

MEDITATION METHOD

Teacher Training

MODULE ONE:

Part Two

- + Why You're Ready Now
- + Releasing the Fear
- + Discovering your Ideal Students
- + Unlocking your Teaching Style
- + Teaching Introductory Skills

**“Spiritual leadership is the power to change the atmosphere by one's presence, the unconscious influence that makes God and Spirit real to others.”
-J. Oswald Sanders**



Why You're Ready NOW

Facilitating Meditation is more than just guiding people to use their breath.

It's an experience of YOU stepping up as a teacher and a leader.

It's an opportunity to be presented as a mentor, an inspiration, a support system and so much more.

When you create space for people to go within, you are essentially opening up more space for peace and harmony in the world. Now that may sound super out there or even trivial to believe a simple class could hold such power however it's true.

In order to create forth the tools and technique in this program, you must first ACCEPT your role as a teacher and guide.

In Part one of the module you began to exercise your power of expertise by debunking misconceptions and confusion around meditation. Realize that those positive response affirm to the way you express your love for the practice and also confidently draw in more people that are ready to learn.

The following exercises will help uncover your WHY, release fears around being seen, and become more clear on the value you bring.



Releasing the Fear of Being Seen

The only way your intentions will thrive in a sustainable, expansive way is if you believe in them AND realize they serve a major purpose in this world here and now.

You also have to understand that you are the worthy conduit to move your brilliant abilities as a Teacher into the light.

It's easy to get caught up in the logistics, wanting to be liked, and wake up to adoring followers + new clients every morning.

Yet, if you don't believe in your magic, how will anyone else?

Realize....

You are allowed to be recognized for doing something you're good at.

You aren't annoying anyone by being of service.

You shouldn't hold back because you trigger someone.

Sometimes your ideas take a few tries for everyone else to catch on.

It's okay....

To consistently remind people why what you do is awesome.

To ask for support in sharing your services.

If not everyone is interested in what you do.

To be so freaking obsessed with the way you make money and help people!

Remember...

Being a teacher is just a facet of you. And you get to decide what that looks like. It's not about people will see you, yet how you wish to be SEEN.

Let's dig deeper...

Find a cozy space and go to your journal.



**I am always, in all ways,
greater than I think. Life is
happening for me.**

◆ **By believing this, how will things be different now?**

◆ **What did you learn from your fear and what was it
like to set it free?**



Who are My Humans?

As you start to think about your value and visibility, it may start to conger up the type of people you want to show up for.

When it comes to teaching, it's natural to think - "can't I just work with anyone?" or "wouldn't I be limiting my capacity if I narrow down my audience?"

In theory, scaling down seems limiting, however it's just the opposite. By having a super focused and clear idea of who you are serving, you can cater your services to meet their needs and further really speak their language.

The best advice I received when I first started coaching was this:

Your most ideal clients are the ones that are a few steps behind you.

You will know this person better than anyone and they will also look to you as an amazing resource and positioned expert.

To discover your person - go back and look at your insight form. What did you write for the following questions:

What made you realize meditation needed to be a part of your life?

.....
.....

What could teaching meditation mean for you?

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.....

What is your outcome of doing this training?

.....
.....

Now let's go further....



Qualities of Ideal Humans

By looking at your person (or people, for example children) from the perspective of your past self, intentions, and reasons why, we can uncover who you're naturally drawn to teach and also those that will be organically coming your way.

In the table below, answer the following prompts:

Let's give them a name!	
Age range?	
Biggest stressor?	
What kind of relief do they need?	
Would they be open to working in a group? If so, what kind?	
What would the resistance be?	
Why is Meditation a viable solution?	
What is the big picture of what you could see possible with teaching this person?	
Now let's scale back! What would be the first step to make this happen? Let it be the easier thing that comes to you.	

Wa-la! You now have your person and first plan of action to explore moving this forward.



Unlocking your Teaching Style

It's time to embody your personal approach to showing up as a teacher and a mentor to others! We all come at it from different methods or backgrounds, which means there is no wrong way to teach! It's about leading with your heart, intuitively assessing the room, and actively listening. Being a teacher means putting your ego's agenda to the side and trusting the process.

List out the qualities of what you believe makes a successful and impactful teacher:

**Share how you feel like you infuse those qualities personally.
Add any adjectives that others would use to describe you:**

Bonus activity: Text 2 or 3 friends and ask them for 3 words that describe you as a teacher and/or leader. Be open to the response!



The Best That You Can Be

Here are more examples of what builds an amazing teacher. Highlight the attributes you resonate with the most and share your top skill with the Facebook group and why.

- ◆ Strong communication skills
- ◆ Heightened listening skills
- ◆ Knowledge and passion for subject matter
- ◆ Ability to build caring relationships with students
- ◆ Friendliness and approachability
- ◆ Excellent preparation and planning skills
- ◆ Dedication to the craft
- ◆ Creating community among students
- ◆ Sense of humor and pleasant attitude
- ◆ Ability to provide supportive feedback
- ◆ Looking beyond the surface and getting to the heart of the matter
- ◆ Able to hold space while also keeping boundaries
- ◆ Love of working with people and embraces diversity
- ◆ On time and follows through with commitments
- ◆ Willingness to be open to criticism
- ◆ Desire to keep learning and growing own skills



Intro to Teaching Meditation

By now it's clear that Meditation is one of the greatest gifts you can give to someone else.

You may be thinking, "Yes I know but like, HOW DANIELLE?!?! Tell me HOW!"

Just like learning meditation is a practice, so is teaching it. You must ease in.

Our energy must be clear, grounded, and present to show up for someone else.

Use this checklist prior to leading any meditation:

- Don't bring any personal drama into the experience
- Shake off your energy by brushing off your body and shaking out your hands
- Meditate to calm your nerves and elevate your spirit
- Open up to the Universe and ask for help in facilitating the experience
- Focus on grounding and trusting you are supported in this process
- Write out what you want to say and pick any music/sound check
- Practice the meditation you intend to lead
- Visualize yourself leading the meditation in complete flow
- Prepare the space by lighting candles or burn incense, pick a crystal to hold, and decide where you and others will sit (for in person sessions)
- Remind yourself you can't mess this up and that it will be FUN!



Points to be mindful of while guiding a meditation:

- ◆ Take a few deep breaths personally to begin
- ◆ Share what you're about to do and why
- ◆ Close your eyes and don't feel like you have to watch everyone, it will help keep you calm and let your flow take over
- ◆ Relax your throat and speak softly yet clearly
- ◆ Be super instructional and over explain every single step - the individual is surrendering to you and will follow your guidance
- ◆ Begin with centering the breath in + out and creating a container for the experience - slow + steady...
- ◆ Whenever you feel stuck, bring it back to the breath. Let the individual just inhale and exhale until you feel ready to guide the next step
- ◆ Don't feel like you have to talk the whole time. Pauses give the students space to explore
- ◆ Take your time and remember there is no rush
- ◆ This isn't the place to judge yourself or the process, it's about learning to open up and let go



Sample Meditation

The 1:1 Experience

This guided meditation can be done before working with a client, to center in with a co-worker before starting a project, or even with your partner before moving into a deep discussion that requires total focus.

Script (typically 3-5 minute set):

Let's take a moment to center in for our session today. I'll be guiding you through a brief meditation to help you connect back to yourself and your intentions for our time together.

Go ahead and close your eyes and place your hands on your lap, palms open, in a space to receive.

Roll your shoulders back a few times, loosening up any tension or tightness. (give them enough time to do at least 3-5 rolls). Now let them go and hang down behind you, opening up your chest and heart up into the room.

Your eyes are closed and if it feels good, bring your gaze upwards, as if it's looking right in-between your eyebrows.

Now begin to deepen the breath by inhaling in through the nose and letting your body expand and fill up with this life giving air.

Let the breath move and linger until you feel ready to gently exhale through the mouth, feeling your body retract with the release. The exhale helps you move out anything that doesn't serve you here and now.

Keep breathing in and out in this fashion... inhaling through the nose and exhaling through the mouth...

Every cycle of breath becoming more centered, more focused, more present to the here and now.... letting go of anything you don't need...

Continue moving this breath through your being... *Pause and let them focus on their breath for a few beats.*

Now let's call upon your intention for this session today. What brought you here and what do you wish to walk away with?

Center into this intention. Allow yourself to feel it... to connect deeper to it... And once you do, hold onto it and trust this is what you need for right now. *Pause and let them take a few more breaths.*

Bring in a sense of gratitude... for the opportunities and connections that brought us together today... and for yourself. For showing up, for being open, for expecting more.

Take a deep breath in and hold it. Suspend the energy. And release. Take a moment to become aware of your body and when you're ready, open your eyes and let me know (*if virtual*).

Take a moment for them to come back and ask how that felt for them and if they'd like to share their intention that came through.



Sample Meditation

The Group Experience

This guided meditation can be done in a group setting before moving into a deeper meditation or starting an event such as a lecture or a share circle.

Script (typically 5-8 minute opening set):

Let's take a moment to center in for our practice today. I'll be guiding you through a series of breath work for us to connect and create the space for our time together.

Kindly sit cross legged or in your chair with both feet on the floor. Close your eyes and place your hands on your lap, palms down to help you ground deeper into yourself.

Move into a few neck rolls, loosening up any tension or tightness. (give them enough time to do at least 3-5 rolls). Now bring your head to center, roll your shoulders down behind you, open up your chest up into the room.

The eyes are closed and if it feels good, bring your gaze upwards, as if it's looking right in-between your eyebrows.

Now begin to deepen the breath by inhaling in through the nose and letting your body expand and fill up with air.

Pause a moment.

Now exhale out through the mouth and let out a long sigh. *Aaahhhh.*

Let's do that two more times together... *Repeat twice.*

Now continue to breathe in and out at your own pace. Inhaling through the nose and out through the mouth...

Every cycle of breath becoming more centered, more focused, more present to the here and now.... letting the breath carry out anything that doesn't serve you at this time...

Continue moving this breath through, no rush, taking your time...

Pause and let them focus on their breath for a few beats.



Continued: The Group Experience

Letting any outside distractions or noises fade away and if any thoughts come to the surface, notice them as they are and then send them to the back of your mind knowing you can always come to them later...

Giving yourself full permission to continue to sink into this breath... emptying out your mind and letting your body get lighter and lighter... *Pause for a few minutes and let them be.*

Gently take your left hand and place it over your heart center. Let yourself connect to the energy you feel inside of you. The part of you that feels like peace, calm, happiness... breathe into that space...

Allow that energy to expand and deepen... let it start to take over and notice how you feel. Recognize this space as your truest self. As the part of you that you can go to anytime you need to recharge or calm down. It is always available to you.

Take a deep breath in and hold it. Bring in a sense of gratitude for yourself and all that you do. Release the breath.

Again, taking a deep breath in together as one. Suspend the energy, feel it expanding under your heart. Release and exhale.

Once more, breathing in together as one... hold... and let go...

Pause a moment and then direct them to bring their hand back down to their lap.

Relax the breath and take a moment to become aware of your body. When you're ready, slowly open your eyes and come back into the room.

Take a moment for them to come to and either make it part of the discussion or continue on with intended course of action.



Take note:

“When I guide others to their breath, I am completely changing the very nature of how they chose to relate to themselves.”



I adore you!