**Realization Process Meditation Teacher Training**

**Spring 2019**

This training includes the main Realization Process practices for embodied nondual awakening, as well as specific practices for cultivating the subtlety, openness, luminosity and steadiness of nondual realization. Sitting, standing and walking meditations will be taught as well as practices for relaxation, concentration, vitality, subtle perception and the deepening of our innate capacities for love and mental clarity.  Absorption and subtle breath and energy practices will be taught for opening the subtle core of the body and for realizing oneself more completely as the pervasive expanse of fundamental consciousness.

Participants will learn how to perceive and help people overcome individual obstacles to nondual realization, and how to accelerate results in meditation practice for both beginning and advanced practitioners. The training is also an opportunity to deepen your own realization of nondual, fundamental consciousness, through intensive practice of the Realization Process meditations.

Participants are expected to engage in four practice sessions with a partner assigned from within the training group and two practice sessions with someone from outside of the training group. *Note:* The Realization Process Meditation Teacher Certification Training will not be offered again until Fall, 2020 online and Spring, 2022 in person.

**Meditation Teacher Training Part One options:**

* **With Jon Hansen in Portland, Oregon, March 16-20, 2019**

For more information about Jon, click [here](https://realizationprocess.org/senior-teachers/)

To register for part one of the Meditation training with Jon:

[jonhansen01@gmail.com,](mailto:jonhansen01@gmail.com)[http://www.jonfhansen.com](http://www.jonfhansen.com/)

* **With Roma Hammel in Los Altos Hills, California, March 20-24, 2019**

For more information about Roma, click[here](https://realizationprocess.org/senior-teachers/)

To register for part one of the Meditation training with Roma:

[roma@romahammel.com](mailto:roma@romahammel.com), <http://www.romahammel.com/>

* **With Marcia Haarer and Christi Bemister in Ann Arbor, Michigan, April 6-10, 2019**

For more information about Marcia and Christi, click [here](https://realizationprocess.org/senior-teachers/)

To register for part one of the Meditation training with Marcia and Christi:

[rpannarbor@gmail.com](mailto:rpannarbor@gmail.com)[,  https://www.marciahaarer.com/events](https://www.marciahaarer.com/events)

##### Part Two

* **With Judith Blackstone in Woodstock, New York, May 24-28, 2019**

Registration for part one is a commitment to complete both parts of the training.

**Certification:**

You will receive a certificate at the completion of the two five-day modules. If you plan to use the Realization Process Meditation in your professional work, alone or in combination with other modalities, please credit the practices as the Realization Process. You may request to be listed on the ‘Teachers-by-Area’ page of the Realization Process website, [www.realizationprocess.org](http://www.realizationprocess.org/).

**Cost**: $730 for each part ($530 if you are repeating the Realization Process Meditation Teacher Training)

**Registration Process:**

**To register, email your completed application to the teacher of your choice for part one of the training, Marcia and Christi, Jon or Roma. They will send you an invoice for your $400 deposit.  $200 will be applied toward each of the two parts of the training. Your deposit is refundable, minus a $50 cancellation fee, if you cancel up to two weeks before part one of the training.**

**Application for Realization Process Meditation Teacher Training**

Name:

Occupation:

Address:

Email:

Best Phone #:

1.     What drew you to this course at this time? What are your hopes and expectations for the teaching training?

2.     What is your background in meditation? Type(s) of meditation?  Years of practice? Teacher(s)?  Benefits and challenges?

3.     How did you learn about the Realization Process? RP workshops or trainings? Judith Blackstone’s talks or books? Sessions with an RP teacher? Please include relevant specific information.

4.    Do you anticipate offering classes, workshops in your community, or integrating RP with other modalities, such as art or bodywork or therapy?

5.       Do you have any physical limitations requiring special accommodations?

6.       The nature of this work sometimes puts us in touch with challenging memories and emotions. Is there anything in your personal history that might be helpful for us to know?

7.       Please add anything else that you feel is relevant to your participation in the training.

**Our Privacy Policy:**

Your privacy is important to us. We will not share your personal information with anyone.

**Insights Inherent in the Meditation Teacher Training:**

* The Realization Process is a powerful path to embodied nondual awakening.
* Nondual realization is an actual transformation of your being, not just a change in your beliefs. It's not that you *know* nonduality. It's that you *are* nonduality.
* This undivided, fundamental consciousness is your innermost nature.
* Chronic fragmentations in your own being and between yourself and your environment can be healed.
* You can experience oneness with other people without being entangled with them, and without losing inward contact with yourself.
* The fundamental ground of your being has never been injured.
* You can find within your body an innate, ever-present source of equanimity and happiness.
* We teach the path we're traveling. Even after we’ve stabilized in non-dual reality, we can continue to become increasingly open to the unity and transparency of our body and environment.

**Ethics:**

* Treat colleagues, clients, and students with respect and consideration at all times.
* Do not behave in any manner that may bring the Realization Process, its members, or the tradition or practice of the Realization Process into disrepute.
* Observe confidentiality of student/client information at all times.
* Do not harm or manipulate the student/client in any way or take advantage of them for the purpose of personal, monetary, social or sexual exploitation.

**Guidelines:**

* All personal information revealed by participants during the training is confidential and not to be shared outside of the group, including participants' contact information.
* You must obtain permission from Judith Blackstone if you wish to include any part of the Realization Process practices in any published written materials, website text or audio or video recordings, or scientific research.
* Authorization to give teacher trainings or to certify anyone in the Realization Process is restricted to Judith Blackstone and the Senior Teachers she so designates.

**Consent Agreement:**

By typing my name below and submitting this application for the Realization Process Meditation Teacher Training, I affirm that I am of sound mind and body. I take responsibility for my participation in the training. I have read and agree to abide by the statements of Ethics and the Guidelines above.

Name:

Date: