



Nature Care College

Meditation 3

DESCRIPTION	<p>Meditation 3 is the concluding part of the Meditation Facilitator's Certificate. It consists of two weekend intensives.</p> <p>The first weekend is dedicated to expanding and consolidating your meditation practice. We will create a sacred space of silence in order to deepen our inner connection. The weekend will also include periods of debriefing and discussion.</p> <p>The second weekend covers the practical aspects of running meditation classes in the community or workplace. It includes student presentations and continuing meditation practice.</p>
DURATION	<p>32 hours Two weekends: 9am – 5.00 Saturday & Sunday Full attendance is a requirement of this course</p>
LEARNING OUTCOMES	<p>By the conclusion of this module students should be able to:</p> <ol style="list-style-type: none"> 1. Articulate the importance of a personal and ongoing practice for a facilitator of meditation 2. Demonstrate understanding of the purpose and benefits of intensive meditation and silence 3. Outline the principles of education and the variety of learning styles in the community 4. Articulate the key components of facilitating meditation for others, including an awareness of the variety of special needs, cultural differences, and issues of gender and age that may arise.
TEACHING METHOD	<p>Practical experience Modified lectures, theory and handouts Group discussion</p>
ASSESSMENT	<p>Active class participation and meditation practice 40%</p> <p>Assignment – comprising both a written component and a spoken presentation (2nd weekend): 60%</p> <p><u>Written component</u> – An introduction to a meditation course that you plan to run in the community or workplace. This should include your notes and/or script for a brief introductory talk to your target audience, the script of a very brief taste of the kind of meditation you would teach, and an example of your marketing materials (eg. a flyer or brochure) 500 – 1,000 words in total.</p> <p><u>Spoken presentation</u> – a 5 minute introductory talk to your target audience</p> <p>Pass mark Pass/fail only – no higher grades.</p>

Each assessable component must be completed and passed at 60% in order to pass this subject satisfactorily.

NOTE: Students are required to take photocopies before submitting assignments to the Lecturer. You may include a stamped, self-addressed envelope with your assignment if you wish to have the marked assignment returned to you by post.

ATTENDANCE 100% minimum.

PRE-REQUISITES Meditation 1 & 2

CO-REQUISITES Nil

MATERIALS REQUIRED

- meditation stool/cushion if you wish
- meditation shawl if you wish
- one scarf
- clean socks (for the Labyrinth walk, and for warmth)
- notebook, pen

TEXTBOOKS (a) **Compulsory:**
Nil

(b) **Recommended Reading / References:**
Nil

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.

SPECIAL NOTE:

Please note that full attendance at both weekends is a requirement of Meditation 3.

Please allow plenty of time to arrive at the college ready to begin promptly each day at 9.00 am.

At the beginning of the first day all the introductory information on the conduct of the intensive and the practice of sacred space and silence will be given.

For the first weekend, in line with classic meditation retreat conditions, students will be asked to maintain silence as much as possible, to not use a telephone until each day is complete, and to spend the Saturday evening quietly at home, preferably with no television or other electronic stimuli.

FIRST WEEKEND OUTLINE – The POWER OF RETREAT IN MEDITATION PRACTICE

- Creating sacred space by committing to retreat conditions
- The power of group energy
- Checking in with yourself – taking care of your needs, maintaining boundaries
- Setting seeds with intention
- Advanced practices:
 - Deeper breathing practices to focus the mind
 - Using mudras to enhance meditation
 - Sound to raise vibration – eg. chanting, drumming
 - Moving meditation – eg. Labyrinth walk, Osho's Kundalini meditation
 - Expanding on Mindfulness
 - Meditation with the senses – Antar Mouna stage 1
 - Open-eye meditation
 - Deepening practice with mandalas and yantras
- Lengthening and deepening your personal meditation practice
- Integrating Metta (loving kindness) and Gratitude as a life practice
- Briefing on requirements and preparation for 2nd weekend

Long periods of silence will be observed on the first weekend.

During this weekend, for your highest benefit, we strongly suggest you refrain from using your mobile phone, except in case of emergencies, and to remain on the college premises between the hours of 9.00 am and 5.00 pm.

SECOND WEEKEND OUTLINE –

THE PRACTICAL ASPECTS OF RUNNING MEDITATION CLASSES and STUDENT PRESENTATIONS

- Designing your course
 - Ideas and inspirations for approach and content
 - Course design principles
 - Evaluating your course
- Teaching and learning
 - Understanding the learning styles of adults and children
 - Group facilitation skills
- Path of the teacher
 - Walking your talk
 - Personal support systems
 - Duty of care
 - Code of ethics
- Possible challenges
 - Dealing with difficulties and obstacles
 - Working with people who have special needs including sight, hearing or language barriers
 - Facing your own doubts and fears – building your confidence
- Setting up your meditation course
 - Coming from your heart – finding your individual authentic flair and expression
 - Logistics
 - Spiritual marketing, publicity, networking – talks and articles, brochures and flyers, advertising, website, etc
 - Insurance and public liability
 - OH&S issues
- Frequently Asked Questions
- Student presentations will be woven through the weekend