



## In-Me Standards & Curriculum for: “Mindfulness Practitioner, In-Me”

### This Mindfulness training is intensified by NLP

- “Mindfulness Master Trainers, In-Me” have a high quality background in NLP that allows them to use their expertise for working with limiting and empowering Values and Beliefs
- During the whole training typical NLP competence is well-integrated, e.g.: Milton Model, Reframing, Anchoring, Submodalities, Meta-Model, Changing States, Body Language, outcome orientation, Future Pace,...
- The Human Developmental Stages (HDS) with their historically determined special set of Beliefs and Values are part of our NLP curricula
- NLP supports the very high benefits for participants through an intensive NLP boosted group process where the participants explore and learn: 1. how typical values and beliefs determined our past for they are already printed in our genes, our typical thinking habits, and our automatic behavioral reactions, 2. how we can become mindfully aware of them, 3. how we can change our set of beliefs and values where needed for a happy and successful life and 4. how we can effectively communicate with people who are following a different set of values and beliefs.

In order to understand the situation we are in as a species, we need to understand the human quest.

Where do we come from, what experiences are written in our genes, where are we at the moment, and what could be a preferable future for all of us in peace?

This curriculum here will grow through feedback from the experiences of the “Mindfulness Master Trainers, In-Me” who conduct the trainings.

### Duration & procedure of the training of: “Mindfulness Practitioner, In-Me”

- **The entrance qualification** is “Mindfulness Intensive, In-Me” with a minimum of 30 hours/4 days face-to-face training over at least 8 weeks. The following “Mindfulness Practitioner, In-Me” builds on this with a minimum of **60 hours/8 days** face-to-face training over at least 8 weeks plus about 1 hour homework every day (at least on 6 days every week).
- **A written and practical test** regarding a project, e.g. comprehensive documented growth of the own change process, or how to share Mindfulness exercises with a special target group, or how the transition of values and beliefs to higher stages can be supported, or how to deal with the pre/trans fallacy,... (Group projects or projects of a Buddy team are very welcome too).
- **Online Training** requires the permission of the Online Commission.  
Details are here: [www.nlp-institutes.net/sources/commissions/commission-online-training](http://www.nlp-institutes.net/sources/commissions/commission-online-training)
- **A training hour** has 60 minutes. Brakes longer than 30 minutes are not counted as training time.
- **A training group** has at least 6 members (counted without assistants or "NLP Master Trainer, IN").
- **An In-Me certification training** with In-Me sealed certificates (sticker with IN-Me logo and seal number) has to be conducted at least 80% of the time by an approved "Mindfulness Master Trainer, In-Me". The remaining up to 20% of the training can be conducted by another high qualified person under the supervision of a “Mindfulness Master Trainer, In-Me”.

- **The title “Mindfulness Practitioner, In-Me”** can only be used on a certificate with an In-Me seal.
- **With more than 10 participants**, it is highly recommended to involve an assistant who must be qualified at least at the level: “Mindfulness Practitioner, In-Me”.
- **Buddies and supervision** are highly recommended.
- **You can order seals** in your login area. We highly recommend online seals and certificates.
- **The list of seal entitled “Mindfulness Master Trainer, In-Me”**: <https://in-me.world/users/all>

## Training content of: “Mindfulness Practitioner, In-Me”

- The first 4 days/30 hours are defined in the curriculum of “Mindfulness Intensive, In-Me”. For the In-Me association it is okay to offer the 12 days together with only one certificate after 12 days or to divide it in 2 courses of 4 days and 8 days.
- In the 8 days (after the 4 days) all the Basic training content from the 4 days is highly relevant. In addition, we have now new orientations for the main topic of each of the 8 days. On all 8 days, there are exercises for breathing, body, and meditation practice, in the style of the MBSR training and enriched with special NLP expertise. The guiding idea in the “Mindfulness Practitioner, In-Me” is, that in the 300.000 years of human development Homo Sapiens created on each Human Developmental Stage (HDS) a special intelligence. Here a few pioneers who worked on these intelligences without calling them directly intelligences: Norbert Elias, Abraham Maslow, Clare Graves, Ken Wilber, Yuval Noah Harari... They differ in the descriptions of the Human Developmental Stages. Therefore, we feel free to create on the basis of their inspirations here our own version of intelligence stages. For a summary about the background of the Human Developmental Stages please see the article from Nandana Nielsen and Karl Nielsen, “The Graves Model and its application in coaching”: <https://in-me.world/sources/articles/nandana-and-karl-nielsen-the-human-development-system-of-prof-dr-clare-graves>
- **Day 1 Body Intelligence (HDS 1)**  
Starts about 300.000 years ago with Homo Sapiens.  
On this stage survival and reproduction with the basic needs of the body is the main topic. This training day deepens the content regarding the body topic from the “Mindfulness Intensive, In-Me”. It starts with sharing the goals of the participants. What is their own situation in the light of the situation of our species? Where do they see (or hope for) a solution that allows humans to live happily together on this planet? Our approach is to change one by one, starting with ourselves on this journey of developing peace on earth. Mindfulness helps to develop this inside yourself and then you have the chance to influence others even just through your pure presence. Sharing challenges (goals) and best practice (experiences) supports the group spirit and the learning from each other and with each other.  
Besides a short overview and introduction this day is for body topics like breathing, health, eating, sleeping, touching, and much more. The focus is on making positive inspiring experiences regarding these topics.  
Health is a positive feeling and not just the absence of illness. What can you do for your body? How do you like and treat your body? What does your body tell you? Are you a victim of illnesses or a good friend of your body? You can even discuss Vegetarian, Vegan and Nutrition Supplements. Here is so much possible.
- **Day 2 Spiritual Intelligence (HDS 2)**  
Starts about 60.000 years ago with the Cognitive Revolution. Using thinking and language for fictive events allowed more effective organizational forms and the development of myths.  
On this stage Homo Sapiens experienced everything with a special kind of soul. Each animal had a soul and each mountain and the water and it was possible to communicate with these souls.

Besides sharing the experiences with the homework of the first week, this day is for spiritual experiences.

What is the difference between just being touched and a deliberately mindful touch with a "spiritual" energy? How do you connect to the soul of someone else? How is this an important management expertise of a successful manager in the business area? What is the difference between just eating and a deliberately mindful way of eating? How can you honor the spirit somehow connected to the food you eat? How about your Guardian Angels? How about the Magic in your life? People want to be part of a group. Are you part of a tribe that loves and supports you? Do you spend enough time with these people? What are you doing for them? What spirits to do encounter right now in this group?

- **Day 3 Emotional Intelligence (HDS 3)**

Starts about 11.000 years ago with the Agricultural Revolution.

On this stage the emotions were in the focus. Bad emotions from tyrants who dominated all others and as well highly responsible Queens and Kings who tried to do their best. Homo Sapiens was here deeply connected to all kinds of emotions that were very directly, unfiltered, and spontaneously expressed. At the "courts" of the kings a cultural process started where it was "courteous" to control emotions. This was a huge civilization process regarding the balance of emotions, courtesy, and following rules. You can see from this point of view the religious Commandments and social separation of powers.

Besides sharing the experiences with the homework of the second week, this day is for exploring how you handle your emotions.

How do you experience emotions in your body (level 1)? What emotions trigger the spirits (level 2) that you are connected with? What are your predominant automatic emotional reactions? Are you happy with this or do you prefer to change something here? In which situations are you more introvert and when more extrovert? How important is Emotional Intelligence in management in the business area? What emotions can you receive, hold and offer? Are you in charge of your emotions, or are your emotions in charge of you, or have other people the remote control for your emotions? How strongly do you suppress your emotions through courtesy?

- **Day 4 Scientific Intelligence (HDS 4)**

Starts about 400 years ago with the Scientific Revolution.

On this stage Homo Sapiens developed a new quality and intensity of precise logical rational cognitive evidence-based fact-orientated scientific thinking instead of emotionally based anecdotal "story telling" thinking. This led to big conflicts between the ruling religious powers and the new development of natural science.

Besides sharing the experiences with the homework of the third week, this day is for exploring how well and how beneficial you are able to clearly differentiate between emotionally based anecdotal "story telling" and evidence-based fact-orientated cognitive thinking.

How do you plan your life? Do you dare to think yourself or do you prefer the programming of your childhood socialisation? How strongly do you follow your fact-orientated knowledge and rational decisions?

- **Day 5 Creative Intelligence (HDS 5)**

Starts about 1760 with the Industrial Revolution.

On this stage the findings in science were applied to defeat epidemics and to make money through new ways of production. Capitalism used in a very creative way scientific findings for industrial production.

Besides sharing the experiences with the homework of the fourth week, this day is about how you can creatively use what you know for securing your success in your life?

Realizing goals is inspiring. What is regarding successes your mission in life? How about leaving your comfort zone here and there? How is your relationship to money?

- **Day 6 Interpersonal Intelligence (HDS 6)**

Starts about 1968 with worldwide protests of the Peace Revolution.

On this stage Homo Sapiens realizes that there is much more for a happy life than just living for money and success. Or with the words of Dalai Lama: "The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers, and lovers of every kind." Communication on eyes level and understanding each other is in the focus.

Besides sharing the experiences with the homework of the fifth week, this day is for experiencing group spirits and for being connected with others.

People want to be seen in their uniqueness. Do you have a peer group that sees you as you are, including the unrealized treasures of your potential? Do you try to fit in or do you live your true nature?

- **Day 7 Mindful Intelligence (HDS 7)**

Starts about 1990 with Mindfulness from Jon Kabat-Zinn (and the integral "Super Human" from Ken Wilber) with the Mindfulness Revolution.

On this stage a big developmental leap takes place through the understanding that each of the stages before are closed value and belief systems that structure the experience and how things can be understood. Now Homo Sapiens reaches a Meta level of a new kind of inner wisdom and freedom with a new quality of values and believes.

Jon Kabat-Zinn writes 1990 in his book: "Full Catastrophe Living" on pages 19 to 38 (2013 edition) about: "The Foundations of Mindfulness Practice: Attitudes and Commitment." For him "The Attitudinal Foundations of Mindfulness Practice" are: 1. Non-judging, 2. Patience, 3. Beginner's Mind, 4. Trust, 5. Non-Striving, 6. Acceptance, 7. Letting Go. "Other qualities of mind and heart that also contribute" are: "non-harming, generosity, gratitude, forbearance, forgiveness, kindness, compassion, empathic joy, and equanimity."

In the NLP axioms we use for similar qualities a different wording, e.g.: "The meaning of communication is the response you get.", or "The map is not the territory.", or "There is no failure, only feedback (and responsibility).", or "Behind every behaviour there is a positive intention." or "Everything is connected to everything."

Each of the levels before are closed value and belief systems that structure the experience and how things can be understood. On these first 6 stages people think their values and believes are the only right ones. Ken Wilber discusses that stage 6 is the most difficult stage for it looks like Mindful Integral and Systemic but it is very often deeply moralistic and superficial.

Besides sharing the experiences with the homework of the sixth week, this day is for celebrating a new stage of freedom from limiting beliefs and values. And a new competence of handling successfully all different belief and value systems of each of the first 6 stages.

People want to have the freedom of their own experience. On this Human Developmental Stage (HDS) you are able to bring everything from the first 6 HDS together. In Ken Wilber's system you develop on this level your "Super Human" existence.

- **Day 8 Future Pace**

This day is for presenting what the participants learned and how they plan to use this from now on in their future. We recommend to use like in "Mindfulness Intensive, In-Me" the New Behavior Generator (NBG) for planning the future use of the growth benefits that developed during the "Mindfulness Practitioner, In-Me" training. And we highly recommend to support that the participants continue to meet, especially if promising projects evolved during the training. It would be great to collect documentary testimonials on videos of the benefits and projects.

- **For more details regarding the conduct of "Mindfulness Practitioner, In-Me"**

Please see the extensive Moodle course with a huge amount of special Trainer Notes.

## The In-Me certificate for: “Mindfulness Practitioner, In-Me” must include:

1. the correct title of the qualification: “Mindfulness Practitioner, In-Me”
2. the duration of the face to face training with precise information regarding training days and hours (at least 30 hours in 4 days)
3. Online Training requires the written permission of the Online Commission.  
Details are here: [www.nlp-institutes.net/sources/commissions/commission-online-training](http://www.nlp-institutes.net/sources/commissions/commission-online-training)
4. the date of the first and last day of the training
5. a statement that all In-Me guidelines have been met
6. the In-Me seal (sticker with In-Me logo and seal number)
7. the signature of the "Mindfulness Master Trainer, In-Me"

**We recommend for 2., 4. and 5.** the following sentence on the certificate: “The training comprised of 60 full hours in 8 days on-site face-to-face training, from ...(date of first day) to ...(date of last day), plus 60 hours homework, in strict accordance with the high ethics and quality standards of the Institutes for Mindfulness evolving (In-Me).”

**Training content for the qualification:** We highly recommend to list the complete trained main content and the complete amount of training hours and days that is needed for the certified qualification in Mindfulness on the backside of the certificate or on a separate signed document.

### The following statement is optional for an In-Me sealed certificate:

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in psychology with a focus on Mindfulness."

**More details:** A training hour has 60 minutes. Brakes longer than 30 minutes are not counted as training time. A training group has at least 6 participants (counted without assistants or „Mindfulness Master Trainer, In-Me“). We highly recommend assistants for trainings bigger than 10 participants. An In-Me certification training with In-Me sealed certificates (sticker with In-Me logo and seal number) has to be conducted at least 80% of the time by an approved "Mindfulness Master Trainer, In-Me". The remaining up to 20% of the training can be conducted under his supervision and responsibility. For the list of appointed "Mindfulness Master Trainer, In-Me" please see: <https://www.in-me.world/mastertrainer/>

### For more details please see the “In-Me Certification Guidelines”

<https://www.in-me.world/resources/languages/EN/pdf/guidelines.pdf>

### When you login you can buy seals in your login area.

Here you find the options for:

1. physical seals (the old and most inconvenient way)
2. to use our wonderful designed online certificate (you find for this a video in your login area)
3. to use jpg or png seals that you can print on your own certificates

**For our “Mindfulness Master Trainers, In-Me” we provide for free a Moodle e-learning platform** where they can share and discuss with the other “Mindfulness Master Trainers, In-Me” their experience with best practice, where they find in detail the relevant content of the training, where we included trainer notes and a lot of additional content. This is under: <https://course.in-me.world/>

## Invitation letter for training participants

Dear Graduate,

Congratulations - we are happy with you about your successful graduation!

**Please become a member of our worldwide, professional community of our 6 associations.**

- The certified training courses of our associations are scientifically based, and meet highest international quality and ethics standards.
- With a sealed certificate your membership is free of costs: no admission fee and no annual membership fees.
- There are many advantages, like the possibility of exchanging and networking with others worldwide, and editing your profile yourself.
- With our qualifications, we are committed to lifelong learning and contribute to a peaceful world.
- We are more than 7.500 members in 88 countries (as of 3/2021). Our members learn with and from one another. You are very welcome to join us.

**To become a member is easy**

1. via a group upload by your master trainer
2. **or** with a special code on the final day of your training
3. **or** individually by registering here: [www.nlp-institutes.net/apply](http://www.nlp-institutes.net/apply) through uploading an image/PDF of your sealed certificate

**You can set yourself in your profile**

- whether your address (including phone and email address) should be displayed publicly
- whether you only want to show which city you live in
- what you particularly value about your qualification and the training you attended
- which topics are of particular interest to you
- upload a picture, publish a link to your own website, and much more

**You find more about us**

- on the umbrella website of our associations: [www.We-evolve.World](http://www.We-evolve.World)
- in our videos: <https://youtu.be/kbXijDous-g> and [https://youtu.be/-SVj\\_rGOt3Q](https://youtu.be/-SVj_rGOt3Q)
- on the website of our world congresses: [www.in-ici.net](http://www.in-ici.net)
- on our Facebook: [www.facebook.com/we.evolve.world](http://www.facebook.com/we.evolve.world)
- on our resource websites: [www.We-evolve.World/resources](http://www.We-evolve.World/resources)

With very best wishes

Nandana Nielsen & Karl Nielsen

Presidents of the 6 Associations and Professors at Universidad Central de Nicaragua (UCN)

