



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

This curriculum here will grow through feedback from the experiences of the “Mindfulness Master Trainers, In-Me” who conduct the trainings. And when we meet in Paris in August 2020 for exchanging experiences of best practice, creating new ideas and planning future projects, it is a good opportunity to further develop this curriculum.

<https://in-me.world/sources/commissions/master-trainer-meeting-2020>

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

- a minimum of 90 hours face to face training in a minimum of 12 days (60 hrs./8 days + the entrance qualification "Mindfulness Intensive, In-Me")
- a written test

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.

The guiding idea is here that in the 200.000 years of human development Homo Sapiens created on each Human Developmental Level (HDL) a special intelligence. Here a few pioneers who worked on these intelligences without calling them directly intelligences: Norbert Elias, Abraham Maslow, Claire Graves, Ken Wilber, Yuval Noah Harari...

And they differ in the descriptions of the Human Developmental Levels. Therefore we feel free to create on the basis of their inspirations here our own intelligent version.

For a summary about the background of the Human Developmental levels 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 (HDL 1): On this level survival and reproduction was the main topic.

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? You can even discuss Vegetarian, Vegan and Nutrition Supplements. Here is so much possible.

Day 2 Spiritual Intelligence (HDL 2): On this level Homo Sapiens experienced everything with a special kind of soul. Each animal had a soul and each mountain and each animal and the water and it was possible to communicate with these souls.

People love to be connected to something higher. 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?

Day 3 Emotional Intelligence (HDL 3): On this level 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 and spontaneously expressed.

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?

Day 4 Rational Intelligence (HDL 4): On this level Homo Sapiens developed his rational thinking, planning and structured everything through laws and contracts. Logic and plans help to structure complexity. You can see from this point of view the religious Commandments, scientific classification systems and social separation of powers.

Do you dare to think yourself or do you prefer the programming of your childhood socialisation?

Day 5 Creative Intelligence (HDL 5): On this level the findings in science were applied to defeat epidemics and to make money through new ways of production.

Realizing goals is inspiring. What is your mission in life? How about leaving your comfort zone here and there?

Day 6 Social Intelligence (HDL 6): On this level 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.

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-Integral intelligence (HDL 7): On this level a big developmental leap takes place through the understanding that each of the levels 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.

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

Plus day 8 **Future Pace:** securing the learned content for everyday life with the New Behavior Generator (NBG)

- Homework similar to what is used in the 3 CD sets from John Kabat-Zinn in his Mindfulness Based Stress Reduction MBSR program
- Supporting the development of a group spirit where participants meet and help each other

The In-Me certificate for: "Mindfulness Practitioner, In-Me" must include the following:

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. the date of the first and last day of the training
4. a statement that all In-Me guidelines have been met
5. the In-Me seal (sticker with In-Me logo and seal number)
6. the signature of the "Mindfulness Master Trainer, 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>