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1924 NEWBURG ROAD • LOUISVILLE, KY 40205 • 502.452.2749

## **RECOMMENDATION LETTER**

### **Mindfulness Meditation Training Program**

You have been asked to provide a recommendation for a person applying for admission to the Earth & Spirit Center's Mindfulness Meditation Training Program. Please type your response in the fields below. When you have completed the form, save it to your computer. Then send it as an email attachment to [admin@earthandspiritcenter.org](mailto:admin@earthandspiritcenter.org) with "MMTP Recommendation for (applicant's name)" in the subject line. Please respect the word limit and use only the space provided in this form. Handwritten recommendations will not be accepted.

Please return the completed form in a timely manner. The application for the person being considered for the Mindfulness Meditation Training Program will not be processed until all forms, including the Recommendation Letter, are received by the Earth & Spirit Center. Thank you.

Applicant's name:

Your name:

Your relationship to applicant:

Your occupation:

### **Your Contact Information**

Address:

City:

State:

Zip:

Phone:

Email:

**Click the box that most accurately describes the applicant.**

Unable to      Below      Average      Good      Excellent      Outstanding  
Answer      Average

Commitment to meditation

Potential as mindfulness facilitator

Emotional maturity and stability

Creativity, originality

Intellectual ability

Community involvement

Openness to small group process

Sense of humor

Leadership

**Please answer the following questions to the best of your knowledge.**

1. How long have you known the applicant? In what capacity? (150 words or less)

2. How would you gauge the applicant's readiness for a 1-year, 100-hour training program in mindfulness and compassion meditation? (For program details, go to Earth & Spirit Center website at [www.earthandspiritcenter.org](http://www.earthandspiritcenter.org).) (200 words or less)

3. How would the applicant personally benefit from being a student in the Mindfulness Meditation Training Program? (200 words or less)

4. How could other people eventually benefit from the applicant's participation in the Mindfulness Meditation Training Program? (200 words or less)
5. Describe a time when you witnessed the applicant deal with adversity of some kind. How did this challenge them? How did they respond? (200 words or less)