



# Tips for Teachers

1. Your confidence lends confidence. Meditate before class and even pray for guidance. Remember to breathe.
2. Talk about the benefits of meditation. You can read from the handout until you feel comfortable. There are two versions of the handout: one is slightly more technical than the other. Use what works for you. Gather your own info over time.
3. Let them know that meditation is a practice. It is not a thing to be accomplished. Skill grows with practice and it is only through practice that the benefits of meditation begin to manifest.
4. Speak slowly and gently while leading the meditation. Allow time between suggestions — it's easier to go too fast than too slow. When in doubt, slow down.
5. The entire meditation should take between 15 and 20 minutes. It doesn't hurt during the silent meditation to remind people that if they are distracted they can gently bring their attention back to the meditation.
6. After the meditation, when everyone's eyes are open again, encourage discussion. Ask each person to talk about their experience after reminding everyone that there are no right or wrong experiences. If nothing happened it's okay to say so. This discussion helps build community in the group.
7. Ask for questions. It's okay if you don't know the answers. Today, you can ask me. But it's okay not to know even if I'm not there. There will always be questions to which you do not know the answer, but once the question is asked, there is receptivity in you to recognizing the answer when it comes.
8. Recommend meditating daily — if only for five minutes at a time.
9. Talk about Just One Percent and distribute brochures.



# What Is A Spiritual Emergency (Kundalini Awareness)

Sometimes spiritual seekers (even people who don't think they are on a spiritual path) experience levels of awareness or energy transformation that they are unable to handle or for which they have no reference. This can feel like the person is in the midst of a crisis. They feel vulnerable and oversensitive to incoming stimuli. They can feel overwhelmed, fragmented, fearful, confused and disoriented. They can feel like they are going crazy. Their bodies may even behave in unexpected ways. With their absorption in inner processes, they may not be able to look after themselves.

The Spiritual Emergency Resource Center can help. Their web address is: [www.internetguides.com/se/index.html](http://www.internetguides.com/se/index.html). Some types of spiritual emergency mentioned are: Loss, questioning or change of spiritual values; Mystical or unitive experience; Psychic opening; Kundalini; Possession States; Shamanistic crisis; UFO abduction; Near-death experience; Dying, grief, and life-threatening illness.

“The number of types of spiritual emergency has grown from the original 8 that Stan and Christina described in the early 1980s to some 30 types in the literature today. Obviously there is considerable overlapping terminology, and despite the human desire for order, nature does not usually divide phenomena into neat categories.”

There is considerable support for those experiencing what Hindu tradition calls Kundalini awakening. This tradition provides a framework which explains the phenomena. It is empowering to understand that Kundalini awakening is a process which taps into the blueprint for higher consciousness latent within every human. While the enormous changes associated with a spiritual awakening may demand psychological and social adjustments, they are not in themselves necessarily indicative of illness. Communication and connection with others who can provide support and a meaningful context for understanding the process reduces the isolation and overwhelm and can help to minimize the disturbance. Someone who has the personal qualities of creative adaptation to change and a flexible mental framework is more likely to weather the changes with grace and style than someone who is rigid in their beliefs and world view.

[www.kundalini-gateway.org](http://www.kundalini-gateway.org) offers support to those experiencing Kundalini Awakening. Shared Transformation at <http://www.elcollie.com/st/st.html> offers a list of signs and symptoms that will help you decide whether you are experiencing Kundalini awakening or spiritual emergency. They also offer other links and support for this kind of spiritual awakening.



## Effects of Meditation

- Meditation creates a unique hypometabolic state, in which the metabolism is in an even deeper state of rest than during sleep. During sleep, oxygen consumption drops by 8 percent, but during meditation, it drops by 10 to 20 percent.
- Meditation is the only activity that reduces blood lactate, a marker of stress and anxiety.
- The calming hormones melatonin and serotonin are increased by meditation, and the stress hormone cortisol is decreased.
- Meditation has a profound effect upon three key indicators of aging: hearing ability, blood pressure, and vision of close objects.
- Long-term meditators experience 80 percent less heart disease and 50 percent less cancer than nonmeditators.
- Meditators secrete more of the youth-related hormone DHEA as they age than nonmeditators. Meditating forty-five-year-old males have an average of 23 percent more DHEA than nonmeditators, and meditating females have an average of 47 percent more. This helps decrease stress, heighten memory, preserve sexual function, and control weight.
- 75 percent of insomniacs were able to sleep normally when they meditated.
- 34 percent of people with chronic pain significantly reduced medication when they began meditating.
- Results show that 24 cities in which 1% of the population had been instructed in meditation by 1972 displayed decreased crime rates during the next year and decreased crime trends during the subsequent five years (1972-1977) in comparison to the previous five years (1967-1972), in contrast to control cities matched for geographic region, population, college population, and crime rate. *Journal of Crime and Justice*, 4:25-45, 1981.

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