

# diploma of transformative meditation teaching + transformative meditation facilitator's certificate

1-2 year programs • intake February 2018 and intensive intake in June 2018

## overview 2018

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

The Transformative Meditation Programs recognise meditation as a powerful agent for change. They offer 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.

They provide a process that is transformative individually, offers connection to like-minded groups and can lead to 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 these programs unique?

It offers a balance of training and experience in developing deep stillness that leads to the exploration of higher states of consciousness along with practical techniques for safely and ethically teaching others. Each level deepens into a range of tested and proven methods for supporting transformation in individuals, communities and the world.

We work steadily with a range of meditations for personal development, learning and understanding the benefits and limitations of meditation then expand into opportunities to present meditations and facilitate groups under supervision.

We study a range of tested and proven methods for supporting transformation in individuals, communities and the world. This includes 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 Facilitator's Certificate and Diploma courses also offers deep practice at a live-in retreat and 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.

There are very few, if any, Diploma level training courses in teaching meditation. The diploma course offers a balanced progression through three levels: two certificates and a diploma. It takes you from learning to meditate to understanding the applications of meditation to the issues of the modern world; its benefits and limitations. The program is also unique in offering a weekend live-in meditation retreat and specialised training for working with specific special-needs populations that you are very likely to encounter in your teaching.

### Course structures

The programs are designed to build upon one another and are offered in the following structures:

#### 1. The Facilitator's Certificate in Transformative Meditation

comprises:  
*Transformative Meditation 1 – Intro to Mindfulness,*  
*Transformative Meditation 2 – The Journey* and  
*Transformative Meditation 3 – The Way of the Future.*

These modules are five x 2-hour classes plus one six-hour weekend intensive each. Or it can be completed in a more intensive format starting in June.

*Transformative Meditation 4 – Walk the Path of the Teacher* which includes the *Meditation Retreat* AND  
*Soul Centred Communication Skills 1*

Those completing the Facilitator's Certificate in Transformative Meditation will be qualified to provide skilful, ethical and soulful meditation facilitation.

## 2. The Diploma of Transformative

**Meditation Teaching** builds upon the Facilitator's Certificate in Transformative Meditation.

This two-year Diploma program begins in the first year as a course for personal development and the development of meditation skills. It has been brought into the modern world from ancient systems that have proven their effectiveness for thousands of years. It includes the scientific perspective on why these techniques are so effective and how to immerse yourself deeply in them, so that they become an important part of who you are. You are then able to teach these techniques to others from a truthful and congruent place.

In the second year you can deepen your practice with membership of an ongoing group that meets once a month to explore expanded levels of consciousness.

Further, there is clinical mentoring and supervision, special techniques for working with busy corporate and family people, children and their parents and people who are dealing with health issues. All along you will be consciously moving through your own meditation journey and the spiritual, growth and healing benefits it offers.

The Diploma consists of 192 hours of tuition, theory, supervised practice, mentoring and experience in teaching meditation in both community and specialised groups. It can be completed in a number of easy components.

### **The Facilitator's Certificate of Transformative Meditation;** PLUS

A second year covering the following subjects:

**Term 1:** *Meditation Mastery, Transforming the Workplace with Mindfulness, Mentoring and Supervision 1;*

**Term 2:** *Meditation Mastery, Teaching Children to Meditate, Teaching in the Third Space, Mentoring and Supervision 2;*

**Term 3:** *Meditation Mastery, Soul Centred Communication Skills 2, Mentoring and Supervision;*

**Term 4:** *Meditation Mastery, Meditation as Therapy, Mentoring and Supervision 3.*

Year 2 offers a total of 99 hours of training, including 40 hours of supervision or mentoring.

### **Transformative Meditation (1-3)**

*Transformative Meditation 1-3* are part of the diploma and certificate and are also for anyone who wants to connect with other meditators, move into deeper ground in their meditation practice and explore meditation as a practical and a spiritual path.

In Term 1, *Intro to Mindfulness*, Term 2, *The Journey* and Term 3, *The Way of the Future*, you will experience meditation as a powerful agent for personal change.

There's a balance of theory and the practice of deep stillness along with the first steps in the exploration of higher states of consciousness.

This is a clear and supported pathway to learn and practice meditation.

Altogether these 48 hours of training will give you everything you need to be a skilled lifelong meditator.

### **Subject: Year 1, Term 1 or Term 2 Intensive**

#### **Transformative Meditation 1: Intro to Mindfulness**

*Five 2-hour classes (Mon evenings or Thurs mornings) and one 6-hour intensive (Sun) or mid-year intake, two 8-hour intensives*

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

**Pre requisite:** none

### **Subjects: Year 1, Term 2**

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

*Five 2-hour classes (Mon evenings or Thurs mornings) and one 6-hour intensive (Sun) or mid-year intake, two 8-hour intensives*

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

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

#### **Soul Centred Communication Skills 1**

*2-day workshop*

In this workshop you will learn how to work with clients and their presenting issues is part of effective healing practice. You will learn about the basic theory and frameworks of soul centred communication 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.

**Pre requisite:** none

### **Subject: Year 1, Term 3**

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

*Five 2-hour classes (Mon evenings or Thurs mornings) and one 6-hour intensive (Sun)*

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

The addition of Term 4 enables you to build on the Certificate in Transformative Meditation and give you the experience, tools and training to teach basic meditation in the community.

It includes the unique component of 22 hours of deep practice at a live-in weekend meditation retreat and 12.5 hours of learning and practicing principles such as holding the space, teaching from the heart, communication skills, leadership and safety relating to meditation so that you can safely and ethically teaching others.

You will learn and practice tested and proven methods for supporting transformation in individuals, communities, workplaces and the world.

There's also a weekend workshop to be completed in Term 2 that will bring balance through the clarity of *Soul Centred Communication Skills 1*.

Year 1 offers a total of 99 hours of training, including 30 hours of supervision or mentoring. It also has 14 hours of self-directed learning.

Some of the delights of this program include connection with a like-minded group, which can widen your own experience and discoveries; the vitalisation of your practice; expansion of your consciousness and access to your inner world of energy and creative potential. The combined energy of a transformative meditation course can help to shape the forces evolving consciousness in the world.

#### Subject: Year 1, Term 4

#### Transformative Meditation 4: Walk the Path of the Teacher includes Meditation Retreat – 2.5 days

Five 2.5 hour classes (4 Mon evenings + 1 Thur evenings OR 5 Thur mornings) PLUS Meditation Retreat – 2.5 days

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

#### Year 2: The Diploma of Transformative Meditation Teaching (Years 1 + 2)

Once you start teaching meditation in the community, workplace or with your friends and families, you will find that most of the people in classes have difficulties with stress and anxiety.

You will also meet people with more specialised needs. Year 2 of this diploma program offers training for your own development and builds your capacity to support people with the most common special needs that you are likely to encounter.

Graduates of Year 1 join the unique monthly advanced meditation group, **Meditation Mastery**.

**The Diploma of Transformative Meditation Teaching** comprises:

**The Facilitator's Certificate of Transformative Meditation;** PLUS

A second year covering the following subjects:

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**Term 2:** *Meditation Mastery, Teaching Children to Meditate, Teaching in the Third Space, Mentoring and Supervision 2;*

**Term 3:** *Meditation Mastery, Soul Centred Communication Skills 2, Mentoring and Supervision;*

**Term 4:** *Meditation Mastery, Meditation as Therapy, Mentoring and Supervision 3.*



Year 2 offers a total of 99 hours of training, including 40 hours of supervision or mentoring.

**Subjects: Year 1 Facilitator's Certificate in Transformative Mediation PLUS**

**Subjects: Year 2, Term 1**

**Meditation Mastery (11 monthly sessions– 22 hours for the year)**

This unique monthly advanced mediation program offers tried and proven ways to deepen and expand your consciousness through meditation.

It introduces and revisits varied ways to recognise levels of consciousness, to understand and experience archetypes, to explore sacred and subtle activism and the use of spiritual practices to make a difference in the world. These and other elements will be covered in an order determined by the nature and capacity of the group and its members. In this way, the course grows and is not identical from year to year.

**Pre requisite:** Year 1 or equivalent

**Transform the Workplace with Mindfulness – 4 hours**

This intensive workshop offers fast and effective mindfulness techniques that can transform the workplaces and lives of busy corporate and family people. You will learn ways in which meditation changes the structure and function of our brains to enhance concentration and focus and to improve relationships.

**Pre requisite:** Year 1

**Meditation Teacher Mentoring and Supervision 1 – 8 hours + 2 hours self-directed learning**

Building on the training in Year 1 this takes the form of a clinical practice day to help you refine and develop your personal teaching capacity and help you qualify for membership of the Australian Meditation Teachers Association.

**Pre requisite:** Year 1

**Subjects: Year 2, Term 2**

**Meditation Mastery (continued)**

**Teaching Children to Meditate – 8 hours**

In this subject you will learn specialised skills for teaching simple and fun meditation techniques to help children deal with stress in their lives. Uniquely to this program, you will gain the extra ability to

teach parents how to support and continue their children's meditation.

**Pre requisite:** Year 1

**Teaching in the Sacred Third Space – 4 hours**

This special spiritual extension will vitalise and expand your ability to teach meditation and establish sacred space in your classes through a process of co-creation. You will learn and practice applying counter intuitive tools related to 'allowing' rather than 'holding' the space and using your felt sense as well as your ability to listen, when working with others.

**Pre requisite:** Year 1

**Meditation Teacher Mentoring and Supervision 2 – 2 hours + approximately 8 hours of self-directed learning, research and preparation to deliver a 45-minute presentation.**

This session will help you to gain confidence as a teacher. Building on your ongoing learning and experience from Year 1 and the first part of Year 2, you will be assigned research, write and present a theory and practice session under supervision on an agreed topic at an agreed time during this term.

**Pre requisite:** Year 1

**Subjects: Year 2, Term 3**

**Meditation Mastery (continued)**

**Soul Centred Communication Skills 2 – 16 hours**

*2-day workshop*

This module deepens skills development in working with the psyche (soul) through body-oriented, emotionally focused and depth psychology practices. This includes the use of focusing, active imagination, dream work. Personal, interpersonal and transpersonal skills are further developed as well as group skills.

**Pre requisite:** Soul Centred Communication Skills 1

**Meditation Teacher Mentoring and Supervision 3 – 2 hours + 2 hours self-directed learning**

Here we continue the process of building and refining your skills as a meditation teacher, including debriefing your experiences while teaching and addressing any concerns. You will observe and learn how to develop a safe and supportive environment and feel the benefit of this while presenting 'on the spot' meditations in class.

**Pre requisite:** Year 2, terms 1-2

Required texts are available in The Awareness Shop

**Subjects: Year 2, Term 4**

**Meditation Mastery (continued)**

**Teach Your Own 4-Week Course – approximately 12 hours of self-directed learning, research, preparation, presentation and reflection**

In this segment, you 'find your wings'. You are asked to prepare and teach externally a four-week course in meditation, then provide a one-page report on your experiences by a date to be agreed and be ready to discuss during Term 4 Mentoring and Supervision day.

**Recommended texts:**

Discussed in class

**Pre requisite:** Year 2, terms 1-3

**Meditation as Therapy – 8 hour workshop + 2 hours self-directed work to bring to next Mentoring and Supervision Day**

This segment is for meditation teacher who are drawn to work with groups or individuals who are dealing with chronic or severe health conditions, pain or anxiety. This is sacred and specialised work. As well as being trained to provide classes for such people specifically, you will be prepared to work with skill and confidence, in the very likely event that people with these challenges will attend your general classes.

**Pre requisite:** Year 1

**Meditation Teacher Mentoring and Supervision 4 – 8 hours**

On this last day of the mentoring and supervision you will present your homework from Meditation as Therapy and we will finalise any issues, concerns or problems that have arisen during your Meditation Teacher training, as well as discuss plans for your future work and joyfully complete our course together.

**Pre requisite:** Year 1

### **Mentoring**

One on one mentoring sessions with Louise Gilmore can be booked at students rates throughout the year.

### **Required texts:**

Levey, J, M. "Mindfulness Meditation and Mind Fitness." 2015