

# MEDITATION METHOD

Teacher Training

## **MODULE THREE:**

### **Guided Meditations + Visualizations**

- + Exploring trance journey
- + Holding space for students
- + Vocal variety and vocabulary
- + Music and playlists
- + Creating your own  
experiences + story lines
- + Coming out of meditations  
and grounding
- + Utilizing scripts + Outlines

**“Everything you do can be done  
better from a place of relaxation.”  
-Stephen C. Paul**



## **Holding Space**

Holding space is the process of creating an energetic exchange that allows the other person(s) to have a meaningful experience in the present moment.

To hold space as a Meditation teacher, you are providing a dynamic where people feel safe to let go, are open to the process, and feel heard and accounted for.

When you show up as a teacher, you are putting your ego to the side and leading with your heart.

Before any teaching practice, I recommend taking a few quiet moments to yourself and energetically releasing your ego to another room. Give it permission to leave your space and let it know it can return when you're done.

For when you embrace your role as a teacher, you are letting go of the notion that is about you and opening up into something greater.

In Kundalini Yoga, before beginning a class a person will say the following oath to themselves:

**"I'M NOT A WOMAN, I'M NOT A MAN, I'M NOT A PERSON, I'M NOT MYSELF.**

**I AM A TEACHER."**

Remember, when you are holding space, you are neutral to what. It is being in a place of observation vs. judgement. By creating the proper boundaries, you are setting up the space to feel trustworthy, inviting, and in control.



# GO WITHIN:

◆ How do you feel most supported when in a group class?

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◆ What qualities are important when holding space for others?

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◆ Define the ways you feel confident in creating a supportive space for an individual or group:

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## Vocal Variety and Verbal Communication

The voice is one of the most valuable and influential ways to communicate when leading a meditation. Your voice is an instrument that carries forth your heart, your intentions, and your compassion.

It's important to decide the nature of your class first. For example, is for relaxation/calm or empowerment/vitality? The tone should match the vibration of either. Soft, lower tones are for calm + stress reduction, while higher, elevated notes reflect raising the energy.

Pull from adjectives that describe how the room should feel and use them to direct your pitch and dialect.

### Key Vocal Notes:

- ☼ Let your words and pace sequences from low to high or high to low - try not to jump tones throughout an exercise yet look to it as a progression.
- ☼ Speak at a volume that is adaptable for everyone in the room.
- ☼ Talk from your heart, not your mind.
- ☼ Lead with compassion and a sense that you are all in this together.
- ☼ If you stumble over your words, just take a moment to pause and keep going. It's important to stay composed.
- ☼ Do not apologize when it isn't called for.
- ☼ Allow your energy to dictate the flow and direct the intention of your meditation in an open, rhythmic way.
- ☼ Be open to any guidance that moves through you that you feel called to share.
- ☼ When asking questions as part of the exercise, leave room for a short pause and keep it to 1 to 2.
- ☼ Imagine your words as if they are soft and light as feathers, floating out from your heart and through your mouth.



## **Examples of Verbal Communication**

- Allow yourself to close your eyes and drop into this experience together.
- Continue to breath in and out... every inhale a chance to feel more connected to the present and every exhale an opportunity to continue to release what doesn't serve you here and now.
- If thoughts come to the surface, recognize them as passing through and let them go for now.
- It is safe for you to turn off and relax your being.
- Imagine a gentle wave of relaxation ebbing and flowing though your body... soothing and comforting every part of the body. Enjoy the rhythm of this energy going deep within.
- Place your hand over your heart and breath in deeply. Funnel the energy under your hand and feel the expansion as your hold your breathe. Release it out and send that good energy out into the room.
- As you continue to move the breath in and out, let yourself come to an intention for your practice today.
- Allow yourself to become lighter and lighter as you shift your being into a more relaxed state.
- Settle into the stillness and remind yourself that it's safe to go within. Look inside yourself with a sense of curiosity.
- Any distractions outside of you are simply a reminder to go back inward.



# GO WITHIN:

- ◆ What are some buzz words that give you goosebumps when you are in a meditation?

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- ◆ How would you incorporate those words when leading a guided meditation?

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- ◆ Share one to two examples of starting a meditation using verbal communication. Share to the Facebook group!

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# Infusing Music

While music isn't necessary to meditate, it can also enhance an experience.

Music is an opportunity to provide connection, create beautiful memories, and heighten or lower the energy of the room.

The music can become an extension of your intention for the practice.

Songs can provide insight and language that you may want to convey but are not able to articulate on your own.

When selecting your music, be very intentional about how it relates to your own ability to teach along with it as well as your audience. It should be something that has a universal sound and wouldn't take someone out of the experience.

Practice with the song often. You should be comfortable enough to know the lyrics and the rhythm the song provides. Having this anticipation allows you to sync in seamlessly with the music while leading the experience.

Songs can also be a great time keeper and help you keep pace when guiding through a meditation.

Moments to use music:

- ✿ During warm-up exercises
- ✿ Dancing to move the body
- ✿ Leading an energetic practice such as breath of fire
- ✿ To enhance deep relaxation or shavasana
- ✿ As part of a closing meditation
- ✿ To chant when incorporating a mantra
- ✿ For journaling or reflection time



## Music, con't

◆ List 5 songs that ignite your spirit:

1

2

3

4

5

◆ What could those songs be used for when leading a meditation class?

1

2

3

4

5



## **Trance + Journey Visualizations**

A trance state is going to a deeper space of your subconscious and entering a calmer, more relaxed period of surrender. It's opportunity to let go and open up to an altered experience from every day life.

Everyone will feel it differently. Some will go to a state in-between waking and sleeping, others will be conscious the entire time and some will even fall asleep. There is no right or wrong, just an openness to the experience in the moment.

### **Reasons to use Trance + Visualization:**

- ◆ For a deeper relaxation and space to rest
- ◆ To open up into deeper guidance and conversation
- ◆ To shift from negative and heavy mental thoughts into more loving, positive thinking
- ◆ To connect to higher source, angels, and/or spirit guides
- ◆ To explore an alternate reality and access imagination
- ◆ For entering a zone of deeper contemplation

When preparing the body for this experience, it's important to emphasis the need for relaxation. This more evolved meditation may temporarily suspend one's ability to move or function as usual and instead create a more dazed dynamic which allows the body to move into an unconscious state.



## **Trance, con't**

Start the experience with individuals laying down on the floor, with arms and legs spread out. It should feel as if they are floating on a body of water. This may also be done in a chair so long as the person is properly supported.

Give permission to relax. Use words and phrases that promote the notion of rest. Start at the toes and move the energy upwards indicating a sense of lightness and release.

### **Verbal queues:**

- ◆ Allow yourself to become lighter and lighter as you relax down into the floor.
- ◆ Let yourself go into a deeper state of relaxation, letting everything drop down and release from your being
- ◆ Know that it is safe for you to relax. That everything in your being is working on your behalf. Air is moving in and out of your lungs, blood is circulating through your body. Keep letting go.
- ◆ Allow there to be no boundaries to how far you let yourself relax this evening. Give yourself the gift of ease and release.
- ◆ Let your feet fan out to the side and any energy flood out of your toes.
- ◆ Imagine your spine as if it were a strand of pearls and gently the string breaks and the pearls drop down one by one into the earth.
- ◆ Let the weight of your head pool into the floor, allowing any tension of your head and shoulders to release.



Using everything you've learned so far, use this as guide to curate your classes.

What is my intention?

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What is the take-away I want people to experience?

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What is the one thing I know I'll deliver with certainty?

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How long will the experience be? \_\_\_\_\_

What is the theme of the class?

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What will my vocal tone be?

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What is the intended pace of my class?

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## **Take note:**

**“As I step into my role as a teacher, I release the notice of having to be exactly right and instead opt to give people the right experience as it’s meant for them under their own understanding. I am here to be of service and to hold space so as to create more peace, calm, and contentment in the world.”**



**I adore you!**

# SPACE FOR NOTES

A series of horizontal dotted lines for writing notes, set against a background of a starry night sky with a faint comet streak.



# SPACE FOR NOTES

A series of horizontal dotted lines for writing notes, set against a background of a starry night sky with a faint comet streak.



# SPACE FOR NOTES

A large area for taking notes, consisting of 20 horizontal dotted lines.

