

EXPERIENCE HEARTFULNESS

stages of practice

1. Take a printout of the stage you're working with.
2. Use the links in the PDF to read or watch one item from the stage.
Then try the practice item in the stage.
Tick off the items that you've read and watched as you go.
3. Then read or watch another item and repeat the practice item.
4. Do this until you have read and watched all the items in the stage,
and tried the practice item a few times.

*By doing so, you would be able to answer the reflection questions
and can proceed to the next stage.*

For assistance or clarifications, please speak to a local Heartfulness trainer,
or write to practice@heartfulness.org.

the stages



read



watch



practice



reflect

1

Relaxation

Read - short articles in PDF format

Watch - lovely, inspirational videos

Reflect - questions to guide you further

2

Meditation part 1

Read - short articles in PDF format

Watch - lovely, inspirational videos

Practice - guided activity to help you experience

Reflect - questions to guide you further

3

Meditation part 2

Read - short articles in PDF format

Watch - lovely, inspirational videos

Practice - guided activity to help you experience

Reflect - questions to guide you further

4

Cleaning

Read - short articles in PDF format

Watch - lovely, inspirational videos

Practice - guided activity to help you experience

Reflect - questions to guide you further

5

Prayer

Read - short articles in PDF format

Watch - lovely, inspirational videos

Practice - guided activity to help you experience

Reflect - questions to guide you further

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STAGES OF PRACTICE

Click on the icons at the right of each item to follow the links.
This may open another window on your computer and you may be asked
to download a PDF document for some items.

stage 1 relaxation

Read

Script for relaxation



Journaling or researching by diary writing



How to observe yourself



PRACTICE

Heartfulness guided relaxation



TAKE A FEW MOMENTS TO NOTE DOWN YOUR OBSERVATIONS IN YOUR DIARY.

Reflect



- Have I tried the Heartfulness guided relaxation on my own?
- Have I noticed any difference in myself after the relaxation?

*If you have answered yes to both of the questions above, see how relaxation prepares you for meditation.
Please click here to proceed to the next module - Meditation.*

EXPERIENCE HEARTFULNESS

STAGES OF PRACTICE

Click on the icons at the right of each item to follow the links.

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stage meditation part 1

Read

Why the heart  

What is divine light  

Watch

What is meditation ?  

Meditate first understand later  

Focus during Heartfulness meditation  

Light in the heart  

PRACTICE

Meditation practice text  

Heartfulness guided meditation  

TAKE A FEW MOMENTS TO NOTE DOWN YOUR OBSERVATIONS IN YOUR DIARY.

Reflect  

- Have I tried the Heartfulness meditation on my own?
- Have I tried the Heartfulness meditation with a trainer?

If you answered yes to these questions, please click [here](#) to proceed to the next module on Meditation.

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STAGES OF PRACTICE











Click on the icons at the right of each item to follow the links.
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stage **3** meditation part 2

Read

- Time and place of meditation  
- Transmission  



Watch

- Light during Heartfulness meditation?  
- Regulation of mind with Heartfulness meditation  
- Best time for Heartfulness meditation  
- Right posture for Heartfulness meditation  
- Right place for Heartfulness meditation  

PRACTICE

- Meditation practice text  
- Heartfulness guided meditation  

TAKE A FEW MOMENTS TO NOTE DOWN YOUR OBSERVATIONS IN YOUR DIARY.

- Reflect  
- Have I found a difference between meditating on my own, and meditating with a trainer (with the help of yogic transmission)?
 - Have I meditated with a trainer 4-5 times?
 - Have I meditated on my own 4-5 times?

If you answered yes to these questions, see how you can deepen your meditation through a simple practice of 'Cleaning'.

Please click [here](#) to proceed to the next module - Cleaning.




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STAGES OF PRACTICE







Click on the icons at the right of each item to follow the links.
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stage cleaning

Read

- Improve your morning meditation  
- Evening cleaning  
- What are impressions  
- Effective cleaning - willpower  



Watch

- Thoughts as impressions  
- Why does the activity of «cleaning» help us meditate better?  
- The effect of the cleaning activity on sleep  

PRACTICE

- Cleaning practice text  
- Heartfulness guided cleaning  

TAKE A FEW MOMENTS TO NOTE DOWN YOUR OBSERVATIONS IN YOUR DIARY.

- Reflect  
- Have I done my personal meditation and cleaning on the same day for 4-5 days?
 - Do I understand how to do the cleaning?
 - When should I do the cleaning?
 - How would I describe my feeling or state of being after doing the cleaning?

When you are comfortable with your answers to these questions, please [click here](#) to proceed to the next module on 'Prayer' to understand how to fix your goal, and how to establish this inner connection 24 hours / 7 days a week.

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STAGES OF PRACTICE









Click on the icons at the right of each item to follow the links.
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stage 5 prayer

Read

- | | | |
|---|---|---|
| Demystifying prayer |  |  |
| Prayer in Heartfulness meditation |  |  |
| Connection |  |  |



Watch

- | | | |
|---|---|---|
| Benefits of Prayer for next day morning meditation |  |  |
| Prayer and benefit for the collective consciousness |  |  |
| Whom to address the prayer to? |  |  |
| When is the best time to pray? |  |  |

PRACTICE

- | | | |
|----------------------------------|---|---|
| Prayer practice text |  |  |
| Heartfulness guided prayer |  |  |

TAKE A FEW MOMENTS TO NOTE DOWN YOUR OBSERVATIONS IN YOUR DIARY.

- | | | |
|--|---|---|
| Reflect |  |  |
| <ul style="list-style-type: none"> • Have I done my personal meditation, cleaning and prayer all in one day for 4-5 days? • Can I remember the prayer without having to read it? • Have I explored how cleaning helps me meditate better? • Have I explored how prayer helps me meditate better? | | |

When you are comfortable with your answers to these questions, you have completed the introductory stages of Heartfulness meditation. Please follow the next stages as explained by your trainer.