



MIT Assignment:

Meditation Topics

Background

Preparing yourself and preparing materials for facilitating a meditation is time well spend. From my own experience, the more I prepare the more well-prepared I feel and am for facilitating a meditation; this results in being able to facilitate meditations for yourself and others that go way beyond the expectations of anyone. Consider your prep time as a prayer.

Meditation Topics

Facilitating a meditation with the focus on a topic is very helpful for the beginner and astute meditator. As a beginning meditator it is often a challenge to stay focused and not to fall prey to thoughts of discouragement, comparison or negativity. Having a topic gives someone direction and opens up areas that need to be explored; felt, become aware of, let go of, find healing etc. For an astute meditator it can help to touch on places where this person normally would not go. This way new spiritual ground and new depths can be reached.

Assignment

Pick a topic you would like a meditation to focus on. Then explore this topic.

1. What are the simple basic teachings you would like to deliver within this topic? Keep it simple!
2. What are some questions you could offer for self exploration of the teachings?
3. What words of inspiration could you share during meditation?
4. What music could help inspire and supports the topic?

I explored the topic of Desire and wrote it up for you in the attached document for you to have as an example.

IMPORTANT KEYS TO SUCCESS!

1. Share teachings and thoughts of inspiration that you self-realized.
2. Share something personal about the topic.
3. And again: Keep it simple!