

Throughout the course we have covered many aspects of how to 'Become the Meditation Teacher', from creating your classes to where and how, to the setup, costing & running as a business.

Here is an overview to help assist you in bringing this together. This is the basis of delivering all that you have learnt., however as discussed should you require additional guidance on 'How to set up a soul based business' bringing all aspects together then it would be advised to attend the High Dimension® Calling - Follow your Passion course as this is for full in depth guidance on starting a new business or if you are wanting to realign a current one.

Set up as a business:

- You MUST – have Insurance. This is essential and non-negotiable when working with the public, you have already taken the time to source a professional & accredited course to show your level of study so you must therefore also follow through with professionalism.

As this course is accredited through IPHM - International Practitioners Holistic Medicine, you can receive immediate insurance through them without having to qualify/apply. When you contact then go through this link provided below and you will need to give them my 'Approved Training Provider' Number – **IPHMNC2885** or Training School name **Tracee Cullen High Dimension Intuitive Ltd** this gives you automatic insurance and a discount.

Link: <https://www.iphm.co.uk/join-iphm/therapists/professional-therapist-iphm-application-standard-membership/> (This will also be emailed to you for direct access).

- Make sure you choose the name of your business carefully, what you resonate with and one you can 'grow' into – i.e. expand with other things you may wish to offer.
- Remember one of the best ways you can be authentic is to be your own NAME!!
- Make sure you know who you are and what you offer before attempting Advertising or Marketing.
- Decide how you want to be 'seen' do you wear a uniform or specific clothes, appearance?

All of the follow applies whether you are offering a session/class, workshop or retreat.

Where to set up a class:

Location: You must consider where you will start your classes, is it at home or at a venue? Does the venue resonate with the ambience that you want for your class? Check the price to hire the space if renting to cover costs.

As this course has been taught to be able to empower you to deliver Intuitive/channelled Meditation sessions, there is no 'set' structure or 'script' as you have been given all the tools and many methods to decide what feels right for you to offer.

However you do have the fundamental steps to Meditation as a guide – then intuitively you will bring what is needed for the session.

This also means that a '**Lesson Plan**' as such is not required although I recommend initially taking bullet points with you as prompt and guidelines should you need it at first. (This is merely a security blanket whilst you gain confidence).

These can include a guide to how long approx. you want to deliver certain aspects – i.e. Joints and glands, Makarasana or Shavasana. *It won't be long before you are able to 'know' what to deliver - often coming more quickly once you have chosen to 'become it'!!*

Do you want to have a 'sharing' session afterwards? This can be great for those openly working towards the spiritual development/teacher role, *however it can create expectations that they 'see or achieve' something.*

What to Charge & Payments:

The cost of your class must consider the following:

- Booking by individual session
- Booking as a block
- How long is the session?
- How much are you going to charge?
- How/ when do they rebook – last class deposit for next?
- Can you turn up?
- Are you going to offer an introductory offer? – don't be cheap though!
- How do they pay you? / What do you need to take payments?
- CNP ?
- Have to keep track of payments – good to have a diary of who is attending or look at an online system to take bookings and card payments. You can also link paypal on your website and/or give bank details.
- Facebook page – link to shop (website page)
- Check your area if there are other meditation classes and their prices or if not then other classes i.e. yoga and determine a price that is not too cheap or too expensive. Bear in mind your knowledge and what you will also offer to your students in relation to what is 'out there'.

Consider the foundation to your business – what you expect from the student:

(This will comprise of your boundaries/company policies and are important)!

- Do you have a canx policy
- What happens if they don't turn up?
- Can they have another session?
- Can they carry it over?
- Do they pay you in advance – is it in full or as a deposit?
- What if someone is disruptive, arrives late, wants to leave early?
- Telephone number & hours to have access to you.

Setting the scene:

- Make sure both you and your students know what you are offering – this can be many things based on the content of this course so it is good to offer specific classes when you feel it is needed. i.e. 'Beginners classes', 'advanced' or a specific modality if you are wanting to specialise i.e. Kundalini Meditation or Mindfulness Meditation.

In most cases 'Meditation' is a good balance and state if for beginners or what level or 'for all' level, which can often when you feel more experienced be okay as you are channelling and therefore they receive what they are meant to regardless of experience.

- Prepare the room by cleansing with one of the methods we have discussed.
- Keep the arrival space separate from the 'Sacred' space where the meditation will take place.
- Remove technology, noise & likely disruptions beforehand and request students do to.

Essentials/Tools: You must make sure you have the 'tools' required to deliver your class.

- Meditation cushions (firm)
- Blankets
- Smaller aid cushions for support
- Aids - bolsters, higher knee support if against a wall with legs out straight
- Mats for comfort/ambience/warmth from floor
- Drinking water & tissues.
- Singing bowl, tingsha or bell
- Incense, sage or charcoal with resin
- Music – choose carefully as we have discussed or none at all if this resonates.

High Dimension Meditation®

This has been included within the course to be used in your sessions when you feel ready and the whole course is of new vibration. However please be mindful that this is also trademarked so whenever mentioned has to have this and its origins. This is not to be diluted in anyway or promoted for anything other than what it is.

You have covered here some aspects of High Dimension Meditation® but it not possible to have given you in 7 Days the full methods.

Should you want to expand and be specifically a High Dimension Meditation® teacher then do let me know as I will be offering short courses for this.

Need extra help to set up?

Maybe you are already established and can add meditation to your business or you may need extra help to realign your business, or start up if this is a new beginning!

The High Dimension Calling – follow your Passion ONLINE course is held over 6 weeks with Spiritual Business mentoring each week to help you specifically to do this. You also receive 1 years access so that you can refer to it at any time. This course is very much encompassing and brings also Meditation/Soul Sessions to help you release anything that may be holding you back. i.e. 'money', fear etc..

It's been a pleasure to deliver this class to you.

Namaste – Tracee.xx