

## Group Meditation FAQ – Teacher’s Path

1. Why the refinement to the Group Meditation script?  
As you know, Deepak is a great explorer of consciousness, constantly deepening his own experiences and looking for ways in which to offer this wisdom to the world. A year or so ago, Deepak suggested we ask the four soul questions at the beginning of the Group Meditation. Now he’s offering us a further refinement to enrich the experience and would like instructors to add the following three more components to the meditation.
2. Is there an explanation of the new components in the group meditation?  
Yes. Please see handout provided on the [Teacher’s Path Online Resources](#) page.
3. Do the new components increase the total meditation time?  
Yes. Please read through and time yourself before leading a group meditation to indicate the additional time needed.
4. How long should students/guests meditate in silence?  
Still recommended 15-30 minutes. Per your schedule.
5. Can I reformat the new components in my own words?  
Please use the exact wording provided.
6. Do I use the new group meditation script for both morning and evening meditations?  
Yes.
7. What should I tell returning students/guests about the new group meditation practice?  
Inform returning students/guests the Chopra Center has introduced new components within the meditation practice. You will be guiding them through the new components through the practice and just to be easy and open to the new components. The new components are intended for a more deepened practice. Inform them that since this is brand new that you will be reading the script.
8. Can I still read the Spiritual Law of the Day after the Resting component?  
Yes. You may need to add additional time to the group meditation to allow for this.
9. Can I chant OM at the end of the meditation?  
Chanting OM is encouraged and recommended to do this before having guests open their eyes.
10. Is there an audio, so I can hear the pace?  
Yes. The audio recording is provided on the [Teacher’s Path Online Resources](#) page. This is for your reference only.
11. Is the new group meditation available on cd and can it be purchased?  
No, not at this time.
12. Is the new group meditation script available in Spanish?

Yes, there is a written script and audio in Spanish. Please see handout and audio provided on the Teacher's Path Online Resources page. These are for your reference only.

13. Does this change affect the Personal Instruction procedure?

No.

14. Do I need to memorize the new group meditation script?

As with the other script, best to have the new group meditation script memorized so you may be able to lead anytime, anywhere.

Please read from the written script until you have it comfortably memorized.

15. Will there be a lecture at the certification course on the Group Meditation Procedure?

Yes. Please read through the new script and explanation of the new components and download a copy to insert into your instructor manual. We will be using this new script in the instructor manual and at the upcoming certification course. Please become familiar with the new components for the certification course.

16. Will we be tested on the new Group Meditation script?

No. Due to this recent update and transition with a new Group Meditation script, there will not be testing on memorization of the new script. All future certification courses, testing will take place. As scheduled we will have lecture on the Group Meditation and you will participate in practice teaching this to each other.

17. Where can I ask questions?

At the next scheduled webinar or you may email [ccu@chopra.com](mailto:ccu@chopra.com).