

GUIDED MEDITATION

MEET YOUR

INSTRUCTOR





X-HAIL FOUNDER

"I'm a Mum, spirit-junkie, music lover and passionate advocate for emotional and physical wellbeing through modern spiritual practice.

I've helped women all across the UK start their own meditation businesses and worked with big names like ITV, GOOGLE, The Real Housewives of Cheshire, GOODHOUSEKEEPING and UNILEVER.

I have created this guide to help you start your journey to teaching meditation right now, without having to change a thing about who you are! -Guru status not required!

See you on the other side, Charlotte x"



We slow down. We BREATHE.
We don't try to be different, we
own that we already are.
We stand for accessible
spirituality.
This is for EVERYONE.

There will be no correct clothes.
There will be no correct position.
There will be no right answers.
No glorified teachers.

We teach you to trust yourself and dare greatly but we know there is nothing about YOU that needs fixing.

We know it's not about perfection. Let it be EASY

WWW.X-HAIL.ORG

FEEDBACK FROM OUR OTHER TRAININGS & WORKSHOPS

The masterclass was something I ha never experienced in any meditation.....EVER!!!

I had the deepest sleep I have had in ages and woke up still feeling in my power as I did after the meditation before I went to bed.

I had a feeling this was special but n with out a doubt I know X-Hail UK ha come into my life to propel me to my true self and deserved life 64

Just a massive THANK YOU for the training days. You are so kind and supportive, and creating an incredible team, such happy vibes. You must be exhausted as I am shattered but did nothing compared to all your teaching!!



X-Hail is so amazing! I am soooo happy and grateful that you allowed me to become a part of it. X-Hail has changed my life! What a year... Things will only get better 🙌 🦻

3 h Love Reply

Message





I really enjoyed this Charlotte thank you! Great advice and lovely meditation ritual experience. Very moving "

5h Love

Renly

I'm walking around the house like Wonder Woman !!! Xx

50 m

Love

Reply

Thank you for today!!! You are a powerful positive force of nature! A genius at this. I loved being part of today, so needed right now! Having a



I really enjoyed it, one of the best guided meditations I've ever done.

Thank you 🙏



42 m Love

Reply







KEY POINTS TO REMEMBER

To truly master the ability to create an amazing meditation experience, most of us will need formal training.

However, we believe that there's no need to be a guru and it is ok to start where you are and build up to a meditation teacher training course.

These 7-steps should give you a great starting point and help you understand how to lead a true guided meditation with a specific goal or outcome in mind.

This type of guided meditation is far more transformational than a standard mindfulness meditation. Plus you can adapt this type of meditation to suit your clients needs and therefore help them achieve their goals much more quickly.

START YOUR SESSION WITH A DISCUSSION.

Beginning your guided meditation with a brief discussion is important for two reasons:

It helps to set expectations and the tone for the session

It helps to provide focus, meaning and purpose to the session

Most people live very busy lives and in order for them to take meditation seriously and make time for the practice, they often need to feel like there is a big benefit from practicing available to them. A discussion at the start of the session helps them find that benefit and gives them a tangible reason to be present in the session.

Also, introducing a theme or a quote, discussing it & asking those present questions around it, promotes a turning inwards, and moves the brain into the self-reflective gear that they might need in order to experience insight, clarity and creativity during your session.

STEP 2

PREPARE THE ENVIRONMENT AND ENSURE EVERYONE IS COMFORTABLE.

Comfortable participants is key to facilitating a relaxing experience. It is your job to ensure that the space you are using is conducive to this e.g. warm; free from clutter/distractions; free from interruptions; quiet; low lights...

It is also important to consider your own stress level and comfort as you arrive at the session. This is because the participants, if only on an energetic level, will feel your stress which hinders their own relaxation. Taking time to meditate or breathe before starting yourself will help remedy this if you've had a stressful day!

Then your focus should be on the participants' physical comfort. Stress in the body is always reflected in the mind, making meditation far more difficult than it need be.

Encouraging them to find their own comfortable position rather than insisting they sit crossed legged for example, works wonders for their comfort level. Examples include: sitting on a high backed chair; leaning against a wall; lying down with knees bent to give comfort to the lower back.

STEP 3

START THE MEDITATION WITH A MUSCLE RELAXATION.

Once everyone has found their own comfortable position, you are ready to start the meditation. We start with a focus on relaxing the physical body to ease tension and torsion that may keep the participants feeling stressed and stuck in the sympathetic nervous system pathway (fight or flight mode).

In order to settle the nervous system and create a sense of relaxation, you'll want to make sure you complete these 3 steps:

#1: Lead them through several cycles of slow, controlled breathing. Our instructors use a specialist breath pattern for relaxation that is really effective and really easy for participants to learn.



#2: Guide them release tension in the body Starting at the head, you will want to suggest to the participants that they can and are softening and releasing tension at specific key areas of the body where we hold the most tension. These areas include: eyes; jaw; shoulders, knees hands; feet.

#3: Take your time

This is the most important part of the meditation, so move through the body very slowly asking them to relax each area in turn and pausing before moving to the next. You should allow at least 6 to 10 minutes for this step. Signs that relaxation is occurring are increased swallowing; yawning; softer breath; sighs.



EMPLOY THE USE OF THEIR NATURAL CREATIVITY.

At this point, the participants should be relaxed enough to have moved towards more creative brainwayes.

At this stage they are open to using their imagination, can access their subconscious and you are then able to guide them on a unique journey towards a specific goal or outcome.

The purpose of this journey, by working with the subconscious mind is to help your participants transform their current circumstances, unhelpful behaviours, habits, patterns, thoughts & feelings.

Choose one of the following strategies or combine them to create an insightful journey through the subconscious:

1. Use Guided Imagery

Guided imagery is a great way to engage the imagination and the subconscious during a meditation. However, it does take some experience, training & confidence to get right. You could start right now though, by describing a place that you have been to in nature.

Use details, colours and incorporate all the senses, as if you were telling a story to a child.

Guide them to a place in this imagery where they can stop moving & release anything that is holding them back. For example they could rest beside a lake or a pool or water and allow the water to wash away their fears.

2. Ask self-reflective questions

Link your question to the theme or topic discussed at the start of the session. Choose your question carefully depending on your participants' needs, desires, reason for meditating and circumstance.

Remember to phrase the questions in the first person.

Eg. Where do I hold myself back?, What no longer serves me? What am i ready to release? Where do I feel the most joy and happiness in my life?

CREATE SPACE FOR SELF-REFLECTION.

The biggest mistake we see our new instructors make is talking too much throughout a session.

But THE most valuable part of a guided meditation is not when you are talking; it's when you have created such stillness in each participant that when you are silent they can hear their own voice above the noise of society and the world or even of their own soul.

It is important to let the participants know that your voice will be silent for a while, and give them as much time as you can allow to listen to themselves. You could even suggest that they ask themselves/their soul/the universe/spirit guides for wisdom and guidance.



STEP 6

GUIDE THEM BACK TO THE PRESENT MOMENT.

After a sufficient amount of silence, softly reintroduce your voice by saying something like, "Bring your awareness to my voice again as we start our journey back to the present moment."

Encourage them to come back into the present by noticing what is. Let their awareness rest on their bodies by asking them to wiggle fingers and toes. Close this segment of the meditation slowly by inviting them to yawn, sigh, take a deep breath, stretch, move again etc...



CLOSE THE SESSION FORMALLY.

Your last instruction following step 6 should be to slowly open their eyes.

Thank them for their participation and encourage them to find something that they can take away with them from the session e.g. some insight or awareness; a quote; or simply the stillness that they feel right now.

It's also a great time for them to record or release thoughts or clarity or wisdom that may have come up during the meditation.

You can invite them to do this by sharing or by journalling.

Encourage them to drink water and stay off their phones for a period.



And there you have it, a simple seven step process to guide participants to rest and relaxation.

If you have enjoyed this BUT want to go deeper with your journey as a meditation guide and be able to lead others in meditation

knowing intuitively, exactly what words to say, when to say it, and how to say it to ensure that your participants get a truly amazing experience every time

then you need our Guided Meditation Framework course!

Check out all the details here. https://www.x-hail.org/leadingguidedmeditationcourse