

UNIFIED MINDFULNESS TRAINING NOW AVAILABLE

00:00:00 Hey there, it's Juliana and I am extremely excited today because it is the official launch

00:00:07 day of the Foundations program.

00:00:10 We are rolling and I couldn't be more excited about it for a couple of reasons.

00:00:16 I know that there is really nothing like this out there right now and I know that for two

00:00:23 reasons.

00:00:24 One, Xin Zhen's framework, the depth of it, the scope of it, the clarity, the precision,

00:00:32 the thoroughness.

00:00:34 He has done the work for all of us, both in terms of having a breadth of experience in

00:00:42 his own training, being familiar with so many different contemplative approaches, having

00:00:49 a scholarly approach, so understanding world contemplative practices on that level, having

00:00:57 a scientific rigor because he partners with hard science to do research around practice.

00:01:08 So that gives us a tremendous framework to lean on and it makes our job as trainers so

00:01:15 much easier.

00:01:17 So there's that.

00:01:18 But then there's also the fact that, and maybe actually this is connected, there's the fact

00:01:23 that in this space right now you either have to take a deep dive into practice, go whole

00:01:30 hog and get certified and spend years in training and years in the certification process, which

00:01:38 is totally amazing and honorable.

00:01:41 But the flip side of that is there really isn't anything other than that track.

00:01:46 So anybody who is in a helping profession and would maybe like to, for example, a psychotherapist

00:01:52 offering it as a complimentary practice for their patients, not their main thing, but

00:01:57 something they'd like to share because they think it would be useful.

00:02:01 So anyone basically who's in a helping profession or in a position to share it who would like

00:02:05 to, they're on their own.

00:02:08 You don't really have any kind of framework to lean on.

00:02:11 You have to just kind of watch other teachers do it and gather from that how to do it yourself.

00:02:18 There isn't anything out there right now that speaks to you if you are either kind of less

00:02:24 experienced or you're in a helping profession and you want to offer it just as part of what

00:02:31 you do or even if you're more experienced, but you don't necessarily want to take a deep

00:02:37 dive into a full-on certification program.

00:02:42 So I'm excited because this offers you a framework so that you can get the support you need in

00:02:50 offering other people this training.

00:02:54 And lastly, it helps you go deeper with your own practice because you bring that level

00:02:59 of clarity then in order to be able to tell someone else about it, you really have to

00:03:03 know what's going on inside you as you do your practice.

00:03:08 So very powerful on all those levels.

00:03:11 Very happy that we've made this available.

00:03:14 And today is the opening day.

00:03:16 So check it out.

00:03:17 We have some wonderful bonuses that are only available for the next seven days.

00:03:21 So those bonuses are designed to support you even more.

00:03:26 And you can read about them below.

00:03:30 And I'll look forward to connecting with you more on your journey in guiding others and

00:03:35 deepening your own practice.

00:03:37 And we will connect again soon.