

Welcome to Anahat Level Four...

Dear Student,

Anahat Meditation came to me back in 1996 when living alone in the woods and meditating intensely with one core burning desire. That desire was to find a way to be fully grounded, fully open to Spirit, and to live with a fully open heart. I had found spiritual systems which allowed me to be deeply connected to Spirit, yet that left me ungrounded and virtually dysfunctional because of my monastic tendencies. I had found spiritual systems which helped me to be very present and grounded in the world, yet when practicing those intensely I felt disconnected from Source. I knew that something was missing and when the Anahat Meditation System revelations came to me, I knew that I had opened to something very powerful and something that needed to be taught to others.

I opened Anahat Meditation Center in 1997 to teach these teachings, yet I was very young and the technology to disseminate these teachings just did not exist at the time. I taught various people over the years and in 2005 I opened Anahat Meditation Center again after five years of not teaching this information at all. During this time, I wrote my books *The Sacred Geometry of Meditation* and *The Journals of Myckal Divane* (now known as *The Anahat Meditation System*.) In 2005, I also created most of the workbook lessons and the audio recordings, which accompany the current system as it is taught now. In 2020, the online videos were made, where the 2005 audios and workbooks are included as well.

I always knew that others would learn and teach this system and now with the internet, new publishing mediums such as Amazon and Soundcloud, as well as YouTube, and easy to build websites, it has become easier than ever to get these teachings out there. I am honored that my persistence with this work has led to Level Four and if you are reading these words now, then you are part of something which to me is very sacred, very unique, and something that is worthy of high standards and a clear method for its teaching and dissemination.

I want you to teach this if you want to teach it, yet I understand that not everyone is truly ready to teach something this advanced and to that end I have made it as easy as possible for a Certified Anahat Meditation Teacher to get out there to spread the message. Certified Teachers are meant to serve as guides to others who engage the practice. The online videos, audios, and workbooks, as well as my books, teach everything that a student needs to know. Certified Teachers understand that and simply help others to learn this system in their own way and in their own time.

It is important that the system is duplicated properly and that it remains intact. The system cannot be modified, although everyone will practice it in their own way. Just as there are basic rules to how a car operates and to how to drive one on a city street, so too does Anahat Meditation have its own basic rules and guidelines for practice. However, like a car, the driver is given many freedoms to enjoy the vehicle and all of its potentials. I am therefore not here to limit teachers in anyway, except to say that the essence of this system must remain as it is and its methods of instruction should not deviate from that as found in my books, videos, audio recordings and workbooks.

I am beyond honored to offer you Level Four – Certified Anahat Meditation Teacher training and I am grateful that you have come this far with me on this journey.

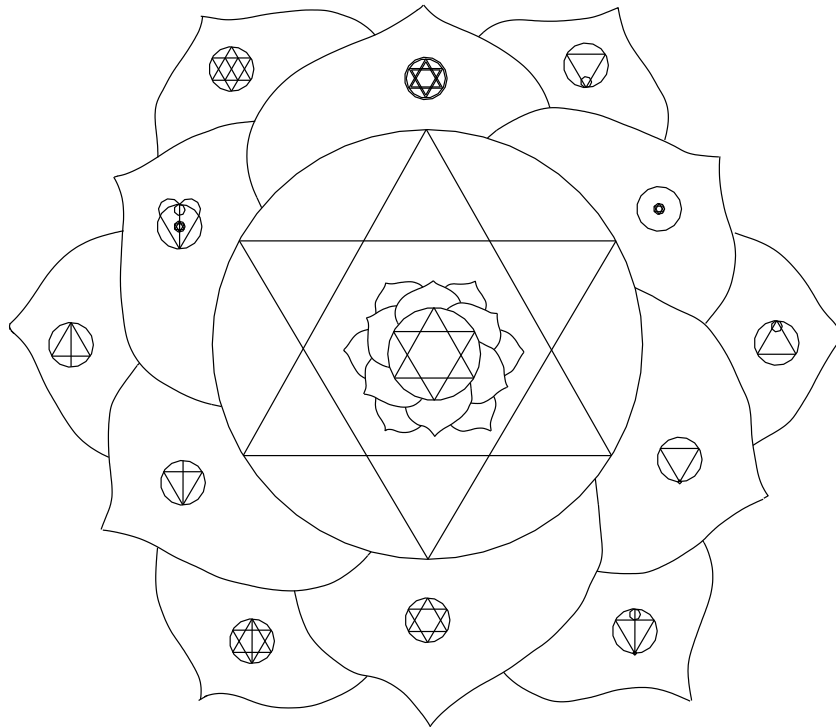
Thank you and I wish you all of the very best in your continued path with Anahat and with your personal connection to Spirit and to all of the beings that you will be of service to because of your commitment to this path.

In Gratitude,

Matthew J. Brownstein

Anahat Meditation Lessons Teacher Trainer Course

THE ANAHAT TEACHINGS



Level Four – Certified Anahat Meditation Teacher

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Practitioner Checklist

Lesson Number	Starting Date	Date of Proficiency
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

Levels of Practice

Level One – Core Meditations		
Meditation Number	Meditation Name	Lesson Number
1	Descending	1
2	Heart-Centered	2
3	Ascending	3
4	Sexual Energy	4
5	Circulation	
6	The Six-Pointed Star	5
7	The Star Reversed	6
8	Upper Body Meridians	7
9	Lower Body Meridians	
10	Wings	8
11	Integration	
12	Structure	
Level Two – Energetic Meditations		
13	Descending Energetics	9
14	Heart-Centered Energetics	
15	Ascending Energetics	
16	Sexual Energy Energetics	
17	Circulation Energetics	
18	The Six-Pointed Star Energetics	
19	The Star Reversed Energetics	10
20	Upper Body Meridian Energetics	
21	Lower Body Meridian Energetics	
22	Wing Energetics	
23	Integration Energetics	
24	Structure Energetics	
Level Three – Advanced Teachings		
Stages of Samadhi		11
Astral Projection		12
Advanced Sexual Energy Practices		13
Cosmic Consciousness and Ascension		14
Level Four – Certified Teacher		
Certified Teacher		15

Meditation Numbers

Each meditation has a corresponding number. There are twelve core meditations and twelve energetic meditations.

Meditation Names

Each meditation has its own name based on the energetic of that meditation.

Lesson Number

Meditations are learned individually or in groups. A lesson can consist of working on one or more meditations or teachings at a given time. Advanced lessons are learned and practiced as you gain proficiency in the preceding lessons.

Levels

There are four levels of Anahat Meditation.

Checklist for Applying to be a Certified Anahat Meditation Teacher and Certificates of Completion

- ✓ Has read *The Sacred Geometry of Meditation*
- ✓ Has read *The Anahat Meditation System*
- ✓ Has listened to all audio and video introductions to the System
- ✓ Has listened to all Video Lectures for Levels One, Two, and Three
- ✓ Has listened to all 2005 audio lectures for Levels One and Two
- ✓ Has read all Workbook Lessons, which accompany the Video Lectures
- ✓ Has been practicing Anahat Meditation daily for at least six months, and ideally for one to two years or more
- ✓ Provide the Practitioner Checklist showing date Starting Date and Date of Proficiency for all 15 Lessons
- ✓ Honors our Code of Ethics and has given careful thought to moral and ethical principles
- ✓ Provide a written essay explaining each of the 24 meditations, as well as Level Three practices of Out-of-Body Experience, Samadhi, and Advanced Sexual Energy Practices.

You are not expected to have mastery over the meditations to teach them, or to have had any spiritual experiences or profound movements into Samadhi. You are only asked to be a guide for your students and to meet the standards that are listed above.

Notes on How to Teach Meditation

- ❖ Do not feel that you need to have mastery over the system to teach it. Simply be a guide to help people through the online training and offer support in ways that you feel good about.
- ❖ Ideas for teaching:
 - Create weekly in-person or online study groups
 - Connect with individual students one-on-one
 - Give lectures
 - Conduct research
 - Offer workshops or seminars
 - Write books
 - Create online videos
 - Provide online support through emails and social media
- ❖ Weekly meditation groups of about 1.5 hours are great ways to build community and to learn more as you teach.
- ❖ Honor the Buddhist formula of Buddha, Dharma and Sangha. Buddha is the teacher, the Dharma are the Teachings, and the Sangha is the community of practitioners. These are the three jewels of Buddhism. It is wise to be a teacher who is in harmony with a reliable core set of teachings, and it is wise to create communities where people can practice together and support one another.
- ❖ Be creative. Consider using various methods of teaching, such as PowerPoint Presentations, videos, audios, social media, workbooks, study groups, and even retreats.
- ❖ To relieve tired legs, which need circulation, teach walking meditation or lead movement sessions, such as yoga, tai chi, and/or chi kung, or allow students to lie down from time-to-time to rest and restore their legs.

Leading Retreats

Meditation retreats are great ways to support your students and to go very deep into your practice. Retreats often work well with a Friday night and all-day Saturday and all-day Sunday structure. An example schedule could look something like this:

Friday Night

6:00pm – 7:00pm – Group Introductions and Teacher Lecture establishing the guidelines of the retreat space
7:00pm – 9:00pm – Group Meditation

Saturday

6:00am – 8:00am – Group Meditation
8:00am – 9:00am – Breakfast
9:00am – 10:00am – Work Practice
10:00am – 12:00pm – Group Meditation
12:00pm – 1:00pm – Lunch
1:00pm – 2:00pm – Break Time
2:00pm to 3:00pm – Teacher Lecture
3:00pm to 5:00pm – Group Meditation
5:00pm to 5:30pm – Break Time
5:30pm to 6:30pm – Dinner
6:30pm to 9:30pm – Evening Lecture and Group Meditation

Sunday

6:00am – 8:00am – Group Meditation
8:00am – 9:00am – Breakfast
9:00am – 10:00am – Work Practice
10:00am – 12:00pm – Group Meditation
12:00pm – 1:00pm – Lunch
1:00pm – 2:00pm – Break Time
2:00pm to 3:00pm – Teacher Lecture
3:00pm to 5:00pm – Group Meditation
5:00pm to 5:30pm – Break Time
5:30pm to 6:30pm – Dinner
6:30pm to 9:30pm – Evening Lecture and Group Meditation

We recommend having the following components within a retreat:

1. Group orientation – Create time at the beginning for people to get to know each other
2. Group Lectures – Create time for you to teach while in meditation
3. Group Meditation – Keep sitting periods to about 30 minutes and do walking meditation to relieve tired legs or allow students to lie down during breaks. Breaks between sitting periods should be about five minutes
4. Meals are ideally vegetarian, organic, and very light
5. Work Practice – Allow retreat participants to do manual labor, such as cleaning, gardening, stacking wood, or other such tasks which promote an environment of selfless service. Working helps us to take meditation off the cushion and into our daily lives. It breaks up the long sitting periods and encourages movement
6. Movement Practice – Add in yoga, tai chi, chi kung or anything other body practices which promote meditation in motion
7. Break Time – Allow people time after meals for showers, naps, emergency phone calls, etc.

8. Insist on a cell phone and computer free environment for the entire retreat time. It is wise to have one phone number for retreat participants to give out to their families in the event of emergencies. If someone needs to reach a retreat participant, then they may call this number and you convey the message.
9. One-on-One Time with the Teacher – Face-to-face private instruction during group meditations is a great way to get to know your students and to answer their personal questions or to help them to advance in their practice.
10. Art Practice – Longer retreats can allow for group time for drawing, painting, poetry, or other creative forms of expression.
11. Study – Longer retreats can allow time for students to study relevant books and scriptures which are relevant to the retreat itself.

Morals and Ethics

Meditation is a sacred practice and those of us who teach Anahat Meditation want to feel good about being associated with its practice. We therefore ask you to always live by your highest moral and ethical principles and to be exceptionally clear on what those are. These are some guidelines which can help:

Defining Morals and Ethics

Moral principles are your internal guides for how to conduct yourself in this world. Ethics are external codes of conduct which you live by. It is important to honor both as a person of integrity in this world. Over time, as we become wiser, we refine our moral and ethical principles and our lives become better for it.

Anahat Meditation is taught through Anahat Education Group, which owns the Institute of Interpersonal Hypnotherapy and The International Association of Interpersonal Hypnotherapists (IAIH). The IAIH has a clear Code of Ethics for its Hypnotherapists. We ask that as a Certified Anahat Meditation Teacher that you abide by this Code, which can be found at <https://www.interpersonallyhypnotherapy.com/code-of-ethics>.

We understand that your moral principles will be based love and compassionate service to others and that interpersonal connections will be very valuable to you. However, a Code of Ethics is important to allow you to function with integrity within society as your morals might allow for behaviors which are considered unethical to others. We specifically refer here to relationships with your students, especially regarding sexual relations and the very sexual nature of Anahat Meditation System in general.

We advise that you follow the IAIH Code of Ethics, which says that you will not have sexual relations with your students or clients for two years after the time of concluding sessions with them. For Anahat Meditation, this would mean that you do not have a dual relationship with your students. If you are their teacher then you are their teacher and not their lover. As Anahat Meditation Teachers, we teach advanced spiritually based sexual energy teachings. We must understand the impact of unethical behavior and how it can affect the reputation of this work for many decades. Your actions must be impeccable and above reproach.

Please be discreet when teaching and/or demonstrating the sexual energy teachings of this system. You are advised never to be intimate with your students and to always maintain professional codes of conduct which would be appropriate in any college or business environment.

Your students should be free from all forms of abuse and they deserve a pure meditation system which is dedicated to their highest levels of well-being.

For those who teach tantric workshops where Anahat Meditation is involved, the above statements still apply, and we ask that you are always discreet and professional.

Suggestions for Being a Meditation Teacher

- ❖ When speaking of a philosophy, religion, belief system, or metaphysical doctrine, we recommend using the word “model”, and do not insist that you know the absolute truth. It is healthy to say, “According to the model of...” or “My understanding of the way Anahat Meditation is taught, is...” Do not claim to right or to be the sole end of knowledge. A meditation teacher should be humble and should admit that others are entitled to their opinions as well. Respecting other people’s points of view is the basis of being a good teacher.
- ❖ Do not teach unless someone asks you to teach.
- ❖ Do not heal unless someone asks you to heal.
- ❖ Do not ever expect anything from a student. Honor their process and do not control it.
- ❖ Read the book *The Tao of Leadership* by John Heider, and learn to honor process, rather than to control it.
- ❖ Honor the way Anahat Meditation is taught and practiced yet allow for each individual student to adapt their style of practice as needed. For instance, if someone cannot sit in one of the five recommended seating positions, then allow them to position their body in the most conducive way for them to practice. Hold to the highest standards that you know yet allow students to grow into those and honor their limitations as you pace and lead them to ever greater levels of success.
- ❖ Empower students to go beyond you and create more masters and master teachers.
- ❖ Honor other people’s knowledge, wisdom, skillsets, and life experience. Do not believe that a meditation teacher is superior to his or her students.
- ❖ Be humble and let go of the need to be right.

Anahat Meditation Center and Anahat Monasteries

Anahat Meditation can absolutely be taught out of designated Anahat Meditation Centers. To utilize our names, please contact a senior staff member of Anahat Education Group to ensure that you have permission to use our name(s) and to be associated with our work. We reserve the right to limit the use of our “brand names” if we do not feel in alignment with a teacher. The following terms are exclusive to this work:

The Anahat Teachings
The Anahat Meditation System
Anahat Meditation Lessons
Anahat Meditation
Anahat Meditation Center
Anahat Monastery
The Sacred Geometry of Meditation
The Journals of Myckal Divane

The monastic themes of Anahat are important and those who feel inspired to create such spaces should consult with a senior member of Anahat Education Group.

The Question of Payment

The original Anahat Meditation System classes given in 2020 were given free of charge. This was done to create the videos which now form the core of the system. In business this is called a “Loss Leader”, where you give something away for free with the intentions of having those actions benefit you and your customers later. The videos therefore mention that “you guys” are not being charged for this and those who are being acknowledged were the core group of 2020 who made it to the end of the training.

You deserve to be paid for your time, even if you teach spiritual topics. Everything is spiritual and to not be paid to be a meditation teacher is to say that other professions are not spiritual. Yoga teachers get paid, psychotherapists get paid, and hypnotherapists get paid. As a meditation teacher, you are entitled to charge for your time, yet you do not have to.

“Love donations” are acceptable, yet people take advantage of that. They donate one dollar to the basket and then spend \$50 on a nice meal with their spouse. Students should value these teachings and should value and respect your time.

Classes can be offered for free or on a donation basis, yet we have established a foundation for teaching where charging money needs to be perfectly acceptable.

The current model of teaching Anahat Meditation and charging for it is based upon a survey of the 175 students who were enrolled during 2020. The results were that we should absolutely charge for this system and we ask that you honor and support that.

Anahat Meditation Teachers may serve as affiliates and can be paid for directing people to the Anahat Meditation System lessons. Teachers provide their students a coupon code for purchasing the product on the web. The product is downloaded online, and the lessons teach themselves. Teachers are considered as guides in this model and they do not have to have mastery over the system. The current charge for the system and the percentage for affiliates is not listed here as this can change. Please ask us specifically how this model works.

Where to Direct Your Students and Types of Certification

OnlineMonastery.com is the place to send all students, however the training itself can be found through the Institute of Interpersonal Hypnotherapy. The Anahat Meditation System is now considered a 100-hour course of instruction through the Institute, yet it can stand apart from it.

Certifications:

- ❖ The IAIH provides students who complete the 100-hour training course with a Certificate of Completion.
- ❖ Anahat Education Group, through Anahat Meditation Center, provides Certificates of Completion for those who take the meditation course for personal and spiritual growth purposes alone. All of the standards of Page Eight are required for this certification as well, even if the student does not plan to teach the system.
- ❖ Certified Anahat Meditation Teacher Certifications require that all standards on Page Eight of this training guide are completed and that a reasonable period of time has passed to ensure competency in teaching. Please listen to your heart about when the time is right for you and we will listen to ours as well.

Being an Affiliate:

When you have someone who is ready to learn the system and to be your student, please give them your personal affiliate/coupon code. We will pay you monthly for all sales which occur through you.

If you make more than \$600 per year, then you will be asked to fill out the appropriate forms to become a subcontractor of Anahat Education Group, Inc. You will be responsible for filing all taxes.

To have your students begin the training, please provide for them the following links:

Main Website: <https://www.OnlineMonastery.com>

Web Page: <https://www.instituteofhypnotherapy.com/anahat-meditation-certification-course/>

Product <https://www.instituteofhypnotherapy.com/anahat-meditation-system-certification-course/>

Concluding Words

Above all else, I want you to succeed in teaching this system in a way that is harmonious for you. If you are truly a Certified Anahat Meditation System Teacher than you are very dear to me, yet it is important that you teach and promote yourself in a way that everyone who is part of this organization can be proud of. Please be conscious of other teachers and what we at the core of this work are doing. Please act in harmony with us and in alignment with our highest values and ideals. When it comes down to it, please be a pleasure to work with and only create loving and harmonious relationships.

This work needs to outlive us all and you are part of a team who will work to disseminate these teachings for many years to come. Please be a positive influence in this work and remember how important your decisions are. Remember to always choose Spirit over ego and let go of the need to be right. Realize how your actions affect others and always strive to do your best in harmony with all that is.

I trust and believe in you and I look forward to hearing about and seeing all of the good works that you do in the world through your acts of kindness and loving service to all beings.

Very Kindly,

Matthew J. Brownstein
Crestline, California
December 2020