

HOW TO AVOID THE 3 DANGEROUS MISTAKES MOST MEDITATION TEACHERS MAKE



**And...help hundreds of people live happier,
healthier lives while working in your passion!**

By Isabelle Cunningham

The title of this little eBook should really be “How to Avoid the Three Dangerous Mistakes Most **UNTRAINED** Meditation Teachers Make”. Because, most people running meditation classes or running meditation groups have developed their knowledge and skill through their own personal experience and possibly from reading books and listening to some of the great teachers. For some it is pure instinct or intrinsic knowledge and these things are all GREAT!

You must have a natural ability, an intrinsic (even gifted) understanding and a measure of personal experience in order to teach the incredibly beneficial and self-empowering practice of meditation to other people.

The problem for most meditation teachers, who are not professionally trained, is they don't know what they don't know. So, despite their own positive experiences and their pure intent to guide and help others, they can accidentally do as much serious damage as they can do deliberate good.

I know that any person, who is drawn to sharing the gift of meditation, comes from the heart and would be horrified to think they could be causing their students damage. So, this little eBook is designed to show you the three biggest mistakes most untrained meditation teachers make, that can cause harm to their students. It will also show you how to avoid them and provide you with a few other useful tips.

If you run meditation classes or lead a meditation group, or even if you just guide some friends in meditation occasionally, this eBook will assist you to develop some professional skill that will greatly benefit you and your students.

SO, WHO IS ISABELLE CUNNINGHAM?



I am Isabelle Cunningham and I would like to thank you for trusting me with your time and energy. I can promise you, it will be well worth it!

I thought you might like to know a little about me so you have some perspective of who I am and why you should even take the time to listen to me!

I am blessed to be doing exactly what I was born to do. I am the Principal of the Inner-Voyage College (for meditation teachers and holistic counsellors) and the Director and Primary Course Writer at the International Meditation Teacher Trainers Association.

Every day I wake up excited! Because, I have the opportunity to teach amazing people from all over the world, how to improve every aspect of their lives; their health, their happiness, their wealth, their relationships and how to use this information to create amazing careers for themselves where they too get to teach others how to live happier, healthier lives (and make the living they deserve while they are doing it!) I believe we are saving the world – one meditation student at a time!

I have researched, studied, practiced and taught meditation along with a range of other holistic therapies for the past thirty years. I began the Inner-Voyage College in 2008 and it quickly became one of the best known and highly accredited meditation teacher training colleges in the world. Over the past five years I have also been a part of the development of the IMTTA from an idea into a booming association. The IMTTA now supports many independent training organizations who use the IMTTA training course materials and through them, we support many hundreds of students and practitioners from all over the world. It is exciting work!

When I started my own meditation teacher training organization, I did it with no capital, but loads of passion and one of the greatest joys in my life is sharing what I have learned (as much through trial and error as through the vast amounts of study and research I have done).

THE FIRST DANGEROUS MISTAKE MOST MEDITATION TEACHERS MAKE (and how to avoid it!)



Most people who teach meditation for a living or lead meditation groups among friends or in their community, who are not professionally trained, have usually come to be doing it, as a matter of natural progression. Most often from discovering and practicing meditation themselves. So what they can teach (or guide people to) is experience based for them. That is to say, they are most often teaching or sharing what they have learned works best for themselves.

Many healers and teachers are naturally visual learners and so the majority of untrained meditation teachers or guides often favour creative visualisation and that is what they share with people who look to them for guidance and instruction about how to meditate.

The problem with only sharing the meditation style you most enjoy is that it will only benefit those students who have the same learning style as you.

If you are a visual learner and you love creative visualisation and it has benefited you greatly, you will probably want to share this style of meditation with others. However, if you try to teach a creative visualisation to someone who is not a visual learner, they will not have anything like the experience you have had and are trying to guide them to have. If they are not visual learners, they will not “see” anything. Often they will become bored (or worse, frustrated) as they struggle to picture the scenes and experiences they are being instructed to picture, see or imagine in their minds eye. If they are not visual learners their minds eye doesn’t see things in the same way a visual learners mind does. So, instead of sharing in the intended amazing adventure, the non-visual student will learn that meditation does not work for them.

This is a tragedy!

It means that while attempting to share our own favourite meditation style; the beautiful visual experiences, from which we have gained so much peace and insight, we could inadvertently convince someone not to bother trying meditation again...ever! Causing them to miss out on the massive health benefits and enormous life affirming experiences meditation has to offer.

It is therefore essential that anyone who teaches or leads meditation classes or groups, should have a good understanding of how a different learning style affects which type of meditation will best suit the person.

SO LET’S TALK ABOUT LEARNING STYLES...and show you how to avoid making the number one mistake!

We all have a particular learning style. Often we have more than one but usually one learning style is predominant in each person.

There are lots of different models of learning style that have been developed over the years, but we don't need to get too complicated here. We are going to look at what is widely considered to be the simplest and most commonly used model.

This model, of the various learning styles, is called the VAK or VARK model and it was popularised by Neil Fleming:



Visual learners:

These people need to see. They often have very visual minds and can picture things very clearly. They often think in pictures or a combination of pictures and words. We might say they have vivid imaginations.

Auditory learners:

These people need to Hear. They often think in words and can have trouble seeing or making pictures in their minds. They are particularly good at giving and following verbal instructions and using language.

Kinaesthetic (or Tactile) learners:

These people need to do, touch or feel. They need to experience. They may think in a combination of words and pictures but are more inclined to think in emotions or feelings. They are often quite artistic and/or physical.

We all fit into one of these groups. Some of us, as I said, may belong to more than one category but one will be our predominant learning style.

When it comes to practicing (or learning) meditation, these learning styles play a major role in determining which of the many styles of meditation will best suit the individual.

If you are a visual learner, you will enjoy and benefit most from meditations that are visual...like creative visualization or guided imagery. If you are an auditory learner you will probably not enjoy nor benefit much from practicing creative visualization. You may not 'see' what you feel you are supposed to see and creative visualization will feel like a chore to you.

Visual learners may enjoy meditating on mandalas or staring into paintings where their imaginations will take them on a beautiful meditative adventure.

Auditory learners like to hear. These people will get the most out of meditations that incorporate sounds or instructions (words). They are more likely to enjoy mantra meditations (repeating words or a phrase) or meditating to music where they can become lost in the sound, 'riding' the wave of the music. These people can also benefit from Zen style 'listening' meditations where the goal is to concentrate solely on what sounds can be heard or even meditating on the sound and vibration of gongs, chimes or meditation bowls.

A Kinaesthetic or Tactile learner may really enjoy concentrative meditation where they might sit and stare at a candle's flame or the oceans waves, allowing their mind to become completely absorbed in the experience of doing. These individuals often also enjoy active meditations like walking meditations or dance meditations.

A Visual learner however is likely to find concentrative meditation boring as their minds want to be 'seeing' something.

If you or someone you know has tried meditation and found the experience to be less than enjoyable, you or they have probably tried, or been shown, the wrong type of meditation for your individual learning style.

If you want to give the people you teach or guide in meditation the best possible foundation for their practice, it is helpful if you explain this information about differing learning styles suiting and not suiting particular types of meditation. Then if they try a meditation style that doesn't work for them, they will know it is just the wrong style for them individually. Rather than feeling they have failed or thinking that meditation in general does not work for them, they will be open to experimenting with different styles.

It is a great idea to teach or offer a wide variety of styles in your classes or groups to cater for the various learning styles you will be working with. Even better if you learn how to incorporate several different styles into one meditation. This way you can cater for everyone at once, attracting more people to come and keep coming to your classes or groups. Learning how to effectively combine various meditation styles to cater for all learning styles takes some knowledge but is well worth the effort.

THE SECOND DANGEROUS MISTAKE MOST MEDITATION TEACHERS MAKE (and how to avoid it!)

Earlier I said "I believe we are saving the world – one meditation student at a time" and I was not kidding.

Many untrained meditation teachers know meditation is a powerful healing tool. They know the benefits meditation has brought them and they may also know a little bit about the science behind why meditation is so important in healing disease, maintaining peak health, reducing stress and assisting to develop consciousness, and therefore increasing happiness and improving life. But, few are able to communicate this information to others in a way that is grounded and easily digested.

Many people still see meditation as being a purely spiritual practice and in many ways it is, but it is also much, much more. When we are able to confidently explain the science behind the benefits of meditation we bring it out from under the veil of mysticism many see it through and expose it as the credible, logical and sensible practice it really is.

When you have a solid understanding about how and why meditation works and what its benefits are, you can share that understanding with your class or group to assist them in seeing the practice of meditation as a natural and healthy lifestyle habit rather than something that has previously been considered to be a religious or 'hippy' ritual. This will give your students more confidence in their practice and free them up to share what they are learning with their own friends and families. It will also allow you to attract many more people to your classes or groups who may not have previously understood the simplicity and the amazing benefits of meditation.

Professionally trained meditation teachers usually incorporate some theory into their classes or groups along with meditation practice. They might give a brief talk and provide information that helps their students better understand what their meditation practice is doing for them on a deeper physiological and psychological level.

No matter what style of meditation is being practiced, the function of meditation is to calm, quiet or focus the usual chatter of the mind. Many people's minds seldom stop! They are constantly drowning in mental chatter, including worry over the future, regrets from the past and even scenarios that never have and never will happen (like thinking about what they should have said or what they would do if some imagined thing happened).

When people learn to control and quiet, focus (as in creative visualisation and some other styles) or even completely still the mind, they begin to realize, rather than being victims of their minds, constantly being kidnapped and held hostage in the past (which is over and done with) or the future (which is unpredictable),

they can start to live in the NOW. Being consciously aware in the now instead of lost and tumbling around in the past and the future, brings heightened awareness and leads to self-actualization.

That is the spiritual aspect of meditation. For many people this means being closer to God (whatever they perceive God to be) or knowing 'thine own self' better. It can mean being more present to enjoy what is actually happening in their lives in the NOW and it can mean being more tuned in to experience the beauty of nature, loved ones and life in general.



These spiritual aspects and mental benefits of meditation are what most untrained meditation teachers talk about and share with their classes or groups...and anyone who has experienced them knows they are awesome benefits!

However, talking about these benefits to people who have not yet experienced them for themselves is like trying to describe a visit to another magical planet that no one else has ever heard of. They hope it's true, they want to believe it and they will give it a brief, somewhat sceptical attempt. But when these things don't happen for them straight away people often either feel they have failed (again) or that meditation just isn't for them (again). When we are sharing the beauty and benefits of meditation with people who are new to the practice we need to give them more physical and grounded foundations. We need to show them how meditation can benefit them in the world they are living in now and that is often a very physical and thought based world. Once they start to practice meditation regularly and fall in love with the experience, the more intangible benefits will present themselves naturally.

Most people are drawn to learn meditation because they are looking for something they know is missing from their lives. Often they don't know exactly what that something is. They may be unhappy and seeking a way to become happier. They may be physically ill and looking for a way to heal their body. They may have a sense of emptiness, disconnection or feel a lack of purpose. It can be different for everyone but in general people decide to explore meditation because they want to change something in themselves or in their lives. They may have some ideas about what they will gain from it and they may have heard good things about meditation but like visiting a magical planet that no one has ever heard of, the experience can't really be explained it must be...well, experienced.

So, if we start out by sharing what we know about the spiritual aspects of meditation with people, we are not providing them with tangible benefits and achievable goals. We must go back to the fork in the road they are standing on, way back down the track before we learned what we know now about meditation and guide them toward this amazing practice with directions and information they can relate to, from where they are right now.

Stress is a major issue in our modern society. Many people take it for granted and see stress as just being something they have to deal with...just a part of life. What many people don't realise, is the havoc the effects of stress have on our physical health, our mental wellbeing and our emotions. Being under stress for prolonged periods ruins relationships, causes accidents, makes people sick and causes a great deal of unhappiness.

Professional meditation teachers, guide their students to understand that while we may not be able to control the stressors in our lives, we are completely able to control the effect that stress has on us. One of the ways we can do this, is through the regular practice of meditation.

Learning about the Fight-or-Flight response is a great place to begin developing an understanding of how stress affects us. Most people understand that when our mind perceives that we are in danger, our bodies go into the Fight-or-Flight response. What many people don't know is the reason this happens, what it involves, what happens when we stay in the Fight-or-Flight response for prolonged periods and that the Fight-or-Flight response is triggered by a perception of danger. Yes... a *perception!*

If we are in genuine physical danger (like being chased by a wild dog) the Fight-or-Flight response is a healthy, very useful and even lifesaving physiological response. At the moment the danger is *perceived* a message is sent from the hypothalamus (in the limbic area of our brains) sending a swirling cocktail of neurochemicals that carry messages through our body causing physiological changes. These include (just to name a few), adrenal secretions flush into the blood stream; our heart beat speeds up, blood pressure increases and our pulse rate increases. We take in less oxygen and breathe faster (shallow breath). Blood vessels dilate for increased blood flow to muscles. Blood and glucose rush to the muscles to provide additional strength. Our digestion slows down or ceases completely. The pores of our skin open up and we begin to sweat (air-conditioning). Sexual function ceases (this is no time for romance!). There is an acceleration of instantaneous reflexes. Pupils dilate and the tear ducts stop producing tears, our vision becomes expanded (so more peripheral vision which can cause you to experience blurry vision) and our brain function becomes limited. So we are kind of in 'cave man' mode and unable to think as intelligently or rationally as we can when we are not in the Fight-or-Flight response.



These are just a few things that happen in our bodies when we go into the Fight-or-Flight response. If we are ever faced with a wild animal to outrun, they will be most helpful in our survival! The problem is, the Fight-or-Flight response is activated by *perceived* danger, as I pointed out earlier. That could mean a bill turning up in the mail, a traffic jam, a difficult client on the end of the phone, lunch with your mother in-law or any number of other daily occurrences that do not require or even allow for an active physical response from us.

While the Fight-or-Flight response is a healthy, natural, short term state and a wonderful survival tool, it is not a healthy state to be in long term. Our modern lifestyles provide us with many challenges that we perceive as danger that require no physical response, we go into the Fight-or-Flight response often and stay there much longer than nature intended. This is when stress becomes unhealthy.

When we remain in the Fight-or-Flight Response for prolonged periods our bodies are unable to function in the way nature intended (in the Relaxed Response). We are placed under stress...think on that word for a moment. It is an engineering term that means tension, pressure and strain.

The Fight-or-Flight response is a healthy and natural occurrence when it is triggered occasionally and for short periods of time. When we spend too much time in the Fight-or-Flight response we start to experience health problems because the body is not being permitted to function correctly.

Some of these health issues include: vision and eye problems, weight problems, heart disease, alcohol and drug dependencies, anorexia, anxiety and panic disorders, asthma, allergies, skin diseases, cancer, chronic

fatigue syndrome, chronic muscle pain, constipation, colitis, irritable bowel syndrome, depressed immune system, increased likelihood of colds and infection, depression and suicide, diabetes, difficulty maintaining sexual arousal, loss of libido, difficulty urinating, bladder infection, bladder disease... *Wait there is more!* Erectile dysfunction; Fibromyalgia; Headaches (and migraines); Heart disease /heart attack; High blood pressure; High cholesterol; Hypertension; Joint Pain; Multiple Sclerosis; Muscle stiffness; Backaches and neck pain; Sleep disturbances; Stroke; Ulcers and digestive disorders.

These are just some of the dis-eases conventional medicine now accepts are caused through stress. It is by no means a comprehensive list!

It is difficult to run your life effectively when you're trapped in the Fight-or-Flight response. Other than generally not being or feeling healthy, it also causes a lack of motivation or enthusiasm. It makes thinking clearly or laterally difficult (physically impossible actually) and has you on the edge of your seat! Not great for relationships or creativity. Not good for anything really except running for your life or fighting for it.

When we eliminate the amount of stress we have in our lives we begin to experience better health and happier lives. It is that simple.

Regularly practicing meditation is an effective, easy, method for disengaging the Fight-or-Flight response and returning us to the Relaxation response. It is always available (any place and time), self-empowering, self-administered and completely natural with no negative side effects! It does, however, have some wonderful positive side effects. These includes helping to raise resilience to stress so that not only do we know how to get out of feeling stressed when we are experiencing the Fight-or-Flight response, over time we are less effected by the stressors that would have previously triggered a full blown Fight-or-Flight response from us.



This kind of information is valuable to everyone regardless of their spiritual beliefs, their cultural background or what it is they seek to improve in their lives. It is information about one of the things we all share (a body) and something we all want (good health). So no matter what your students are seeking when they come to learn meditation with you or what has driven them to you, if you can give them grounded, evidence based information that will assist them to see how the regular practice of meditation will help them be healthier and happier, you have given them a solid foundation and some very real goals to inspire them.

'So how can teaching meditation save the world?' I hear you ask!

The more people that learn to meditate the more people on this planet will be present in the now. They will not be acting from their 'reptile mind' because they are trapped in the Fight-or-Flight response. The more people will discover their true essence and their connection with the rest of humankind, the earth and all living things. They will recognise themselves as being part of the energy that is the one; the all. When we recognise ourselves as being one with all living beings, we can no longer be separate and so we treat all living beings with love and respect. People who are self-actualized are heart based and their actions reflect this.

People who meditate regularly are healthier, they are more intelligent, more creative, more aware, less fear based, less violent, more connected to their fellow humans and animals, more connected to the earth and much more present in the moment. These things have been known forever by the mystics and now science has proven beyond a doubt that they are true. Every person we teach to meditate in a sustainable and effective way that works for them perfectly, is one person cured of the collective dis-ease that causes the problems in our world from poverty and violence to environmental malevolence.



When we have an understanding of how the body functions on a cellular level and how the neurochemicals that fill our brains and bodies work, we can clearly see how reducing stress and developing happiness and contentment can cure any illness that may have developed in the body (it sounds complex but it is in fact very simple science). We also come to see that without the changes meditation causes to happen on a cellular level no other therapy, medicine or treatment can effect healing from disease permanently. The practice of meditation changes and regulates the body's internal environment. So, without meditation no other therapy can permanently heal illness (this is why people get healed from cancer for example, only to have

it return somewhere else). But, with the regular practice of meditation, no other therapy is actually needed because the body is freed from being trapped in the chemically toxic environment caused by being constantly in the Fight-or-Flight response and provided with the beneficial neurochemicals that cause healing and maintain good health.

So, meditation teachers have in their hands, an extremely powerful healing therapy that can change people's lives on a massive scale. One of the dangerous mistakes that most untrained meditation teachers make is that they often don't educate themselves in the science of their therapy. They probably wouldn't consider being a massage therapist or a reflexologist, for example, without learning about the physiology of these therapies and being up to date with the latest science. Meditation is probably the most powerful and effective healing therapy available to us. The more you know about how and why it works, the more you have to offer your students and the world.

Meditation teachers and meditation guides are healers with an important role to play at this very potent time in history, in healing mankind and the planet. If you are drawn to teach and share meditation and its benefits, there is a great deal of simple science you can learn to assist you in becoming very effective in your field.

THE THIRD DANGEROUS MISTAKE MOST MEDITATION TEACHERS MAKE (and how to avoid it!)

This is a big one!

Meditation, as we have discussed, is a powerful healing tool. The physiological effects of practicing meditation naturally initiate healing in the body as well as in the psyche. Meditation is also inevitably a pathway to spiritual development and self-actualization. These are all wonderful things! We also now know that if we learn how to share this information with people in the 'real world' we can guide many more people to good health and happiness, particularly when we are introducing them to meditation styles that suit their individual learning styles.

Now here is the dangerous mistake....

When you lead a person into meditation you can't always know where you are taking them or what they will find buried in their subconscious (or unconscious) mind. Meditation is a very personal journey for everyone. You could take them into a beautiful garden or fill the room with scented roses and soothing music. You could guide them to recall the most beautiful place they have ever visited or call on them to remember the greatest joy they have ever felt. You could have them focus all of their attention in the moment or on a picture of a laughing baby. But still, you could find yourself with a student that has ventured into a dark recess and is confronted with monsters from their past or banshees from their anticipated future.

You can't know all of the complete histories of all of your students or what sort of trigger might send them tumbling into the haunted caverns where the shadows of past trauma are waiting to swallow them whole. It sounds dramatic, I know, but so many untrained meditation teachers accidentally lead their students into dangerous places and don't have the professional skill required to lead them back to safety and help them work through their experience, so they can ultimately benefit and grow, rather than be damaged and frightened by it.

Here are a few examples of what I am talking about.

I had one of our professional Practitioners (a diploma level graduate) contact me quite distressed. She had attended a local 'spiritual' business women's networking meeting and one of the speakers lead the group on an *inner-child meditation*. This Practitioner knew, due to her training, that inner-child meditations can be quite dangerous if the teacher isn't very experienced or trained and chose not to participate. She just sat quietly with her eyes closed and observed.

As our Practitioner had expected, by the end of the short guided meditation many of the women were in tears and several were very distressed having recalled disturbing (even horrifying) childhood memories that were buried in their unconscious minds. Our Practitioner was very concerned and hoped the woman who had lead the inner-child meditation had the level of skill she knew would be needed to support the women who had become so very upset.

But the meditation leader did not even attempt to work through the mess her meditation had caused. Instead, she began spruiking about a "heal your inner-child" weekend retreat she would be running and proceeded to encourage these distressed women to sign up for it, on the spot. So, desperate were some to be free from this childhood pain that had resurfaced (unexpectedly and uninvited – without their permission even) that many of them paid the \$2,500 fee to secure their position at the weekend retreat right there and then!

Now this does not seem to be an accidental situation due to lack of training to me, nor did it appear so to our Practitioner, which is why she was so upset. This workshop-retreat facilitator had lead the other women to a place of distress and then used that distress to get them to sign up for her workshop. While they were despairing and desperate for help to be free of their pain.

This is obviously unethical and something I am sure you and certainly most other meditation teachers or guides would not even consider doing.

However, it is a story that illustrates the kind of situation you can find yourself responsible for managing. This terrible meditation scam I just told you about was also the last event at the meeting our Practitioner was attending and so once they signed up, all these crying women went off and got in their cars and drove themselves home. I can only hope the retreat workshop was mind-blowingly amazing and they got all they could have ever hoped for out of it.

Another story that helps to illustrate the point I am making about 'after care', is about a woman who was seeing another of our professional Practitioners (a certificate graduate) as a private client. The Practitioner rang me to ask advice about what meditation style to use with her client. The client, a young woman who had been sexually assaulted for most of her childhood, used a form of meditation to 'escape' the experience her body was having. She did this naturally as a survival mechanism as a child but now, as an adult, she was afraid to meditate because it reminded her of those painful and frightening experiences. The Practitioner knew that meditation would help her client (especially as she was often caught up in the swirling mind; rehashing the past and worrying over the future).



A third example is a guided meditation I conducted myself at a teacher training retreat where students were lead into remembering something that made them very happy as a child. Something blissful! Now you would think that would be safe enough, wouldn't you? But no! One of my students remembered playing her little red toy piano and how much joy it gave her. She was happy and enjoying the memory, when the deep unconscious mind was accessed. Then she remembered her parents fighting while she played and her father yelling at her (probably out of his deep despair at his troubled marriage) to "stop that horrible noise!" Her father left, her parents divorced and she never played a note on a piano again. This meditation had caused her to remember how she loved to play that toy piano and exposed a deep secret passion she had carried all her life, to be a pianist. It also exposed the thing that had always stopped her from fulfilling this passion. She believed, on an unconscious level, her piano playing was so very bad that it caused her father to leave the family. She had carried this very painful and erroneous belief about herself being the cause of her family's disintegration since she was five years old. In a room full of smiling meditators, who were blissfully reliving childhood glee, this woman burst into a flood of tears and heart wrenching sobs...Surprise!

She did go on to learn the piano, by the way.

My point here is that no matter how basic or peaceful the meditations you lead your students into are, there will be times when someone finds a gremlin and you are ethically responsible for going in and getting your man (or woman) out safe!



This means having solid holistic counselling skills that equip you with the confidence, tools and know how you will need to provide your students with effective, grounded guidance. A professionally trained meditation teacher has training in holistic counselling to enable them to deal with whatever situations may arise in their capacity as a meditation teacher or guide.

One of the biggest and most dangerous mistakes untrained meditation teachers and mediation guides make is believing their role is simply to teach the practice of meditation and

lead people on meditative adventures. They so often don't realize that we have an ethical responsibility for keeping our students safe not only during but after their meditation experience. It is important to develop the holistic counselling, coaching and support skills your students may need from you.

WANT TO LEARN MORE?

Many graduates from the IMTTA Meditation Teacher and Holistic Counsellor training courses, through the Inner-Voyage College, are already teaching meditation classes and workshops or running meditation groups when they enrol in the certificate, diploma or advanced diploma training courses and some have no experience at all but have a deep calling or a passion that keeps popping up and beckoning them to follow the path of healer with meditation as the modality. It really is a healing modality with so many facets and so much to learn. The subject of meditation, its history, benefits, physiology, psychology, styles, methods, uses and associated practices could keep us all enthralled in ecstatic study for a lifetime, and probably will!

Once you have discovered this beautiful and powerful practice and learned how to use it in ways that best suit you and most benefit you, it becomes more than a practice, it becomes the essence of life.

Whether you currently teach meditation, lead a meditation circle or dream of running your own meditation school, you will gain a deeper understanding of how to focus your personal experience, acquired skills, and driving passion through a professional meditation teacher training course. There is a great deal more to meditation teaching, as a profession, than simply creating ambient spaces and reading scripts. It is an exciting,

rewarding and very honourable career, where you can help hundreds of people improve the quality of their lives.

The Inner-Voyage College courses are accredited with the International Institute of Complementary Therapists and the Complementary Medical Association along with several other well respected associations and organizations. Graduates can gain membership to these associations and get professional insurance. We also provides graduates with a full year of free practitioner support (through the IMTTA) to help them start and grow their own holistic wellbeing practices and a complete practitioner kit full of resources, teaching aids, class plans, marketing materials, etc.



If you feel guided to pursue a career as a professional meditation teacher or meditation therapist and holistic counsellor, please explore the Inner-Voyage College web site at www.inner-voyage.com and please don't hesitate to get in touch and ask any questions you may have.

Whether you decide to gain professional training through the Inner-Voyage College or not, I sincerely hope you have found this information.

With Bright Blessings
Isabelle.