**BICENTENARY MEDITATION PROJECT MEDITATION TEMPLATE**

1. **Opening Remarks/Reading Divine Texts/Stories/Quotes/Context Setting**

**(1-2 mins)**

e.g Welcome to the Bicentenary Meditation Project, My name is Nahal Haghbin and I’ll be the voice for today’s meditation. The props that you will need for this meditation is a chair, as we will be seated in this posture for 10 – 15 minutes. Most welcome to get a pillow or cushion to sit on or put behind your lower back for your spine to be erect and both your knees and feet parallel and flat on the floor todays meditation you will need a chair or a cushion to comfortable sit on for around 10 – 15 minutes.

1. **Body/Breath/Mental/Emotions/Spiritual Awareness Practice/Ease Into Meditation (2-3 mins)**
2. **Guided Journey/Walking Meditation/Eating Meditation/Yoga Nidra/Visualization Practice/Central Meditation Practice (5-7 mins)**
3. Gently Guide Awareness to Present/Return (1 min)
4. Closing Remarks/Feelings felt/Moral/Reflections/ What to do next (1-2 mins)

**BLOG POST QUESTIONS**

***This blog post is an OPTIONAL POST in case you would like to introduce yourself, the meditations, how you came up with the inspiration for it and how people can find you if they would like to see more of your work.***

**BLOG AUTHOR:**

**DATE:**

**INTRODUCTION**

**FORMAT:** My name is ‘XXX’, I’m from XXX. I am a ‘XXX’

**HOW DO I KNOW OF THE BAB?**

**WHAT IS MY FAVOURITE STORY, SACRED WRITING, QUALITIES OR NAME OF THE BAB?**

**HOW I DREW INSPIRATION FOR THE MEDITATION I CREATED FOR THE BICENTENARY MEDITATION PROJECT?**

**WHERE CAN PEOPLE GO TO FIND OUT MORE ABOUT MY WORK?**

EXAMPLE:

Website:

Email:

Facebook Business Page:

Instagram:

Pinterest:

Twitter

**MEDITATION AUDIO INFORMATION**

*The following information MUST BE PROVIDED along with the meditation (it is not optional). This information is required for Apple Itunes Podcast description and input and would not be able to be uploaded otherwise.*

**Title** -

**Subtitle** -

**Summary** -

**Episode Note** -

**Episode Duration** -

**Tag Word Suggestions -**

**Title** - The name of the meditation

**Subtitle** - A brief description of this episode (one brief line)

**Summary** - A full description of the episode with detailed information, like what is it about, what can people expect in it, what type of meditation are you doing? Who or what is it about? Etc.

**Episode Note** - A formatted description of this episode, supported by apple podcasts. Other podcasting platforms may display this description differently.

**Episode Duration** - (hh:mm:ss)

**Tag Word Suggestions -** provide a minimum of 5 -10 tags to help others find and identify your meditation through a search engine, include characteristics such as, #TheBab #Bahaullah #visualization #heartmeditation #imagery #selfinquiry #rose #garden #ocean, please do not include any commas, appostrophies etc, provide it like a hastag as you would on facebook or instagram.