

## **INTERACTIVE GUIDED MEDITATION**

### **A Masterclass Training Curriculum**

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Interactive Guided Meditation is one of the most powerful, dynamic and immediate therapeutic practices I know of to facilitate healing, transformation and understanding. This masterclass training is a compelling hands-on course in the principles and skills of Interactive Guided Meditation, with ample theory, lively demonstrations, rich case studies and clear practices. This training offers some of the deepest and most effective tools I have learned in my 45 years as a teacher, psychologist and therapist. Extraordinary openings can happen in a single session.

## **OVERVIEW**

### **PART 1**

#### **THE GROUND OF THIS WORK**

- What is guided meditation?
- What is the relationship between guided meditation, identity, and time and space?
- An explanation of the multiple genres of guided meditation.
- How directed guided meditations such as those on compassion or lovingkindness work.
- The importance of presence and connection.

#### **DEMONSTRATION AND PRACTICE: THE POWER OF PRESENCE**

- Connecting your breath with the breath of another. How to create profound connection without words. Use in therapy, teaching, hospice, parenting.
- The power of intention in guided meditations.
- A brief description of guided scripts for healing, inner well-being, releasing anxiety and panic, sleep, relaxation etc.
- Inner guided sources and outer supplied scripts.
- How to work with individuals when they present trauma and difficulty.
- Grounding, resourcing, directing them into their body.
- Naming, adding compassion, expanding, going to the center, adding vast space, questioning the story, trust in the opening, common humanity.

#### **DEMONSTRATION AND PRACTICE: UNLAYERING, TRAUMA AND BEYOND**

- Guiding attention to the bodily center of trauma and unlayering using the elements to deepen attention.
- Earth...hardness/softness, fire...hot/cold, earth...rough/ smooth, air...vibrating/still, color.

- Unlayering memories held in the body step by step.
- Childhood, early history, back to womb. Empowering emotional support and wise perspective.

## **PART TWO: MORE INTERACTIVE PRACTICES**

### **INTRODUCTION**

- The nature and use of symbols and the unconscious.
- How the psyche works in symbols.
- Invitation to work: The creation of safe and protected exploration, making it perfectly supportive.

### **DEMONSTRATION AND PRACTICE: FUTURE TIME**

- Guiding a client to explore their optimal life in the years ahead – 2, 3, 5 or 10 years, using time travel and locating to new places.
- Working with symbolic gifts, photo albums, figures, visions, wisdom words and new understandings.

### **DEMONSTRATION AND PRACTICE: OVERCOMING OBSTACLES**

- Fostering a deeper understanding of what lies ahead and what obstacles need to be overcome.
- Using the images of adventure for new dimensions of vision, discovery and understanding: Going down the river and canyons, entering a cave, a mountain meadow, a magic carpet, entering a castle, a descent into the ocean.

### **DEMONSTRATION AND PRACTICE: HEALING TEMPLE**

- Visit to a sacred Temple of Healing to find healing for body, heart and mind.
- Sacred altars, powerful healing figures, finding special medicine, gifts for understanding and empowerment, demonstration of the power of healing touch, receiving the advice of magic healers.

### **DEMONSTRATION AND PRACTICE: SOLVING YOUR DIFFICULTIES**

- Transforming difficulties and conflict, in family, work or society.
- Visualization to examine your own body and mind in the midst of reactivity, difficulty and conflict. Meeting a wisdom figure.
- Discovering a new approach of body and mind. Finding bodily well-being, inner centeredness and protection, courage and compassion, deeper understanding and wise responses.
- Gifts, advice, compassion, blessing and empowerment.

### **DEMONSTRATION AND PRACTICE: INNER EMPOWERMENT**

- Support and resources for successful work, creativity and living wisely.

- Circle of allies. Inner guide, demonstration, gifts, advice.
- Receiving a cloak of empowerment and blessing.
- Temple of Vows.

#### **DESCRIPTION OF PRACTICE: POWER ANIMALS**

- How to lead an inner journey to find power animals and animal guides.

#### **DEMONSTRATION AND PRACTICE: PAST LIFE REGRESSION**

- Creating a safe and wise container for this exploration.
- Belief is not necessary... Letting this be an open-minded exploration.
- Setting the proper intention to learn from a past life that has important information for this one.
- A gradual induction; how to dissolve this body and then appear in a body in time past.
- Discovering lessons to be learned, and valuable understandings.
- Exploring the death at the end of that life and what happens at the time after death.
- A healthy return.

#### **SUMMARY**

- How to use these tools in your practice as a therapist, healer, student or teacher.