

# transformative meditation facilitator's certificate

## plus mentoring and supervision for meditation teachers

1 year program intake february and 6 month intensive intake in june 2012

### Overview 2012

**“A small group of conscious, committed people can change the world.”**

This course recognises meditation as a powerful agent for change. It offers a clear and supported pathway that begins with learning and practicing a range of meditation styles for personal growth and ends the year with training in the skills of teaching meditation in the community or workplace.

It provides a process that is transformative individually, offers connection to a like-minded group and training to work in the world. The methods we use will vitalise your meditation, help you to connect with the spirit in all things and access your inner world of energy and creative potential. The combined energy of a transformative meditation group can help to shape the forces evolving consciousness in the world.

### What Makes This Program Unique?

It offers a balance of training and experience in developing deep stillness that leads to the exploration of higher state of consciousness along with practical techniques for safely and ethically teaching others. We study a range of tested and proven methods for supporting transformation in individuals, communities and the world. This includes 48 hours of training that includes a range of meditations for personal development, learning and understanding the benefits and limitations of meditation and opportunities to present meditations and facilitate groups under supervision.

The course, through the Facilitator's Certificate also offers 22 hours of deep practice at a live-in retreat and 12.5 hours of class training that includes the principles of adult learning, communication skills, active listening, leadership and OH&S as it relates to meditation. There is an optional mentoring and supervision program for people who are teaching meditation.

The course is open to anyone who wants to connect with other meditators, move into deeper ground in their meditation practice and explore teaching meditation as a practical and a spiritual path.

### Course Structure

The program is designed as a one-year part time Certificate. There are three modules to complete in the Certificate in Transformative Meditation and an additional fourth module to gain the Transformative Meditation Facilitator's Certificate. In the first 3 modules – Transformative Meditation 1, Transformative Meditation 2 and Transformative Meditation 3 there are five 2-hour classes plus one six-hour weekend intensive each.

The fourth module – Transformative Meditation 4 consists of five 2.5 hour classes plus a full weekend live-in retreat.

Students who complete all four modules will be awarded the Transformative Meditation Facilitator's Certificate and will be qualified to provide skilful, ethical and soulful meditation teaching.

**Facilitators:** Louise Gilmore and Sal Flynn

### Subject List

#### **Transformative Meditation 1: Planting the Seed**

five 2-hour classes (Mon evenings or afternoons) and one 6-hour intensive (Sun) or mid-year intake, two 8-hour intensives

#### **Transformative Meditation 2: The Journey**

five 2-hour classes (Mon evenings or afternoons) and one 6-hour intensive (Sun) or mid-year intake, two 8-hour intensives

#### **Soul Centred Counselling 1:** 2 days

#### **Transformative Meditation 3: The Way of the Future**

five 2-hour classes (Mon evenings or afternoons) and one 6-hour intensive (sun)

#### **Transformative Meditation 4:**

#### **Walk The Path of the Teacher**

five 2.5hr classes (Mon evenings or afternoons) and one weekend live-in retreat

**An optional mentoring and supervision program is available for people who have started or are about to start teaching meditation.**

### **Transformative Meditation 1: Planting the Seed**

This term introduces a range of meditation styles and forms from a variety of spiritual traditions to stabilise our practice and enhance our capacity for clarity, wellbeing, peace and the rewards of insights. It consists of one 6-hour weekend intensive and five two-hour classes or for the mid-year intake, two 8-hour intensives. An important element of this term is your commitment to ongoing practice between classes.

Topics include:

- History of meditation: finding our place in the flow and the home for our soul
- Levels of stillness
- Concentration (Focusing) Meditation
- Reflective (Analytical) Meditation
- Mindfulness
- Creative Meditation – meaning and practice
- Sharing meditation: family and community: The Great Ball of Merit
- Sharing meditation: Spirit in all things

**Prerequisite:** none

### **Transformative Meditation 2: The Journey**

This term provides a pathway from continuing the important work on our own development, to expanding step by step into connection with and support of others, our world and finding our place in the universe. Explore the transformative and joyful effect of that connection.

Topics include:

- Meditation for self – Exploring the messages of the senses
- Meditation for self – Meditation for recognising interdependence
- Transformational meditation for healing the hurts of others
- Beyond Individual to group work
- Finding soul in all things - Soul as a 'field for investing our passions'

- Meditation for the World – Seeking deep relationship with Gaia
- Shambhala prophecy – finding interconnection through Indra's Net
- At home in the Universe – Seeking the void - deep space, deep time

**Prerequisite:** Transformative Meditation 1 or by discussion with lecturer

### **Soul Centred Counselling 1**

Learning how to work with clients and their presenting issues is part of effective healing practice. In this subject you will learn about the basic theory and frameworks of soul centred counselling and practise the fundamental mind-body skills and methods in a supportive environment. You will learn how to be with, hold and support the integration of a client's process to enable them to connect with a different level of their experience.

**Prerequisite:** none

### **Transformative Meditation 3: The Way of the Future**

There have been prophecies that our future is to move beyond our individual practice to build group channels for energy distribution and new forms of deep connection. Within the strength, safety and balancing effect of our group we develop experience in the layers of group or archetypal consciousness. We also begin intensive practice in a range of meditation teaching skills.

Topics include:

- Sensing physical and energy bodies
- Detecting energy qualities through meditation
- Sandpile exercise to raise levels of awareness
- Finding the 'sweet spot'
- Exploring an 'ecstatic' posture
- Finding group levels of awareness
- Using sound to create an archetypal group identity
- Presenting opening and closing of group, theory and meditations
- Finding your Meditation Leadership 'home'

**Pre requisite:** Transformative Meditation 1 and 2 or by discussion with lecturer

### Transformative Meditation 4: Walk the Path of the Teacher

Be a leader in this great leap of consciousness. Walk the Path of the Teacher deepens your own meditation through a live-in meditation retreat and trains you to ethically and safely teach meditation for personal development. It also equips you with practical and energetic techniques to hold a supportive space for your students/clients and to develop greater awareness as your teaching role blossoms into your own spiritual path.

Topics include:

- Teaching as a practical skill and a spiritual path
- What does teaching meditation mean to each of us?
- Meditation for teachers – Part 1 and Part 2
- Alignment of the energy centres. Meditation for teachers Part 3
- Teaching by Heart
- When are we ready to teach?
- Principles of adult learning
- Communication skills, active listening
- Group leadership. Duty of care. Ethical and Soulful leadership
- OH&S as it relates to meditation
- Working from the centre of your own mandala
- Challenges for leaders
- Live-in Retreat; noble silence
- Meditation Presentations
- Deepening into longer-term teaching
- Caring for yourself - body, mind and spirit
- Professional standards – all you need to know
- The value of debriefing/peer support/supervision

#### Pre requisite

Transformative Meditation 1, 2 and 3 or by discussion with lecturer

#### Required texts

Levey, J, M. "Luminous Mind. Meditation and Mind Fitness."

Clayton, G. "Transformative Meditation."

Required texts are available in The Awareness Shop or online at [www.awarenessinstitute.com.au](http://www.awarenessinstitute.com.au)

#### Mentoring and supervision for meditation teachers

**Recommended:** Six or more sessions of individual or group mentoring, debriefing and supervision for people who have started or are about to start teaching meditation. This is in line with membership requirements of the Australian Teachers of Meditation Association (ATMA). **By arrangement**

#### Regular group meditation circles

Meditation is an age-old method of awareness and change. These half-day workshops develop mastery of various state of consciousness for personal transformation, relaxation and stress management. They provide progressively deepening meditations and a taste of traditional retreat components such as 'noble' silence, discussion and opportunities for getting answers to your questions. In them, we explore consciousness and increase our capacity to hold moments of deep awareness.

Workshops are open to anyone wishing to feel more grounded and confident in their meditation practice and more energetically connected to their community as well as those interested in gaining greater clarity in their personal journey.

#### Meditation mastery

Meditation Mastery is for anyone with meditation experience who is interested in exploring advanced levels of consciousness in a safe and supportive environment. This monthly group explores meditation as a pathway to an advanced experience of higher consciousness, personal vibration and astral levels facilitated by working in a group. We will work with practices that stabilise the deeper states and enhance our capacity for clarity, wellbeing, peace and the rewards of insights. Class size will be limited to 20 students only.

#### Learn to meditate

For those new to meditation or with limited experience, we offer practical **Learn to Meditate** evenings once each term that explore what meditation is and how to start a regular practice.