



MIT Facilitator Points:

Facilitator Check List

Background

It is important to keep your self in check and have awareness of how you are feeling and what you are thinking when you facilitate a meditation.

Check Points

- Am I prepared, empty, deep and focused?
- What is your prayer, desire for the meditation? Have an element of humility be part of your prayers.
- Where are the people at that I am facilitating a meditation for?
- As you facilitate the meditation go within yourself. Enter the meditation yourself.
- Less is often more; re. speaking, teachings, music etc.
- Speak from your own self-realization.
- Speak the highest possible truth.
- Is what I am saying guiding the people into their heart or their mind?
- Is it in any way about myself or am I in my prayer to be pure, selfless, a clear channel for the truth and love to come through?