**The Realization Process**

**Meditation Teacher Certification Training**

In the Realization Process, nondual realization is the uncovering of our primary nature: fundamental consciousness pervading our body and environment as a unity.

This training teaches 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. The training includes sitting, standing and walking meditations for opening subtle perception, refining your breath and energy and deepening your innate capacities for love, pleasure and mental clarity.  As fundamental consciousness, we are both empty and present. We are both whole within our individual being and unified with everyone and everything around us.

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 fundamental consciousness, through intensive practice of the Realization Process meditations.

**Format**

Twelve live ninety minute classes with Judith Blackstone on Zoom, six optional review classes with Candace Cave, eleven reports/questions responded to by Judith via email, weekly practice session with a partner assigned to you from within the training group, monthly practice sessions with someone from outside of the training group, optional peer cohort practice sessions.

**Dates of Classes with Judith: Fridays, 1:00-2:30 PM Eastern**

October 6, October 20, November 3, November 17, November 30, December 14, February 2, February 16, March 1, March 15, March 29, April 12 (some dates may change).

**Requirements to Register:**

* A minimum of five hours of experience with the Realization Process in private sessions, classes, series or workshops with Judith Blackstone or a certified Realization Process teacher (not with a book or recording). If this is your first Realization Process teacher training, one private session with a senior RP Teacher to review the two main RP practices (that teacher emails Judith when you have completed the session)
* The Realization Process teacher trainings are for people who plan to use the work professionally (exceptions may be made for long-time RP students).

**Certification:**

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

Certification does not authorize you to offer teacher trainings. Please obtain permission from Judith Blackstone if you wish to publish any part or version of the Realization Process practices in any format, or to include the Realization Process practices in research projects.

**Cost**: $1600 ($1400 if you are repeating the Realization Process Meditation Teacher Training)

**Registration Process:**

To register, email your completed application to [info@realizationprocess.org](mailto:info@realizationprocess.org).

**Application for Realization Process Meditation Teacher Certification Training**

Name:

Occupation:

Birth Date:

Address (Street, City, State, Country):

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 personal background in meditation, and/or embodiment modalities? List years of experience and meditation modalities that you have practiced.

3. What is your professional experience in meditation, and/or embodiment modalities? What modalities have you taught, and for how long?

4. What is your previous experience with the Realization Process? Please list dates, source (private sessions, classes, workshops, the names of teachers you studied with) and hours of experience.

5. How did you learn about the Realization Process?

6. Do you anticipate offering private sessions, classes, workshops, or integrating the Realization Process Meditation practices with other modalities?

7. 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?

8. 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.

**Main Principles of the Realization Process:**

* The Realization Process is a direct path to embodied nondual awakening.
* Nonduality is the realization of our own nature as the undivided expanse of fundamental consciousness pervading our body and environment as whole.
* Nondual realization is an actual transformation of our being, not just a change in our beliefs.
* Embodiment is the realization of fundamental consciousness pervading our whole body.
* Many chronic fragmentations within one’s own being and between oneself and one’s environment can be healed by realizing fundamental consciousness, although some deep trauma-based patterns may require direct psychological healing.
* As fundamental consciousness, we can experience oneness with other people without being entangled with them, and without losing inward contact with ourselves.
* The fundamental ground of our being has never been injured.
* We can find within our body an innate, ever-present source of equanimity and happiness.
* Even after we have stabilized in nondual 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.

**Policies – Please Read Carefully**

* 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 designates.

**Consent Agreement and Waiver of Liability:**

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 full responsibility for my participation in the training. I hereby release and waive Realization Process, LLC, Judith Blackstone, Candace Cave, and all of the teaching assistants for the training from any liability, claims and actions arising out of or related to loss, damage, injury, or psychological distress that may be sustained by me while participating in the Realization Process Meditation training.

I have read and agree to abide by the statements of Ethics and the Policies above.

Name:

Date: