



## **How will SEED be implemented into the current school system?**

**K-12 School Year:** Once schools get connected with SEED, representatives from the team will establish the following process and protocols:

- Sessions will be held in a large indoor space (basketball gym, theater, multipurpose room, etc)
- Sessions will last ~45 minutes (20 minutes for initial neurobiochemistry presentation + 25 minutes for collective meditation)
- Meditations will involve virtual reality headsets provided by [TRIPP](#)
- Meditations will be guided through the narration of the SEED guides who have shown the presentation
- Sessions are in weekly intervals, Mon-Fri (explained in the last paragraph)
- Energy levels in the room will be monitored for scientific reasoning and testing of the techniques being used with the students

Since rallies and assemblies are normal protocol within the school calendar, it is best to perform *heart-mind coherence meditations* and enhanced emotions in the form of student rallies and assemblies on the intentions of peace, love, and bliss for our individual and collective lives. The collective gathering of all the students (or majority) is the most important factor when it comes to the science of collective meditation.

SEED's purpose and techniques will be introduced by a certified SEED guide on the first assembly and reiterated throughout the week to give the students a sharp understanding of this new installment into their lives. The certified guide will put a big emphasis on the several purposes of meditation - physical healing, inspiration, stress, sociability, and mystical experience. Also why it is especially beneficial for youthful individuals and how it has even more potential in big crowds. Topics such as energy, frequency, emotion, brain vs mind, energy centers, visualization, attention and intention, and chemical/protein production will be covered in a slideshow or lecture of about 15 minutes. When we come together in silence and open our hearts to one another, beautiful things occur. Students will give their 100% when they fully understand what is trying to be accomplished in these sessions - release of traumas and fears, aligning and tuning our bodily energies towards elevated frequencies of energy (emotion), and experience profound experiences to help us understand the healing and transcendental abilities of the human organism. The guide will start to play fine tuned harmonics that help the body's electromagnetic field gain energy in the form of elevated emotions. All students will close their eyes, hands on thighs,



straight back, chest out, focusing on peace and joy for themselves and the rest of the school, breathing in slowly and rhythmically into the area of the heart. Significant changes in individuals may not happen until the 3rd or 4th day, and this is why a full week gives enough time for students to settle into the process, trust it (trust must be reiterated and established by the certified guide), go through any suppressed emotions, rise out of them, and blossom into a wide range of elevated experiences.

[General Slideshow to Students](#)