

Communication Form

To: Public Meditation Leaders

Date: Friday, October 27, 2017

From: Lani Searfoss

Purpose: ● Detailed Information

Topic: Points for Public Meditation Leaders

Background

- M** • We have been leading both live and streamed meditations in Denver for several years now.
- These are some of the points we have learned through experience. Shar Gracelyn and Sharon Heller originally prepared most of these points for the Denver Wednesday night public meditation leaders in August 2017.

General Leader Meditation Points

- M** • As the leader, be sure to always introduce yourself. Sometimes you may look around the room and know everyone, but they may not remember or know you and don't forget that you have people on the stream who don't know you.
- Always lead the meditation as if you are leading for people who are meditating for the first time. Make sure to be clear with your instructions and guide them through the meditation. Give them information in a coherent step-by-step way so they can put together the hints and bits of information and start to understand for themselves through their meditation experience.
- Be conscious and connected to the flow of the music in your meditation. There should be a progression. Starting the meditation should bring people to a depth before you head into the real opening or movement part of the meditation. At the end of mediation, make sure there is a healing part. Play one or two cradle type songs and have at least 10 minutes of instrumental with no words spoken by the leader. It is okay to play a talk toward the end but make sure there is some calming before and after.
- If you play talks near the end of meditation, the participants are deeper and better able to hear.
- Play excerpts from talks that are about 3 to 5 minutes long. It is easier for the participants to stay focused and take in what is being spoken when the talks are not that long.

- When you play a talk, do not go right into music with words after the talk finishes, and do not as the leader talk for a minute or two after you play a talk of a master. That is true for any meditation you lead.
- Speaking a few ending words is good. Examples: “What are you taking away from this meditation that will be helpful for you or others in your life? Did you feel like you received some information in this mediation? If so, you might want to write it down. Be mindful of how you are tomorrow.” Help people to connect their movement to their life and how they might be different.
- Sharing at the end of meditation can be helpful. It creates more intimacy with the participants. It helps the participants become more grounded in anything they realized in meditation and more committed to actions they want to take. They become more aware of the benefit of meditation in way that is personal to them.
- The Lady wants us to talk to people about going to sleep in prayer. It is one of our main teachings and a good way to end a public meditation.

Leader Meditation Points for Recording and Streaming

- M** • Be sure the scream towel introduction and demonstration is done in the lobby and not in the meditation room. This demonstration doesn't come through very well via recording. Whoever is holding a streamed or recorded meditation is able to facilitate that part more successfully when she sets up the streamers prior to playing the recorded meditation.
- Before the participants walk into the room, check in with the person recording and make sure they are ready to go.
- Project your voice when speaking into the microphone, even in the quieter parts. This way we will not get recordings where it is difficult to hear the leader's speaking.
- Remember to welcome the streamers when you welcome the guests who are live in Denver. It helps the streamers feel included right from the start of the meditation.
- If you speak about the meditation room be sure to describe it for people who cannot see what you are talking about; for example, you may talk about the altar, the photos, or Light Being painting or how people can move around the room.
- Talk directly to the streamers as if they are hearing the meditation live. For example: “I want to say goodbye to those of you on stream.” Do not say - "If you are hearing this later as a recording.” That sounds odd for the streamers, because for them it is live.