

# MEDITATION METHOD

Teacher Training

## **MODULE FIVE:**

### **CURATING THEMES + DIVERSITY**

- + Opening and closing discussions
- + Utilizing themes + centralized focus
- + Working with the Moon + creating rituals
- + Recording meditations
- + Corporate + Professional settings

**“The thing about meditation is, you  
become more and more you.”**

**-David Lynch**



## Opening and Closing

The use of inviting in a topic or discussion before meditation is an aligned way to relax and bring your individual or group together. It can also be an easier way to introduce a foreign concept.

By incorporating a subject into the practice, you are creating a container and intention for the experience.

Ways to create conversation before meditation:

- ◆ Pull a quote or paragraph from your favorite book or teacher
- ◆ Discuss a recent personal experience and the lesson you learned
- ◆ Invite individuals to share how they are doing or feeling
- ◆ Pull an oracle card and share it's meaning

You can also create space at the end of the meditation for further exploration and discussion. This can bring closure to the practice, ground the student(s) before leaving, and present an opportunity for insight + feedback.

Ways to close a meditation practice with discussion:

- ◆ Share a story or passage that relates to the experience
- ◆ Create time to journal, option to add questions/prompts
- ◆ Everyone can pull an individual oracle card and share how it resonates
- ◆ Open up for Q&A
- ◆ Offer a call to action and/or homework for the rest of the week



## **GO WITHIN:**

◆ How would you use conversation to open up a class?  
What tools would you pull from?

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◆ What approach do you feel most comfortable using to  
close a group meditation?

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◆ What exercises have you seen teachers use in the past  
that you could incorporate for opening and/or closing?

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## Themes and Re-Occuring Topics

The use of themes or curating a focus-specific series make teaching meditation more relevant and measurable for your students. It's also a smoother way to approach bringing in more “heady” subject matter.

When the subject matter is relatable and meets the needs of the whole group, it is much easier to follow and also creates a higher retention rate.

This is your chance to be creative, trust your instincts and have fun!

### Sample Themes:

- ◆ Seasons (Spring/Summer/Fall/Winter)
- ◆ Self Care, Lifestyle
- ◆ Confidence and Empowerment
- ◆ Stress Reduction
- ◆ Chakras
- ◆ Diet, Nutrition
- ◆ Grounding
- ◆ Goal + Vision setting
- ◆ How to Meditate
- ◆ Relationships
- ◆ Astrology Trends

\*A theme can be done as a workshop or as a series that meets more than once to serve a specific purpose.



## **Moon Cycles + Phases**

When we tap into the cycles of the moon, we're able to work alongside of her energy in a way that gives more fluidity to life. We're able to know when to go and when to rest. When to ebb, and when to flow. Meditation becomes a beautiful tool that can coincide with this cosmic pattern.

The Moon emits no light of it's own, yet as she orbits the earth, rays of sunlight strike its surface and illuminate different portions of its face throughout the month. There are four main lunar phases; New, First Quarter, Full and Last Quarter (aka 3rd).

The first sign is the New Moon, beginning as a vast and open until a slender silver crescent in the dark sky begins to appear. This is the start of the Moon's waxing phase and it will begin to become more and more illuminated by the Sun. The waxing Moon takes on the shape of a "D" which equals developing. It continues to increase in size each night until it reaches half-way around the Earth. At this point, the Moon is at its farthest point from the Sun and it's whole face is lit up by the light. In this position, it is the Full Moon.

After the Moon reaches it's fullest point of light, it begins it's second half of it's journey around the Earth. It reverses phases and starts to wane as it decreases in light from the Sun. The waning takes on the shape of the "C" which equals contracting or getting smaller. It wanes from Full to the 3rd or Last Quarter until it is invisible and once again starts a new cycle.

As the moon navigates around the earth, it also runs through the zodiac wheel. It moves into the next sign every 2 and a half days. Typically the New Moon will begin a fresh cycle in the same sign as the Sun season.



New Moon 🌑	First Quarter 🌔	Full Moon 🌕	Last Quarter 🌘
♊ Jan. 5, Sa 08:29 PM ☾	♈ Jan. 14, Mo 01:46 AM	♏ Jan. 21, Mo 12:17 AM ☽	♌ Jan. 27, Su 04:12 PM
♋ Feb. 4, Mo 04:04 PM	♉ Feb. 12, Tu 05:26 PM	♍ Feb. 19, Tu 10:53 AM	♎ Feb. 26, Tu 06:29 AM
♈ Mar. 6, We 11:05 AM	♊ Mar. 14, Th 06:26 AM	♍ Mar. 20, We 09:43 PM	♏ Mar. 28, Th 12:11 AM
♈ Apr. 5, Fr 04:52 AM	♋ Apr. 12, Fr 03:06 PM	♌ Apr. 19, Fr 07:12 AM	♍ Apr. 26, Fr 06:19 PM
♉ May 4, Sa 06:47 PM	♌ May 11, Sa 09:13 PM	♍ May 18, Sa 05:11 PM	♎ May 26, Su 12:34 PM
♊ June 3, Mo 06:02 AM	♍ June 10, Mo 02:00 AM	♎ June 17, Mo 04:31 AM	♏ June 25, Tu 05:48 AM
♋ July 2, Tu 03:17 PM ☽	♌ July 9, Tu 06:56 AM	♍ July 16, Tu 05:39 PM ☽	♎ July 24, We 09:20 PM
♌ July 31, We 11:12 PM	♍ Aug. 7, We 01:32 PM	♎ Aug. 15, Th 08:31 AM	♏ Aug. 23, Fr 10:58 AM
♍ Aug. 30, Fr 06:38 AM	♎ Sept. 5, Th 11:11 PM	♏ Sept. 14, Sa 12:35 AM	♊ Sept. 21, Sa 10:43 PM
♌ Sept. 28, Sa 02:27 PM	♏ Oct. 5, Sa 12:48 PM	♈ Oct. 13, Su 05:10 PM	♋ Oct. 21, Mo 08:41 AM
♍ Oct. 27, Su 11:40 PM	♋ Nov. 4, Mo 05:23 AM	♉ Nov. 12, Tu 08:37 AM	♌ Nov. 19, Tu 04:13 PM
♎ Nov. 26, Tu 10:07 AM	♈ Dec. 4, We 01:58 AM	♊ Dec. 12, Th 12:14 AM	♋ Dec. 18, We 11:59 PM
♏ Dec. 26, Th 12:15 AM ☽	♈ Jan. 3, Fr 0:00 M	♋ Jan. 10, Fr 0:00 M	♌ Jan. 17, Fr 0:00 M

Moon Phase	Symbol	Key Aspects
New Moon	🌑	birth, beginnings, initiative, creativity, freshness, harvest, planting seeds for growth
1st Quarter (waxing)	🌔	curiosity, awareness, breakthrough, further research, removing toxic patterns/habits
Full Moon	🌕	Surrender, release, culmination, objectivity, co-creation, support, expansion
Last Quarter (waning)	🌘	wrap up, fulfillment, clarity, rest, finalize, clean up

Symbol Guide		
♈ Aries	♎ Libra	☾ Solar Eclipse
♉ Taurus	♏ Scorpio	☽ Lunar Eclipse
♊ Gemini	♎ Sagittarius	
♋ Cancer	♏ Capricorn	
♌ Leo	♋ Aquarius	
♍ Virgo	♈ Pisces	

## **Moon Rituals + Circles**

Moon rituals and circles stem from ancient traditions that have continued to evolve and growing in popularity. Moon circles can be customized for an individual or group's needs and also based on the astrological sign it is in. You may curate a circle on the eve of the Moon cycle or within about a 48 hour window. The longer you wait, the less you will "catch" the stream at the source of the phase.

**Create a welcoming dedicated space:**

- ✿ Remove Clutter
- ✿ Light Candles or Incense
- ✿ Smudge sacred plant essence such as sage or Palo Santo
- ✿ Play inviting music
- ✿ Fresh Flowers and plants
- ✿ Crystals and sacred tokens - following you may place them on the window sill or outside to soak up the moon essence
- ✿ Tea, water, and small treats like dark chocolate
- ✿ Oracle or Affirmation cards

**New Moon Ceremony highlights:**

- New beginnings + goals plus staying open!
- Write out or journal intentions for the upcoming 2 weeks plus list out ambitions and action items.
- Focus on what is ready to be brought to fruition right now.
- Keep the intentions somewhere safe, such as on an altar or under a vase of flowers.
- Group share aspirations and find ways to hold each other accountable and supported.

**Full Moon Ceremony highlights:**

- Check in on New Moon intentions
  - Offer + Surrender what isn't working and what is ready to amplify
  - Burning as a symbol of release and trust
  - Letting go of control and having to do everything solo
  - Group share and holding space for each individual as they release and burn.
- \*If you can't burn, you can tear up the paper or douse it in water and flush it down the toilet.

Always remember to say THANK YOU after every Moon ritual.  
Expressing gratitude is such a necessary part of the practice!



◆ **What are 3 themes or topics I could create a class or experience for?**

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2

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3

◆ **Pick your favorite of the 3. Who is this theme for?**

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◆ **What are 3 meditation tools you would utilize?**

1

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2

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3

◆ **What supplies would you need?**

1

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2

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3



## **Recording Meditations**

Facilitating meditation in person and at events is an amazing gift to offer the collective and give individuals a truly impactful experience.

You can extend your offerings by recording your meditation classes or curating meditations that can be used for clients, as a free opt-in, or a passive income offering.

Find a quiet, enclosed space to record. Watch out for sitting next to a window or in a big, open room with high ceilings.

Recording meditations from your phone:

- Download the app RecUp - this recording app uploads right to [dropbox.com](https://www.dropbox.com) (dropbox is free and easy to sign up) and converts into an mp3. You can download after or create a sharable link.
- Use a lapel microphone with noise cancelling, I recommend the [Pop Voice](#) mic
- Practice recording with different placements of the mic and closeness to the mouth. You want there to be enough distance so as not muffled yet also close enough to be impactful
- Remember to silent your phone and put on do not disturb mode!

Recording meditations from your computer:

- [Blue Yeti](#) or [Snowball iCE](#) microphones with add-on windscreen
- Audacity is a free audio recording + editing studio
- Use Zoom to record audio/video and group sessions

Sell your meditations via an e-commerce platform on your website, PayPal or [gumroad.com](https://gumroad.com)



## Corporate and Professional Environments

Meditation is adaptable everywhere, it's no different in an office or professional setting. Everything you've learned and practice up until this point can be applied to a corporate venue.

Focus on the language and attitude of the typical employee in these spaces. How can you modify a meditation to be presented as a grounded, anxiety-reducing, and manageable approach to the work day?

### Important points to consider:

- Debunk any misconceptions or myths about the practice.
- Identify a manager or individual with a Senior role that is already familiar with meditation and it's benefits as a lead in.
- Recommend office wide practices verse teaching individually.
- Utilize tools that can be done from a chair or while on a break.
- Encourage resources and strategies for success in continuing on one's own.
- Teach bite size versions of meditation verse long extended sessions.
- Find relatable moments that showcase you understand daily stresses of the environment.

When proposing to a company or corporate based setting, it's helpful to include the following:

- Brief description in 2 to 3 sentences of what the experience entails
- Objective as to why it will benefit the staff/employees
- What will be accomplished and key take aways
- The measurable results the company will see in the short and long term
- Your background, why you are qualified to teach and how you are a suitable match for the organization (i.e. worked in a similar environment)
- Past experience or feedback from prior engagements

### Also be prepared to share:

- Your rates/how much you will charge
- What type of space you'll need
- How many participants this can be catered to
- The frequency of teaching (one time or reoccurring?)



## **Watch your language!**

What buzz words and phrases could you use in a Corporate setting that would remove any stigma around woo-woo type of assumptions?

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7

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**What are 3 companies that you could reach out to right now to see if they could use a meditation program?**

1

2

3



# Corporate Proposal Template

Title

Prepared for:

Prepared by:

Date

DESCRIPTION:

This workshop explores .....

## Objective

- Participants will understand.....

## Goals

By the end of the workshop, participants will walk away.....

## Solution

Company will see measurable results...

## Fees

Indicate price or share that it's negotiable

About:

Testimonials:

# Corporate One Sheet Proposal

## Meditation + Mindfulness Practices

Meditation is a practice that is conducive for everyone to be able to live and work better, no matter what background they come from or the role they play in the office.

Utilizing mindfulness tools in the work place give employees the opportunity to have a moment to clear their mind and understand how to refocus in a more positive manner when met with stress or bouts of uncertainty. By having an opportunity to learn how to incorporate meditation and simple mindset hacks, it provides a necessary recharge and increases productivity to manage daily workload.

Employees start to notice more space in their day, feeling less overwhelmed and on edge, and able to manage whatever the day may have in store with more balance and functionality.

### Guided Meditation and Mindfulness Introductory Workshop

- Explore what mindfulness meditation is and how it can be integrated with small daily steps.
- Learn how to work with reoccurring, limiting thoughts so as not to continuously hold the self back.
- Discover how to let go and access an internal guidance system to move through stress and resistance
- Understand how to cultivate more balance between work and personal life so as not to constantly conflict each other
- Explore how to communicate and listen more intently for team building and optimal performance
- Identify ways to recharge energy levels and focus to work smarter and feel better

Custom packages also available to meet your office or workplace's specific needs.

About:

Testimonials:





