

WHAT IS INTERACTIVE MEDITATION?

Interactive Meditation (IAM, pronounced “ee-om” or “yum”) is an innovative and powerful group process which shifts the way people usually pay attention individually. Instead, IAM allows easy access to the combined awareness of the whole group - producing a state of well-being, heightened communication, collective intelligence, and “true community.” Some participants have said that IAM produces “*leaderful* groups” where everyone feels empowered and valued, as opposed to traditional groups with relatively few strong leaders and a large number of followers. Experimentally derived over many years, the IAM process has worked successfully for hundreds of people internationally.

The IAM Process

IAM groups operate by actively entering into a simple conversation following specific guidelines (e.g. we speak in present tense only, and drop all personal pronouns to help each other “get it”), and by using an eye-contact exercise (looking at one person at a time and taking turns speaking to the whole group). With proper direction and practice, any group of interested and willing people can use IAM to quickly achieve deep rapport, heightened creativity and active mutual acceptance. People in these groups report beginning to sense, feel and think together intuitively, leveraging participants' ordinary awareness into a heightened state of consciousness.

In this state of mental and emotional coherence, each person in the IAM group experiences the accelerated intelligence of being thoroughly interconnected.

Participants in these groups report the joy of feeling liberated and at peace with everyone and everything. It seems easy and natural to know and do what is right. Conflicts and decisions that were previously disturbing and overwhelming now appear understandable and actionable. Paradoxically, individuals say the IAM groups help to strengthen their boundaries while facilitating their merging with the synergy of the group.

Individuals often feel an unmistakable sense of existing in a unity with all people in the group, and also with the whole of nature.

Once in this state, people can enjoy working, playing, or just being together. There are many known applications: healing, both psychological and physical; greatly enhanced communication and awareness; rapid consensus for decision making, problem solving and creative development in families, relationships, communities, politics and business; optimum performance in sports and any type of collaborative activity from symphony orchestras to surgical teams, and much more.

The group consciousness achieved through IAM can reliably focus the attention and intention of the group to perform tasks with an extraordinarily high level of insight, intensity and productivity.

Learning the IAM technique is much less demanding than, and very comparable to, learning how to walk for the first time. At first it's difficult, but with growth and practice, walking becomes "second nature." It's the same with IAM. A skilled facilitator/participant instructs and participates in the group. After the first successful IAM experience, individuals find it easier and faster to regain the IAM state of mind and achieve its benefits more reliably and comfortably.

What's Required to Participate in the IAM Group

Analogous to the internal intricacies of walking while retaining awareness of the space around them, IAM group participants learn to keep track of at least four factors:

- Participants speak to the group as a whole and the whole group listens.
- Participants stay focused on actively verbalizing their experiences of nonverbal rapport with others --as they occur.
- Participants monitor conscious adherence to guidelines governing the use and avoidance of certain words and references.
- Participants continually make eye contact with another member of the group.

These unfamiliar speech and behavior patterns steadily lead to a heightened state of attention. This allows the group to shift into a far more collective consciousness.

Warning

Because of the intensity of this IAM process, it's possible to become so "high" on group energy that there may be a "letdown" sensation after going home. Your unresolved personal issues may surface and "ask" for healing. This is a wonderful opportunity for growth, yet it's important to realize there could be a need for some individual processing of any "unhealed" places that present themselves. Given these possibilities, please be sure you're game to participate in this unique and special opportunity.

Important : Because the IAM process is about building a group, it's essential that all participants be present from the very beginning. Therefore, no latecomers will be admitted. Please plan ahead to arrive on time. Thanks.

Rayni Joan has been facilitating Interactive Meditation since 1995.