanding Integral Meditation</i></p> <p><i>The Practical Applications of Meditation in Daily Life and Education</i></p>	<p><b>Introduction to Meditation Teacher Training</b> (authorizes students to teach the Introduction to Meditation course and the Foundations of Practical Meditation Course)</p>
10 – Teacher Training (Intermediate)	<p>It is recommended that Intermediate and Advanced Teachers have available and have read:</p> <p><i>A Mudrashram® Reader: Understanding Integral Meditation</i></p> <p><i>The Mudrashram® Correspondence Course</i></p>	<p><b>Teacher Training One: Activating the Form of the Disciple</b> (authorizes and empowers students to teach the Mudrashram® Master Course in Meditation and to supervise those taking the Accelerated Meditation Program)</p>
11 – Teacher Training (Advanced)	<p><i>A Mudrashram® Reader: Understanding Integral Meditation, The Yoga of the Seven Mudras: Introducing the Mudrashram® System of Integral Meditation, volume one: the Fundamentals of Meditation</i></p> <p><i>The Yoga of the Seven Mudras: Introducing the Mudrashram® System of Integral Meditation, volume two: the Advanced Practice of Meditation</i></p>	<p><b>Teacher Training Two: Activating the Mahatma Form</b> (authorizes and empowers students to teach the Mudrashram® Advanced Course in Meditation and to supervise Intermediate and Introductory level teachers and those taking courses at the Introductory, Intermediate, and Advanced levels)</p>



## Scope of Meditation Training

Course	Practical Meditation	Liminal Meditation	Centering Meditation	Transcendence Meditation
1 – Foundations of Practical Meditation	[Red shaded area]			
2 – Introduction to Meditation Program	[Orange shaded area]			
3 – Accelerated Meditation Program	[Blue shaded area]			[Blue shaded area]
4 – Mudrashram® Master Course in Meditation		[Teal shaded area]		[Teal shaded area]
5 – Mudrashram® Advanced Course in Meditation				[Purple shaded area]

**Introductory Teachers** are authorized to teach 1 and 2

**Intermediate Teachers** are authorized to teach 3 and 4, and can supervise Introductory Teachers

**Advanced Teachers** are authorized to teach 3, 4, and 5, and can supervise Introductory and Intermediate Teachers

## Which Mudrashram® Meditation Program is Best for Me?

Course	Prerequisite	Choose this course if:
1 – Foundations of Practical Meditation	None	<b>You have not meditated before</b> and your interest is simply to obtain a exposure to what meditation does; you are not interested in depth meditation; and you simply want to learn to relax and live your life serenely
2 – Introduction to Meditation Program	None	<b>You have not meditated before</b> and you want to gain a more complete grasp of what is meditation; you do not feel ready to go immediately into depth meditation and would like a more gradual and structured approach
3 – Accelerated Meditation Program	Some prior meditation experience is helpful	<b>You have meditated before</b> and you have some experience of transcending the personality using a meditation technique; you want to experience the whole range of meditation experiences and are motivated to do depth meditation.  Choose this approach if you can learn independently and can study a course by mail or on-line, and you cannot arrange to take our in-person version of this course, the Mudrashram® Master Course in Meditation. [We plan to add group and individual coaching modules for those who would like some extra help with this course.]
4 – Mudrashram® Master Course in Meditation	Some prior meditation experience is helpful	<b>You have meditated before</b> and you have some experience of transcending the personality using a meditation technique; you want to experience the whole range of meditation experiences and are motivated to do depth meditation.  Choose this approach if you learn best with a live instructor and you want an experiential immersion into depth meditation augmented with live attunements.
5 – Mudrashram® Advanced Course in Meditation	Completion of either the Accelerated Meditation Program or the Mudrashram® Master Course in Meditation	<b>You have completed either of our intermediate meditation programs</b> , and you are ready to move your meditation practice to the next level. In this course, we feature profound guided meditations, exploration of the higher stages of spiritual development, and training in many new meditation techniques.  We suggest that you have proficiency with the techniques you learned in our intermediate meditation programs and feel comfortable with doing long meditations of up to one and one half hours to get the most out of this course.

What is the opportunity for you to become a meditation teacher and coach, to earn money doing this, while you assist Mudrashram®?

If you sign up for this course and complete it, you will be authorized to teach the ITM teacher training on-line and off-line, and the FOPM training off-line. You will be an independent contractor—you have the opportunity to earn money for these courses. Here's how it breaks down:

What are the opportunities for you to teach and act as a coach for the ITM courses on-line?

We charge extra money for people to receive coaching on-line. We charge \$300 extra if they want group coaching, \$600 extra if they want individual coaching. You get paid 90% of the amount they pay extra if you deliver your services, when they pass the final exam. You are obligated to do three, once-monthly Group Coaching sessions, and six, twice-monthly Individual Coaching sessions, respectively, for those who sign up for these programs.

Since you will be paid by us and are an independent contractor (fee for service), we will need your taxpayer information, as we are legally required to file a 1099 form for you if the Mudrashram® Institute of Spiritual Studies pays you more than \$600 a year.

What are the opportunities off-line, to teach both of these classes as an independent meditation consultant?

We will be training you in this course to set up your business as a meditation teacher. Realize you are not our employee when you do this: you operate your own business and you will need to account for the income you make and pay taxes on it as required, file any necessary paperwork in your jurisdiction to enable you conduct business legally. **There are two obligations you have when you teach these courses:**

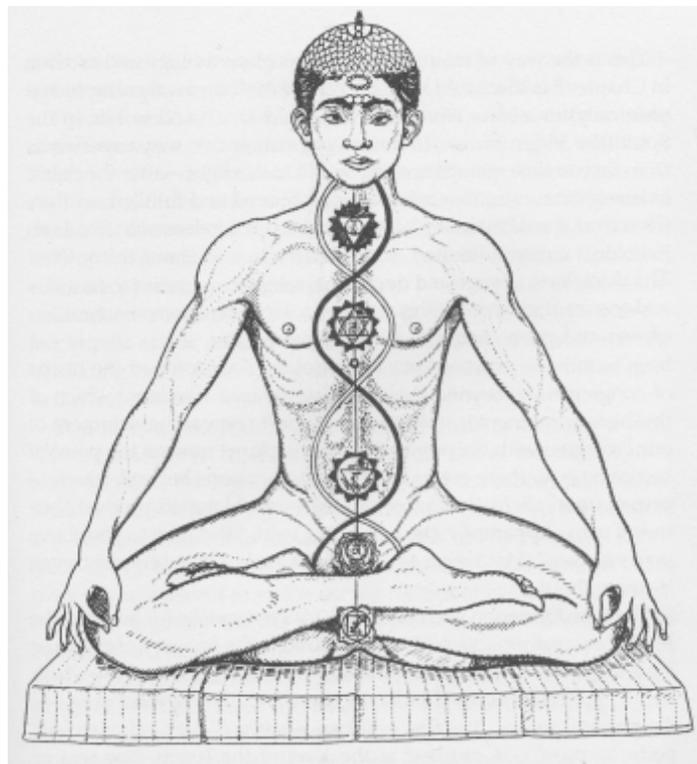
1. You will be required to verify you have delivered the training for ITM independently. We ask that you give us the name, address, and email of the individuals you have trained in ITM, as we must enter them in our database. This gives them special privileges and access to our web site.
2. You pay us 10% of your net earnings for ITM and FOPM courses as our franchise fee for allowing you to use these materials. These fees help us fund Mudrashram®.

Information about the ITM Teacher Training Program can be found at:

<http://mudrashram.com/wordpress/itm-teacher-training-interest-page/>

If you wish to become a coach for our on-line ITM program, and additionally, function as an off-line meditation teacher of these two programs, there are six steps:

1. Attend this information session in person or listen to the recording.
2. Inform me you wish to become a teacher via email.
3. Do an interview with me about why you want to be a meditation teacher. We will discuss your qualifications for this role.
4. I will make a decision as to who will qualify for this initial training. I will inform you whether you have been selected.
5. Show your commitment to the program by making your payment on the page to which I will direct you.
6. Upon receipt of your payment, I will send you a link to the class webinar. You will also receive access to the on-line training page that supplements this program.



Thank you for attending our webinar today!

