

How to Teach Meditation: Sharing With Authenticity

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



What makes you unique as a meditation teacher? What does your authentic voice sound like and what does it have to say?

The answers to these questions do not tend to arise overnight. In fact, it can take time, experimentation, and self-exploration to figure out who our authentic inner teacher really is.

Sharing with authenticity as a meditation teacher is something we likely long for.

It helps us to better connect with our students and it also feels good to share from the core of who we are. When we feel that we are being authentic, we feel grounded, at ease, and in touch with ourselves and those around us.

This exercise includes a self-guided meditation practice and a series of reflection questions to help you explore how to share meditation (or mindfulness exercises) with greater authenticity.

You can come back to this practice as many times as you wish. Explore it with curiosity, self-compassion, and patience.

How to Teach Meditation: Sharing With Authenticity

Worksheet for Mindfulness Teachers

PRACTICE:

1. Find a comfortable seated position where you can rest for ten to fifteen minutes. Close your eyes when you are ready and ground yourself through a couple of minutes of mindful breathing.
2. Once you feel grounded and present, invite the following question into your awareness:
 - What are the unique gifts, stories, and insights I have to share?
3. Let this question move through you for at least five minutes. See if you can ease the mind that wants to quickly arrive at an answer. Instead, open yourself up with curiosity towards all those things that make you unique.
4. After five to ten minutes, let the question fade away along with any thoughts or ideas that have come up. Turn your attention to your breath for a few full cycles and then feel into the earth beneath you.
5. When you feel ready, open your eyes to the world around you and proceed with the following questions to promote further self-exploration.

REFLECTION QUESTIONS:

1. Your unique walk of life has brought you to where you are today as a teacher (or as an aspiring teacher). What experiences are unique to who you are? What traits, gifts, or skills have you cultivated through your unique walk through life?

How to Teach Meditation: Sharing With Authenticity

Worksheet for Mindfulness Teachers

2. What are the things you care most about? How might you weave these passions into your teachings?



3. Who is it that you wish to support through mindfulness, meditation, and related teachings?

4. Write down a few of your favorite quotes and the names of a few of your favorite books. Is there a common theme here? The books and quotes you gravitate towards might tell you something about your most authentic voice and values.

5. Authenticity requires honesty, vulnerability, and a deep connection to our humanity. From this standpoint, how might you share yourself more authentically with those you teach?

How to Teach Meditation: Sharing With Authenticity

Worksheet for Mindfulness Teachers

NOTES:

- As you explore this practice and share your teachings with others, consider that authenticity arises from the heart and body. We cannot think our way into being authentic no matter how much we contemplate.
- Furthermore, it is much easier to be authentic as a teacher when we feel relaxed, so it can be helpful to practice grounding mindfulness exercises prior to teaching.
- Sometimes we find ourselves trying to replicate other meditation teachers. Be mindful of this, reminding yourself that you have something completely unique to share.
- Soften any yearning to be 'perfect' and see if you can tenderly release any self-criticism you might experience as you explore your role as a teacher. Focus instead on being yourself.