

# Teaching Details

## Overview

My aim is to help people understand themselves at the deepest of levels and what this means for how we might live a whole and fulfilling life. I believe awakening is our birthright and a very real possibility for anyone, and when approached with honesty and dedication, offers us the opportunity to realize our highest potential as human beings.

My teaching is informed by:

- My own personal direct experience with enlightenment.
- In-depth research and experience with many methods and enlightenment traditions, including the Western Mystery tradition, Zen and Theravada Buddhism, Advaita Vedanta, Daoism, the Fourth Way, Sufism, and Christian Mysticism.
- Contact (and friendship) with many enlightened peers and teachers from various traditions.
- My ongoing experience with students, including both beginners and enlightened practitioners.
- My further personal development and deepening practice.

Our initial contact will involve ascertaining your current situation, level of experience and the appropriate support and guidance that I might provide. This will include instruction in the necessary practice(s) or tradition(s) that will best support you in your awakening process, and could include vipassana/noting/mindfulness, zazen, self-enquiry, centering prayer or ritual, depending on personal relevance and taste.

How long we might work together will depend on your personal aims and situation, and an initial amount of time is usually something I will suggest during or after our first contact. (For instance, you might like to establish a solid foundation of practice over a number of weeks, or maybe you are already close to awakening but require some final guidance to 'finish up', or perhaps I might help lead you through the process from the very beginning to full enlightenment.) The relationship is always subject to review, and it may come to a natural conclusion or require termination if it is no longer deemed appropriate.

Once a particular method or approach is decided upon, I expect my students to sit everyday for at least half an hour, and to record the results in a practice journal or diary so that I can provide feedback.

Initially we might talk once a week before later moving on to once a fortnight or month (or as required).

## Fees

*Note: If you live in a developing nation or your economy has collapsed, please don't let financial concerns stop you from making contact; we can always work something out.*

I charge £30 per half hour, £50 per hour. The fee is payable before the session, or immediately after (without payment the next session cannot go ahead).

Payment is made via paypal for international students or bank transfer for those in the UK.

## **Contact**

If you would like to work with me, or if you have any further questions not covered in this document or on the website, please feel free to drop me an e-mail:

[alan@openenlightenment.org](mailto:alan@openenlightenment.org).