

# How to Teach Meditation: Coming From the Heart

## Worksheet for Mindfulness Teachers

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



When we share the gifts of mindfulness and meditation with others, it is crucial to ensure that our teachings are coming from the heart.

If our reason for offering meditation comes more from the mind, our teachings will lack a certain degree of depth, compassion, vulnerability, and authenticity.

In other words, it is only when we come from the heart that we evoke the true gifts and the true essence of these practices.

Most of us came to meditation through our own life challenges or by way of those big life questions. When we tune into our own reasons for practicing meditation, we tap into the heartfelt reasons that we wish to share these practices and teachings with others.

What are those heart-centered reasons for you?

This worksheet includes a practice and series of reflection questions to help us clarify our heart's intent for sharing meditation.

Explore this exercise before offering a session, workshop, retreat, or program.

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## Worksheet for Mindfulness Teachers

### **PRACTICE:**

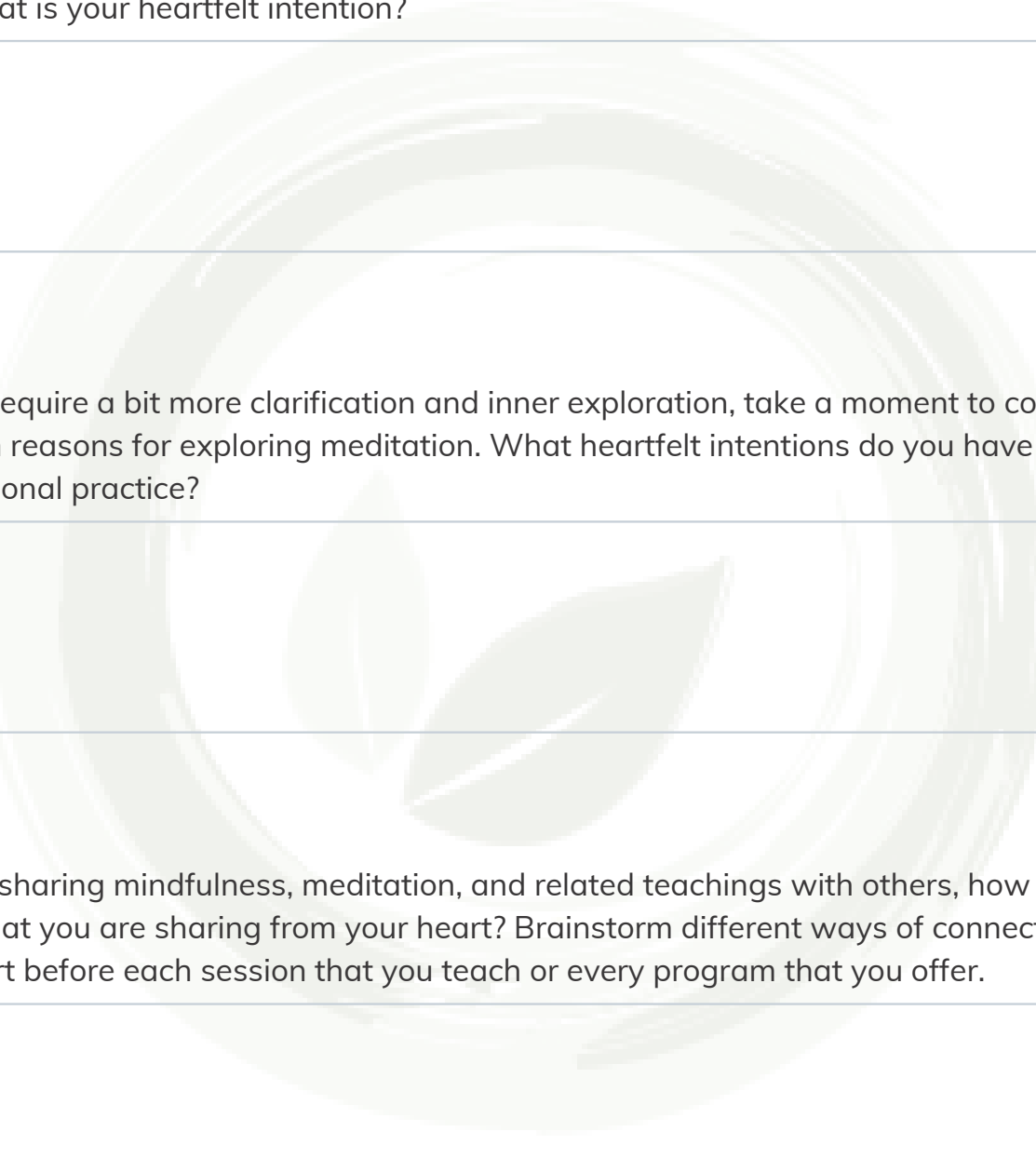
1. Take a moment to find a comfortable place to sit for the next ten to fifteen minutes.
2. Close your eyes when you are ready, turn your attention towards your breath, and grant yourself a few moments to arrive here.
3. As you breathe, tune into the heart space. Watch as the breath enters and exits your chest for a few full rounds.
4. Now, take a moment to compassionately and curiously inquire with your heart:
  - Why do I wish to share meditation?
  - What is my deepest intention for these offerings?
5. Do not rush to find an answer. Be patient and open, minding the various voices within. Note if what comes up feels like a product of the mind or a whisper of the heart. Wait patiently for your heart to speak.
6. If a clear message from the heart doesn't arise, refrain from making judgments or assumptions about this. Tend to this lack of clarity with curiosity and compassion. Consider coming back to the practice another day. You can still continue with the following reflection questions in any case.
7. Spend as much time as you like with these questions and then let these inner whispers go when you are ready. Take five to ten mindful breaths to finish the practice. Open your eyes when you are ready.

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### REFLECTION QUESTIONS:

1. What did your heart say? Was your intention for offering meditation clear or cloudy? If clear, what is your heartfelt intention?



2. If you require a bit more clarification and inner exploration, take a moment to consider your own reasons for exploring meditation. What heartfelt intentions do you have for your own personal practice?

3. When sharing mindfulness, meditation, and related teachings with others, how can you ensure that you are sharing from your heart? Brainstorm different ways of connecting to your heart before each session that you teach or every program that you offer.