

## Introduction to Meditation Class Key Points

The Introduction to Meditation Class is usually offered for free or on donation basis. This is a one hour class including the meditation time.

1. Arrive 15 minutes before start of class to welcome, greet guests, and set up room.

### Lecture Room Set Up

- Sign in sheet for names and email address and/or phone numbers (can use for your newsletter)
  - Brochure or flyer for Primordial Sound Meditation classes
  - Business cards
  - Chairs
  - Tables as needed
  - White board with pens and erasers or Flip Chart with pens
  - If using a power point you will need to bring equipment for projecting slides
  - Audio equipment if needed
  - Water station
2. Start with a brief introduction of yourself - up to 15 minutes.
    - Briefly tell guests about yourself and your background
    - What brought you to the Chopra Center
    - Why you wanted to become a teacher
    - How meditation has benefited you
    - What you will be teaching and sharing with them during this class
  3. Ask if anyone has experienced meditation before or why they would like to learn to meditate. (The response is usually stress management).
    - Go around the room if small group. If larger group, ask a few people in the audience to share. Make sure to address and go over what people had shared throughout the class.
    - Ask if anyone is currently practicing meditation on a regular basis and what kind of method they are using. (Most people know about the breath technique and chanting). Just ask so you know the level people are at.
    - Let them know all meditations are beneficial but explain that in the session we will practice using a mantra technique that is silently repeated.
  4. Explain what meditation is.
  5. Talk briefly about stress and fight/flight as antidote to stress.
    - Most people want to learn meditation or come to this class because they want to learn stress management
    - Go over key points of the antidote to stress
    - Ask them how their body/mind feels when they experience stress
    - Remember to keep students engaged by asking questions
    - Contrast between restful awareness and fight/flight responses
  6. Talk about the benefits of meditation – pick a few.
  7. Experiences in meditation (mantra, thoughts, sleep, gap – “we meditate for the experiences that come through outside of meditation”)
  8. Go over basics of meditation.
    - How to sit and be comfortable, keep time, daily routine

9. Explain what a mantra is.
10. Do a guided meditation using So-Hum mantra for about 10-15 minutes
  - Instruct the so hum mantra or following the breath technique
11. Ask if they feel some quieting down
  - Ask guests what they experienced
  - Recap experiences in meditation
  - Give a few suggestions on meditating at home (when to meditate, keep time)
12. Add in any other meditation wisdom that you wish and be sure to include your own experiences and examples.
13. Inform them they can use So-Hum mantra and if they would like deeper knowledge and learn a more personalized mantra then the Primordial Sound Meditation classes would be appropriate.
14. They can learn PSM classes from you.
  - Let them know that you offer Primordial Sound Meditation classes.
  - Briefly explain the four sessions taught in the Primordial Sound Meditation class.
15. Take general questions and recap.
  - Quick recap of information you lectured on
  - Answer questions
  - Let guests know of your next scheduled Primordial Sound Meditation class, Free introductory class or group meditations
  - Check whether they're interested in Chopra Center events or Teacher Trainings – have event flyers, such as Seduction of Spirit or Journey into Healing, available to start earning referral commission.
  - Give your contact information and website – show where business cards and flyers are located
  - Be available after class for any additional questions
16. Thank them for coming.
17. Let them know to take a meditation flyer/brochure if interested.

You may want to include some of the following in your lecture:

- Seven Spiritual Laws of Success and talk about the Law of the Day – have book displayed
- Recommend some music, websites, organizations, books to further their journey
- Have tri-fold mini cards of Seven Spiritual Laws of Success and Seven Spiritual Laws of Yoga available