



Personal Meditation Guidance

Personal Meditation Guidance is a structured one-to-one component of a practitioner's continuing meditation training. It provides an opportunity to meet individually with the Teacher to discuss meditation practice, clarify difficulties, and receive appropriate guidance for continued development.

Personal Meditation Guidance is not intended as an isolated consultation, but as one element of a sustained and carefully guided training in meditation.

Eligibility

Personal Meditation Guidance is intended for practitioners who have established a sustained engagement with the training.

To be eligible, a practitioner must:

- have participated in **five or more retreats with Nirodha**; and
- currently participate in an established Nirodha meditation group, with regular **weekly or fortnightly classes**.

A practitioner who is not currently participating in a functioning Nirodha meditation group and is not attending a regular weekly or fortnightly class is therefore not eligible for Personal Meditation Guidance.

These requirements help ensure that individual guidance remains connected with the practitioner's ongoing practice and that the Teacher has sufficient continuity with the practitioner's development to provide appropriate guidance.

How to Request Personal Meditation Guidance

Eligible practitioners may complete the **Personal Meditation Guidance request form** to request an available appointment.