

Practice Teaching Guidelines

This is a space for us to meet as peers, to practice our teaching.

The agreements for participating in any of Judith's teacher trainings are below, along with the general principles of RP. The overall Teacher Community guidelines are [here](#). We expect you to follow all of these as a condition of your participation.

A few specific reminders for practice teaching:

- So that we can all keep Judith's original scripts clear in our minds, please do **follow the scripts**.
 - It's fine to add a few additional comments / ideas, but please note when you are adding on to the original script (during or after the practice).
 - It's also OK to practice scripts that you're actively working on memorizing / embodying – no-one needs to be perfect.
 - If someone asks you to delete / change a word because it takes them out of the practice, please exercise your best judgment.
 - We suggest exercises for each session to save time and so that we can get to all the exercises over the course of a year or so. If you had hoped to practice a different exercise than your host is suggesting for today, just ask.
- In this group, we're all practicing as peers: **no-one is anyone else's teacher, and these are not individual sessions for processing or healing**. While you're teaching:
 - No individual (personalized) suggestions unless people take the initiative to ask for them (and even then, no obligation to offer them)
- In discussions before and after practice:

- This is a time for reflection, most of all on **your own teaching and practice**.
- As best you can, please maintain your attunement to FC as you speak and as you listen to other teachers.
- Please **respect people's autonomy and vulnerability as teachers and as "students"**.
 - No feedback on teaching unless someone asks for it (they initiate the request).
 - No "cross-talk": if someone shares an experience, only give advice if someone asks for it (they initiate the request).
 - When you return from your breakout session into the main room, please don't share anything that your partner might not want to have shared.
- Please keep this a supportive space, with a focus on teaching and practice.

Main Principles of the Realization Process (from RP Embodiment teacher training application, 2024):

- The Realization Process is a direct path to embodied nondual awakening.
- Nonduality is the realization of our own nature as the undivided expanse of fundamental consciousness pervading our body and environment as whole.
- Nondual realization is an actual transformation of our being, not just a change in our beliefs. It's not that we *know* nonduality. It is that we *are* nonduality.
- Embodiment is the realization of fundamental consciousness pervading our whole body.



- Chronic fragmentations within one's own being and between oneself and one's environment can be healed by realizing fundamental consciousness.
- We can experience oneness with other people without being entangled with them, and without losing inward contact with ourselves.
- The fundamental ground of our being has never been injured.
- We can find within our body an innate, ever-present source of equanimity and happiness.
- Even after we have stabilized in non-dual reality, we can continue to become increasingly open to the unity and transparency of our body and environment.

Ethics (from RP Embodiment teacher training application, 2024):

- Treat colleagues, clients, and students with respect and consideration at all times.
- Do not behave in any manner that may bring the Realization Process, its members, or the tradition or practice of the Realization Process into disrepute.
- Observe confidentiality of student/client information at all times.
- Do not harm or manipulate the student/client in any way or take advantage of them for the purpose of personal, monetary, social or sexual exploitation.

Policies (from RP Embodiment teacher training application, 2024):



- All personal information revealed by participants during the training is confidential and not to be shared outside of the group, including participants' contact information.
- You must obtain permission from Judith Blackstone if you wish to include any part of the Realization Process practices in any published written materials, website text or audio or video recordings, or scientific research.
- Authorization to give teacher trainings or to certify anyone in the Realization Process is restricted to Judith Blackstone and the Senior Teachers she designates.

Consent Agreement and Waiver of Liability (adapted from RP Embodiment teacher training application 2024):

By participating in *practice teaching*, you affirm that you are of sound mind and body. You take full responsibility for your participation in *the practice teaching*. You release and waive *all organizers and other participants* from any liability, claims and actions arising out of or related to loss, damage, injury, or psychological distress that may be sustained by you while participating in *practice teaching*.