



Guidelines for Spontaneous Meditations & Blessings

Form Two

Instructions

If you want to experience spontaneous meditation or spontaneous blessing sessions after an introductory meeting, I will ask you to sign this form, indicating that you have read and understood the guidelines below. You may print and snail mail this Form, along with the [Background Information](#) form, to the address given on the [Contact](#) page of my website. I will also have copies available when we meet face-to-face for our introductory session. Thank you!

Guidelines

During spiritual practices, we invite the divine love that is our true nature into our lives. To help this process unfold more easily, I've formulated the following guidelines.

1. I offer two kinds of experiences: spontaneous meditations and spontaneous blessings. (The latter may take the form of expressive meditation, mantra meditation or performance of a traditional practice in the context of a blessing.) These varied experiences support seekers as they take the next steps on their interior quests. Sessions are designed for people who are on spiritual journeys and are not intended for individuals who are focused primarily on emotional, financial or health crises.
2. Usually we begin a meditation or blessing session by agreeing on the length of time we want to be in the silence and set a timer accordingly. If you decide you want to conclude our silent time earlier than we've planned, please say so clearly. It will take me a few minutes to bring my experience to an end.
3. If you want guidance in mantra meditation, we will take time during the session to discuss the sacred literature that supports this kind of practice as well as your own unfolding experiences.
4. Because each person's spiritual journey is unique, the experiences described on my website should not be considered as either "typical" or "ideal." Letting go of attachment to specific meditation or blessing outcomes makes spiritual practice easier.
5. As we enter the silence, we will suspend our judgments and expectations about the upcoming session and open to God's love. During a session, I invite the divine to enter our lives, rather than

asking for a particular outcome. If you want to request something specific, be open to the Indwelling God responding to a deeper need—one you may not be aware of.

6. Because we experience our sacred love-nature through our ability to feel, be sure to make self-sensing (awareness of physical and/or spiritual sensations) part of your session. (For more information on the role of feeling in spiritual experience, see my website essay, *Teaching Without Words*, and the section entitled, “A Typical Session.”)

7. Silent witnessing—watching the fluctuations in our inner world without judgments or attachments—is also helpful. When we engage in neutral, silent observation of our angers, fears, sorrows and guilts, we become less identified with them.

8. Whatever arises during the session, offer all your experiences—the ones you like and the ones you don’t—to the Indwelling God.

9. If impulses to move or make sounds emerge during a session, feel free to enact them. If you move, keep your eyes in soft focus (half-open) so you don’t hurt yourself or another person. Occasionally, I’m guided to touch my spontaneous meditation or blessing partner gently on the hands or arms during a session.

If this is alright with you, please initial here:_____

10. When you conclude your meditation, give yourself time to return to ordinary awareness. Like deep sea divers, meditators need to rise slowly to the surface.

11. Contact with divine love eventually brings difficult emotions like anger, fear, confusion, sorrow, shame, etc. into awareness so they can be released. If you open to divine love at home, please limit your experience to twenty minutes once or twice a day to minimize the likelihood that you will be overwhelmed by painful memories. If you experience distress during or after a session and it persists, I may make our work together contingent upon your seeing a licensed psychotherapist or counselor.

12. I recommend that individuals who have been severely abused or experienced clinical depression or mental illness not practice spontaneous meditation or spontaneous blessing and instead take up a less stressful practice. Please let me know if these painful experiences are part of your history. If these experiences *are* part of your past, but you feel that—either through psychotherapy or some other kind of counseling—you are healed enough to engage in one of these practices, please let me know that, too.

13. During spontaneous and expressive meditation sessions, the true self and/or an aspect of the personality may prompt you into challenging physical activities, like stretching into unusual positions. Because these sessions can become physically stressful, they are not appropriate for individuals who are pregnant or who have cardiovascular problems, high blood pressure, glaucoma, epilepsy, a recent fracture or surgery or acute infectious illness.

14. Because spiritual work requires clarity—clear seeing into oneself—the excessive use of alcohol, the use of recreational drugs, or the use of mood-altering prescription drugs is incompatible with spontaneous meditations and blessings.

15. Spiritual experiences may shift your focus so that you become more aware of your being—your divine nature. As you begin opening to your true self, be prepared for possible changes in your values, attitudes, preferences and perceptions.

16. During a spontaneous meditation or blessing session, new ideas sometimes arise. Please don't make any life-changing decisions immediately after a session. Take at least three weeks to (a) consider what part of you initiated the new ideas and (b) consult with family members and relevant experts.

17. Each time you plan to attend a session, give yourself unscheduled time right after the appointment. Be sure you have returned to ordinary consciousness before driving a car.

18. Either one of us may at any time decide to discontinue our meetings. Whenever it is time for us to part, I hope we will schedule a final conversation to review what we have learned together.

19. My work as a spiritual teacher is also a ministry. In the spirit of ministry, all information shared during our sessions will be kept confidential unless: (a) you are at risk of harming yourself or another person; (b) there is evidence of abuse or neglect of a child, a disabled person and/or an elderly person; or (c) an issue arises regarding my conduct as a minister.

20. Being a minister, I do not keep records of our sessions—nor am I available to testify or otherwise provide information to others about you. As a minister, I work by free-will offering. Before or after each session, please place your offering of any amount in the container designated for this purpose. Because my work as a minister is not registered as a church with the IRS, your gifts are not tax deductible.

Spontaneous meditations and blessings can play a supportive role during a person's interior journey. Please take responsibility for your own spiritual evolution. Use your wisdom and good judgment to decide what works for you and what doesn't. "Be," as the Buddha says, "a lamp unto yourself."

I have read and understood the material describing spontaneous meditations and spontaneous blessings in these guidelines. I affirm that I have the necessary level of physical-mental-emotional fitness to engage in this type of spiritual practice. If I am currently seeing a psychotherapist (or if I see one in the future), I will show him or her these guidelines and discuss whether spontaneous meditations and/or spontaneous blessings are appropriate for me.

Signature: _____ Date: _____