

### *F.A.Q. on Heart Rhythm Meditation for parents*

These are notes from John Kroeker's seminars at Splash2010. John has spent the last 40 years of studying science and neuroscience, and linguistics. He has studied and taught Heart Rhythm Meditation for 12 years and is certified teacher and mentor for IAM.

- What is the Institute for Applied Meditation?
  - I represent a school of meditation that is updating ancient techniques so that we can understand and use them today: **The Institute for Applied Meditation**. There are certainly other traditions and practices, and I encourage you to make your own choices, but I have found these techniques to be amazingly effective.
- What is meditation?
  - First and foremost, it is direct experience. It is learning to pay full attention to this wonderful moment of being and of being alive.
  - The gateway to meditation is breath. The opening of the door is the harmony of heart and breath.
  - Meditation removes the noise; it engages the full being.
  - Meditation is a state of consciousness and conscious processing that is different from our familiar consciousness that is centered in mentality.
- What is Heart Rhythm Meditation?
  - It is actively heart centered—centered on our physical, emotional, energetic, and spiritual hearts. Starting with the physical heart, it is possible to become familiar with the emotional heart, and our internal map of emotions. From there, we have no familiar words to describe the internal territory, so we talk about energy and spirit.
  - It is “in the world”—it is oriented to bringing peace, harmony and love *into* the world through your heart's energy. You can't change others directly, but you can change yourself, and this has a direct effect on those around you.
  - Over the years, the techniques have been broken down into steps that we all can do.
- Meditation and the physical body.
  - Meditation alters the physiological state: including parasympathetic and sympathetic function, heart variability, blood cell effects, and many other measures.
  - There are certainly altered states of brain functioning
  - There are definite and repeatable altered states of consciousness—a basic example is relaxed alertness.

- The key to handling Intensity is to see and feel that the heart and the mind are partners and poles
  - Physiologically, the heart is at the center of many ancient regulatory and emotional systems. Because these are ancient does not mean they are primitive and that we can ignore them. To ignore the physical and emotional is to be unconscious of a great part of our life, and is to be governed willy-nilly by them.
  - Energetically, we find and hold our purpose in our hearts, as is clear in our shared linguistic idioms.
  - Practically, I have found that HRM steadies and clarifies and balances mental intensity and concentration.
- How can I get more information?
  - Local Classes. I teach on the North Shore. You can always email me at “my first name dot last name at gmail”.
  - Web courses, other local classes, the Mentor program, group seminars and retreats: all can be found at [www.appliedmeditation.org](http://www.appliedmeditation.org)
  - Buy the books or CDs on the website. The books are also available on Amazon.
  - Check out the google group! Robin Goldberg has set up a group for HRm information exchange for gifted families:  
<http://groups.google.com/group/giftedmeditation>