

INSIGHT MEDITATION MENTORING

Part of sustaining and enriching your practice may include asking an experienced meditation teacher to navigate the challenges that naturally arise. This may be a welcomed support on the path. Mentoring may be helpful with the technical aspects of meditation as well as the life issues you are exploring.

You can meet with a teacher in person, by phone, or via internet. This can be an opportunity to examine the difficulties you've encountered as well as the benefits. You might also explore how to apply mindfulness practice to the challenges of your daily life as the teacher provides a listening presence and feedback.

The mentoring relationship will continue as long as the student derives benefit from it and can be terminated at any time.

Mentoring is not psychotherapy or career counseling. If in the course of your practice you need help that exceeds the qualifications of your teacher, s/he will help you seek the professional, therapeutic or medical help you need.

Your teacher is volunteering her/his time and gratitude is a natural response. You and the teacher can discuss ways to act upon that gratitude.

IMC-L's teacher is Larissa Kitenko

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