

In this lesson, we will be reviewing critical skills for the guidance of meditation practice.

As we explore teaching skills, consider the wisdom of Galileo...

"You cannot teach a man anything, you can only help him find it within himself."

~Galileo

What do you take from this quote?

Guiding Meditation Practice

The purpose of your meditation guidance is to:

- Support your students to recognize their mind wandering and to refocus their attention
- Suggest the attitudes to bring to their moment to moment experience, without judgment

Layers to Guidance

1. Language
2. Working with the Wandering Mind
3. Cultivation of Attitudes

Take notes on the layers to meditation guidance from the course video:

Language

Working with the Wandering Mind

Cultivating Attitudes

Observe a Guided Meditation

Go to this website and make observations of the guided meditation:

Mindfulness Meditation. Sharon Salzberg. Wisdom 2.0. 2016.
<https://www.youtube.com/watch?v=ZAAAUuNXzOU>

Pay attention to how the speaker guides the participant through the meditation. Note the usage of language, the call for shifts in attention that keeps the listener focused on the meditation. Consider how the attitudes are cultivated throughout the process.

Take Notes:

Develop Your Skills in Guiding Meditation

Identify a guided meditation of your preference and analyze the process applying the three layers of language, attention focusing and the cultivation of attitudes.

Take note of the pacing throughout the meditation.

Identify the layering of language, attitudes, and working with the wandering mind.

Practice your guidance of meditation using meditation exercises.

Record your observations, experience, and questions.

