



Meditation Teacher Certificate

Table of Contents

Content	Page
Introduction to the Meditation Teacher Certificate	2
Meditation Teacher Certificate Syllabus	3
Submitting Your Work	5

Introduction to the Meditation Teacher Certificate

Meditation is the key to deepening our relationship with life. Whatever form it takes, whether walking, sitting, guided, yogic, Zen, power, group, or just doing dishes mindfulness style, becoming conscious of our ability to slow down the mind and come into awakened presence is a critical part of human evolution.

In most modern cultures the mind and intellectual development is highly prized and a strong focus. Meditation brings us deeper than the intellect, into whole body intelligence, cosmic awareness, heart awakening, and into the mystery of being. Meditation is the most powerful process available for bringing balance, peace, joy, and fullness of experience into our lives.

The role of a meditation teacher is to show the way on this journey of cultivating awakened presence. There are many paths to choose from on this journey, some very ancient, some very structured, and others totally unique. What we find when we cultivate awakened presence is that it then begins to guide us, and so following your own unfolding as you deepen your practice will bring you to your chosen way of teaching meditation to others. This certificate program will take you on a journey within, to explore your own depths and heights, your own microcosm and macrocosm self. As you cultivate your own practice, let awakened presence guide you into finding your way as a meditation teacher, and then share it with the world; we most definitely need it!

Guidelines for Success in Certificate Completion and Beyond

This certificate program is carefully designed to prepare you for beginning a practice as a meditation teacher. The instructions and requirements are designed with mindful attention toward creating a powerful process. Please bring your own mindful attention to this process including carefully following all guidelines and requirements. This program is an independent study process; no one is monitoring you or looking over your shoulder. This is your process. How deep you go with it, how fully you engage in the courses and projects, how much energy you commit to developing your skills, will determine the outcome and ultimately will influence the success you experience with however you choose to use the certificate. The certificates offered in our program can only be a foundation of knowledge and a “tool kit” of practices and methods you can draw on in your work. The confidence and motivation it takes to build a private practice will be based on how you feel about your foundation of knowledge, your level of personal wisdom and awareness, and your ability to support clients using your skills. What you put into it is what you will get out of it. We suggest going in with an open mind and heart and a willingness to engage deeply in your own transformation. We wish you a beautiful journey and much success!

Meditation Teacher Certificate Syllabus

This certificate program will support you on your path to becoming a Meditation Teacher. You will learn about the history of meditation and then take a deep journey into your own being through working with your chakras, breathing exercises, mindfulness, shadow work, and lots of meditation practice. Keeping a journal throughout the process will keep you engaged, and the final projects will then help you to hone and refine those skills through practicum experience. You will receive a Meditation Teacher Certificate upon completion of this program.

Please familiarize yourself with the Certificate Requirements before beginning so that you know what is expected and how to organize your time for the best outcome.

Certificate Requirement

Certificate Curriculum

Listed below is the course curriculum for the Meditation Teacher Certificate Program. Courses labeled with an asterisk (*) include meditations. Read all required courses and listen to all the meditations included in the coursework. Study Guides are provided at the end of each course as a study tool.

Meditation Skills *	Mantras and Mudras *
Leading a Meditation	Affirmations and Reprogramming
Pranayama and the Art of Breathing	Unlocking Creativity and Imagination *
Shadow Work *	Spiritual Symbols and Colors *
Awakening to the True Self *	World Religions
Mindfulness	Great Spiritual Masters and Teachers
Chakras and Auras *	Shamanism

Keep a Journal

As you are reading each course, take note of the information that is most relevant for you, focusing on the skills you are building to use your certificate in your healing practice. As you listen to the meditations, journal about your experience with each meditation as you go. Keep this journal in digital format, as it will be submitted as a doc or pdf file.

Leading a Meditation

For the course *Leading a Meditation*, follow the instructions and record yourself leading a meditation. Submit this in mp3 format.

Meditation Exploration and Essay

Do some personal reflection on the power of a meditation practice and on what unique qualities you can offer as a meditation teacher. You may have been practicing meditation for a long time or you may be a beginner. Wherever you are at in your practice, you have the ability to meditate and share that space with others. As part of this process, read three current, published books on meditation or relevant to teaching meditation. Take notes on each book, highlighting information that is inspiring to you, and write a one-page summary on each. Next write an essay exploring what meditation means to you, and how you envision yourself sharing this gift with others. Please submit the following:

- Two-page essay exploring meditation personally and as a teacher
- One-page summary for each book of the most pertinent information

Design and Offer a Meditation Class

As you complete the readings for this certificate program start to think about what skills you have acquired along your journey. Maybe you recognize a need within your community for a more mindful approach to life and you see how meditation can benefit that cause. This is where you get to put your skills into practice, by leading your own meditation class. Consider the size of your audience; some leaders are good at facilitating group sessions and others are better with one-on-one guidance. You have something special to offer as a meditation leader or guide, and this project will help you to develop that specialty while providing the opportunity to begin a practice.

For this project, you will design a series of six meditation classes. We encourage you to start out with a solid plan for each class session, but then consider how you might adapt and cater your meditations for each audience.

Please submit the following as one document, clearly separating each item with bold headings.

- Outlines or notes to be used for each class
- Journaling of your own reflections for each class
- Participant feedback for each class

Final Reflection Responses: Submit these responses as one document, numbering each response.

1. Share your general reflections on your experience with this process in an organized and succinct way. Refer to your journal notes. Minimum 750 words.
2. Reflect on and share your thoughts about the role meditation has played in your life, and the role it plays in the overall health, wellness, and spiritual development of those who practice regularly. Minimum 250 words.
3. What styles or traditions of meditation are you most familiar with? What styles or traditions of meditation do you want to learn more about? How do you think meditation has changed and evolved as it has become more popular in the West? Minimum 250 words
4. Imagine and create the 1st draft written copy for the homepage to your meditation teaching website. Share about yourself, background and education (bio), and imagine how you would like to share what you will be offering. Minimum 300 words.
5. Develop and share a plan for how you will continue strengthening and fine tuning your skills as a meditation teacher. Minimum 150 words.

Submitting Your Work

Please adhere to the following format before submitting your work:

- Use 12 pt. font.
- Proofread for grammar and spelling before submitting your work.
- All files must be submitted in either doc or pdf format, with the exception recordings which will be mp3 files.
- Use a clear naming format for all files.
- Use the checklist below to be sure you have all your documents ready for upload.
- Upload all requirements using the form at <https://metaphysicsuniversity.com/meditation-teacher-certificate/>.

Certificate Requirements Checklist

Journaling

Submit the journaling you did throughout this process as one document.

Leading a Meditation

Submit your meditation recording as an mp3 file.

Meditation Exploration and Essay

Submit as one document clearly separating your personal essay and each book summary with bold headings.

Design and Offer a Meditation Class

Submit outline, journaling, and client feedback as one document, clearly separating each item with bold headings.

Final Reflection Responses

Submit as one document, numbering each response with.

Please be sure all work has been completed for this certificate before submitting your final work to University of Metaphysical Sciences. We recommend periodically re-familiarizing yourself with all certificate expectations outlined in the Certificate Syllabus and using this checklist to keep track of your progress.

Thank you and many blessings on your Journey!