

The Practice of **Heartfulness**



Heartfulness
Through meditation, relaxation



www.heartfulness.org

Learn to Meditate

Dear friend,

Welcome to Heartfulness. We hope you enjoy the experience and the benefits these practices can bring you.

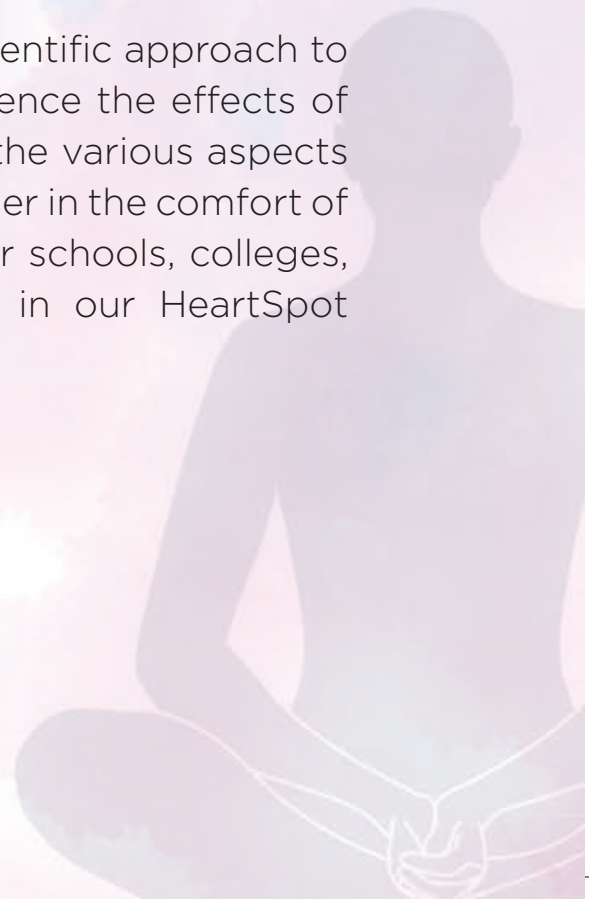
Yoga and meditation are now mainstream ideas with more research being done on their benefits every day. The speciality of Heartfulness meditation is yogic transmission, which supports a deep meditative practice, a balanced life, peace of mind, and rapid personal transformation. You will come to feel the lightness and joy of your true nature in your heart, and when you listen to those feelings and capture the inspiration that comes from within, you will be able to master your life by being in tune with the heart. Through this exercise of fine-tuning the heart with the mind, your inner qualities will be refined and your potential will shine forth.

Heartfulness provides a stepwise scientific approach to meditation. We invite you to experience the effects of transmission directly and integrate the various aspects of the practice at your own pace, either in the comfort of your own home, in our programs for schools, colleges, workplaces and communities, and in our HeartSpot centres.

All the best,



Kamlesh Patel (Daaji)



Relaxation

Heartfulness Relaxation is for everyone, and can be done at any time of the day or night. It is especially useful if you are stressed or feeling panicked, if you are having trouble sleeping, or if you cannot relax into meditation easily. When you want to relax, do it sitting up. When you want to sleep, do it lying down. Generally it will take between 5 and 7 minutes.

Sit comfortably and close your eyes very softly and very gently.

Let's begin with the toes. Wiggle your toes. Now feel them relax.

Relax your ankles and feet. Feel energy move up from the Earth... through your feet up to your knees relaxing the legs.

Relax your thighs. The energy moves up your legs ... relaxing them.

Now, deeply relax your hips ... stomach ... and waist.

Relax your back. From the top to the bottom the entire back is relaxed.

Relax your chest ... and shoulders. Feel your shoulders simply melting away.

Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up to your fingertips.

Relax your neck muscles. Move your awareness up to your face. Relax your jaw ... mouth ... nose ... eyes and eyelids ... earlobes ... facial muscles ... forehead ... all the way to the top of your head.

Feel how your whole body is now completely relaxed. Scan from top to toe – if any part of the body needs your attention, revisit that organ and ensure that it is relaxed.

Move your attention to your heart. Rest there for a little while. Feel immersed in the love and light in your heart.

Remain still and quiet, and slowly become absorbed in yourself.

Remain absorbed for as long as you want, until you feel ready to come out.

Meditation With Transmission

Meditation is often defined as thinking continuously about one thing. We often get stuck on this definition, however, and lose sight of the real purpose of meditation. Actually, meditation is a process in which we shift from thinking to feeling. It is a journey from the complexity of mind to the simplicity of heart.

Meditation is beautiful when done before sunrise, because of the stillness at dawn, but if early morning does not suit you find another time that does. Start by doing it for as long as you can, increase the duration to 30 minutes and eventually up to an hour when you are ready to do so.

Find a place where you can meditate without too many distractions, preferably at the same time and place every day. Turn off your phone and other devices, and prepare yourself by sitting comfortably in an upright relaxed posture.

Gently close your eyes and relax. If needed, first do the Heartfulness Relaxation.

Turn your attention inwards and take a moment to observe yourself. Then, gently make a supposition that the source of divine light already present within your heart is attracting you from within.

Do this in a gentle and natural way. There is no need to concentrate. If you find your awareness drifting to other thoughts, gently come back to the idea of the light in your heart.

Feel immersed in the light in your heart, and try to remain absorbed within for as long as you can, until you feel ready to come out.

There is no special posture prescribed, but you are not supposed to lie down and meditate because the relaxation produced will put you to sleep. If you have to change your position during meditation, please do so, so that your body does not disturb you.

Regarding the light in the heart, there is no need to try to see any light – it is a mere supposition that the light is there. Simply have the idea or thought.

When you sit for meditation it is normal to have disturbing thoughts. Practise ignoring them rather than attending to them, because when you attend to those thoughts they take power and become stronger. When you ignore them they drop off. As one thought leaves, another may come in its place, but when you treat them as uninvited guests they will go away. If you do this systematically and with alertness, you will find that in just a few months you can reach a state of thoughtlessness.

Cleaning

To complement meditation, we also need a practice to remove the impurities, complexities and emotional heaviness that accumulate during the day in our minds; to purify ourselves so we feel lighter and more carefree.

By practising cleaning in the evening you will rejuvenate yourself. It is best done at the end of your day's work. It will take between 20 and 30 minutes and is an active mental process. Do not review the particular events of the day or give them undue attention. Instead, approach the cleaning in a general way with the confidence that all complexities and impurities are leaving. A feeling of lightness is a sure sign that the weight of the day's impressions has lifted.

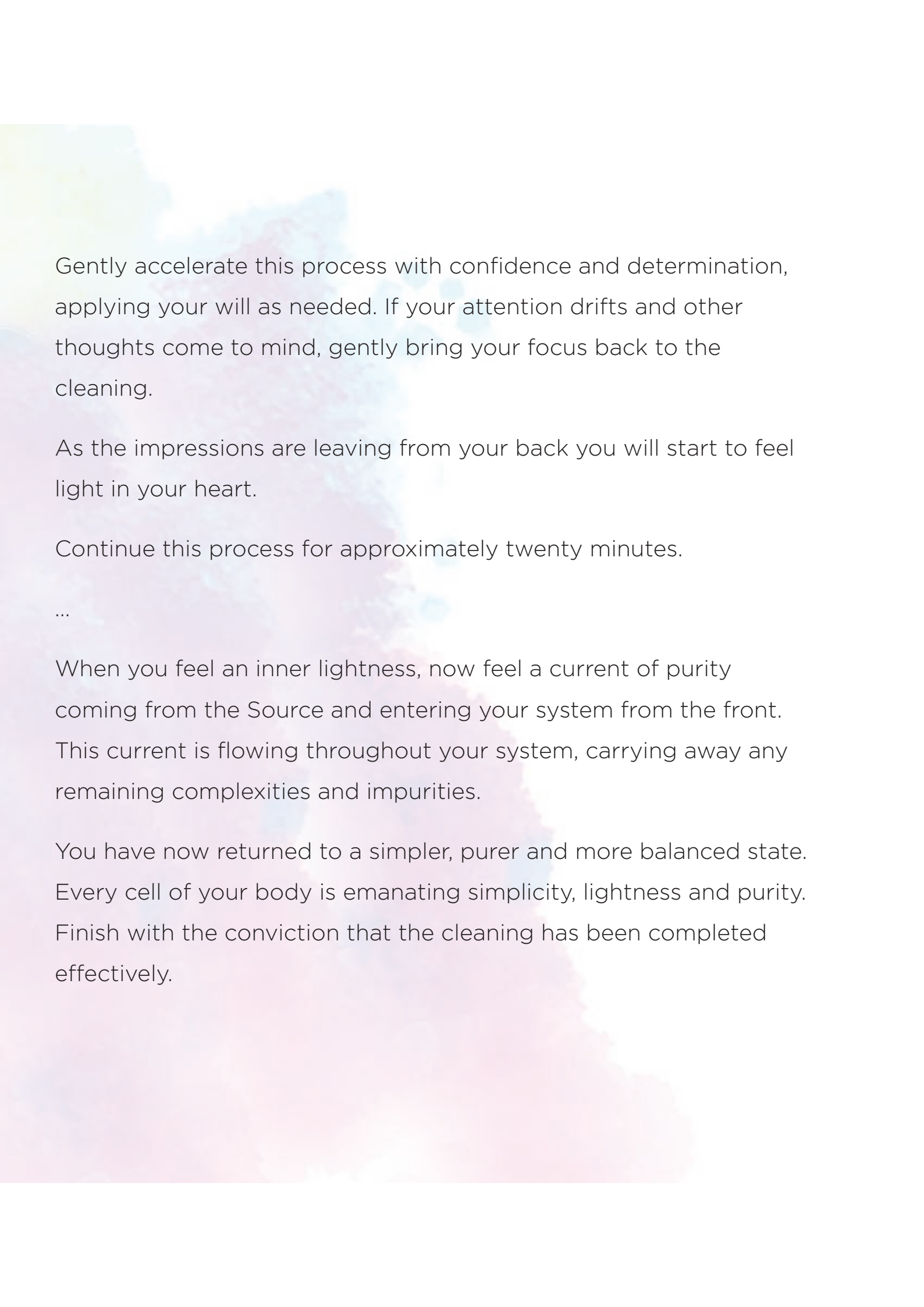
Sit in a comfortable position with the intention to remove all the impressions you have accumulated during the day.

Close your eyes and feel relaxed.

Imagine all the complexities and impurities are leaving your entire system. They are going out from the back, from the top of your head to your tailbone.

Feel they are leaving your system as smoke.

Remain alert during the entire process, like a witness to the clouds passing in the sky.



Gently accelerate this process with confidence and determination, applying your will as needed. If your attention drifts and other thoughts come to mind, gently bring your focus back to the cleaning.

As the impressions are leaving from your back you will start to feel light in your heart.

Continue this process for approximately twenty minutes.

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When you feel an inner lightness, now feel a current of purity coming from the Source and entering your system from the front. This current is flowing throughout your system, carrying away any remaining complexities and impurities.

You have now returned to a simpler, purer and more balanced state. Every cell of your body is emanating simplicity, lightness and purity. Finish with the conviction that the cleaning has been completed effectively.

Meditation With a Trainer

It is helpful to have an individual meditation session with a trainer every week. These individual sessions normally last between thirty and sixty minutes. The individual meeting is also a good time to seek any necessary clarifications on your practice.

If there is not a trainer close by to you, you can have these sessions remotely, through the LetsMeditate App, available on all smart phones via the relevant App store.

Meditation In a Group

Group meditations are held in Heartfulness centres worldwide at least once a week, often more frequently. They are sometimes called satsangh. You are very welcome to attend these sessions whenever you wish; you can find your local HeartSpot centre at www.heartfulness.org.

Please arrive more than ten minutes before the meditation begins, relax, try to do five minutes of cleaning, and sit in a meditative mood to prepare yourself.

Afterwards, sit quietly for five to ten minutes so that you can really absorb the inner state you experienced during the meditation and carry it with you when you leave. Meditation is sometimes followed by a reading or video, and information about upcoming seminars and local events.

On those days when you attend group meditation, you can still do your own Heartfulness practices at home.

Introductory Articles and Videos

Heartfulness website at www.heartfulness.org.

Daaji's articles and videos at daaji.org.

Heartfulness introductory masterclasses at www.heartfulness.org/masterclass.

Heartfulness YouTube Channel at <https://www.youtube.com/channel/UCoG2o8WtvYh8sCS40pUFtCg>.

Heartfulness Magazine at www.heartfulnessmagazine.com.

Heartfulness Newsletters and Daily Reflections are e-mail services providing information and inspiring quotes from the teachers of Heartfulness. To subscribe, please go to www.heartfulness.org.



★ Deepen Your Meditation Experience

Meditate with a Heartfulness trainer to experience yogic transmission. It helps you dive deeper in meditation and progress much faster.

★ Next Steps

There are more techniques to discover in the Heartfulness practice. Your trainer will share these techniques with you at your own pace, offer you support in your personal practice, and answer your questions.

Find a Heartfulness Trainer, Meditate With Transmission:

Visit us at <http://heartspots.heartfulness.org/>

Write to : info@heartfulness.org

Or call toll free number : 1 800 103 7726

Heartfulness practices are free of cost. Make an appointment with a trainer or visit one of our HeartSpots.



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