

About Mentoring

Meditation Mentoring consists of one-to-one instructions in the practice of mindfulness. Emphasis is placed on the cultivation of the eight-fold as a means for developing a liberation based lifestyle. Depending on where you live and your technology availability, we can meet in person, by skype, or by phone call. Regularly scheduled sessions support you in beginning and provide the application and structure of refining a meditation practice over the long-term. The process also allows for the opportunity to integrate meditation into daily life.

For interested practitioners, meditation mentoring may include guidance in the integration of practice and study.

Meditation Mentoring options:

1). Beginners

Sessions are 45 minutes.

Recurring session weekly or every other week.

An initial two-month commitment is recommended.

The longer session allows for a period of guided meditation.

2). Experienced students

Sessions are 30 minutes.

Recurring session weekly, every other week or one time per month.

An initial two-month commitment is recommended.

3). Recovery mentoring

Sessions are 45 minutes.

Recurring session weekly or every other week.

An initial two-month commitment is recommended.

Recovery mentoring will be tailored to your needs and interests.

The dana aspect of mentoring,

Many teachers charge a set rate fee for mentoring sessions, usually around 75\$ for 30 minutes. As a Dharma teacher, a large majority of my annual income comes thru the dana system. I am not completely comfortable with a set rate for all people. We all have different financial conditions. My hope is to accommodate everyone, including myself. Thus, I have set up a middle way with some of the challenges and confusion around dana.

I ask each person to consider a range of 50-200\$ per session. This wide range allows people to offer what is appropriate for them. This number may also change from session to session. You may at times have some abundance and you will want to give more, at times things may be tight and you may have to offer less.

Please let me know if you have any questions, I have thought about this a lot and feel that this is the most appropriate way to work. Please contact me directly if you would like to discuss, or begin the process. therebelsaint@gmail.com