



Applied Meditation for Restoring Relationships

River Valley Heart Rhythm Meditation Group

[meetup.com/Northampton-Applied-Meditation](https://www.meetup.com/Northampton-Applied-Meditation)

Heart Rhythm Meditation ~ iamheart.org

Guided Meditation

Heart Rhythm Meditation (HRM)



Applied Meditation

- ❖ Robert Peterson - 6 year instructor of Heart Rhythm Meditation
- ❖ Institute for Applied Meditation (IAM) founded by Puran & Susanna Bair in 1988
iamheart.org
- ❖ Heart Rhythm Meditation
- ❖ Focuses
 - Meditation for pressing needs
 - Meditation for spiritual realization
 - Research and science of meditation
 - 2-year IAM University program
 - Hurqalya energy healing
 - Mentoring
 - Group retreats/seminars worldwide
 - Private retreats worldwide
 - Centers in Tucson, England, China



Lover and Beloved

What makes relationships so
impossibly difficult?

Lover and Beloved - Out Breath
and In Breath of Relationships



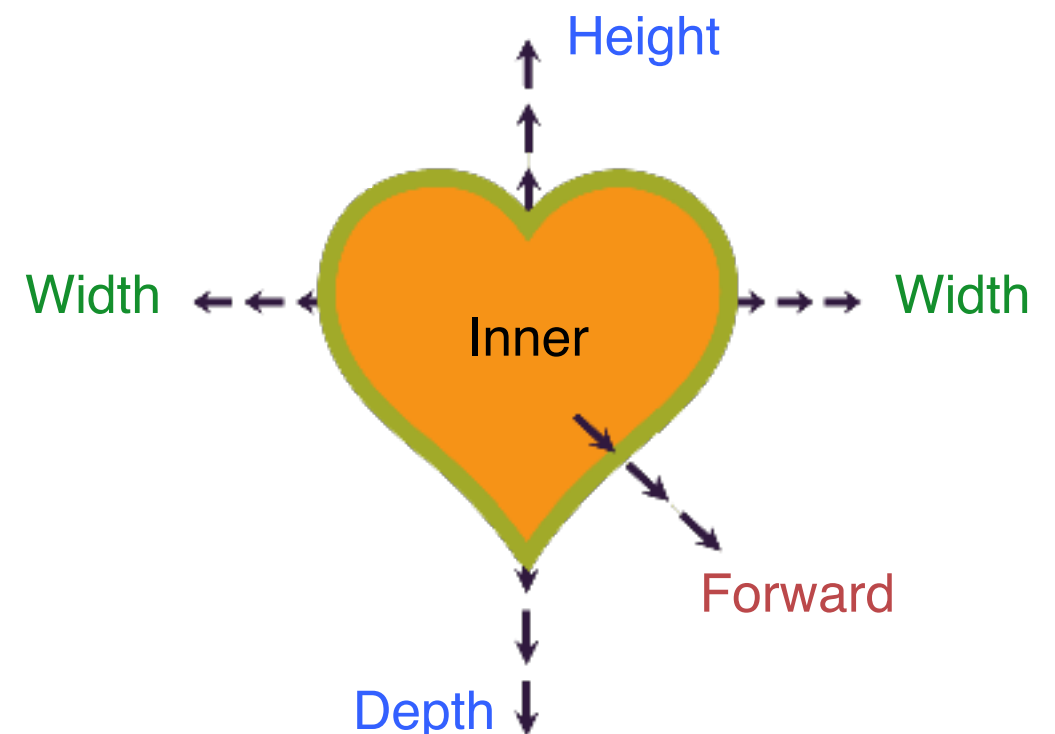
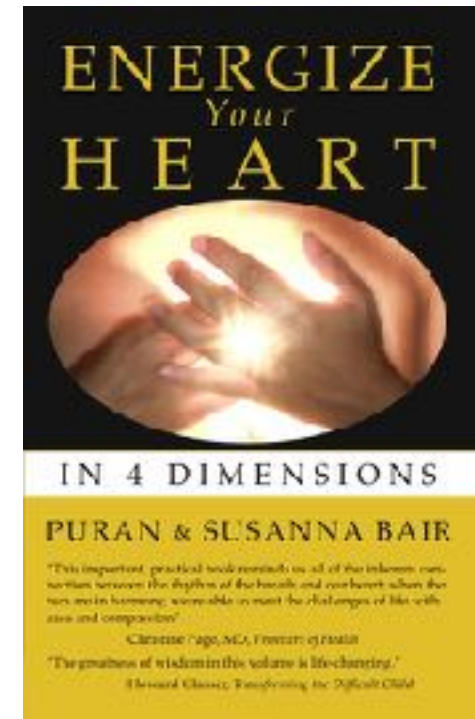
*A lover asked his beloved,
“Do you love yourself more than you love me?”
Beloved replied, “I have died to myself and I live
for you — Rumi*

*It is often those closest to us that cause the
greatest pain — Susanna Bair*

*You can't understand another person until
you can feel in your heart what they they
feel in their heart — Puran Bair*

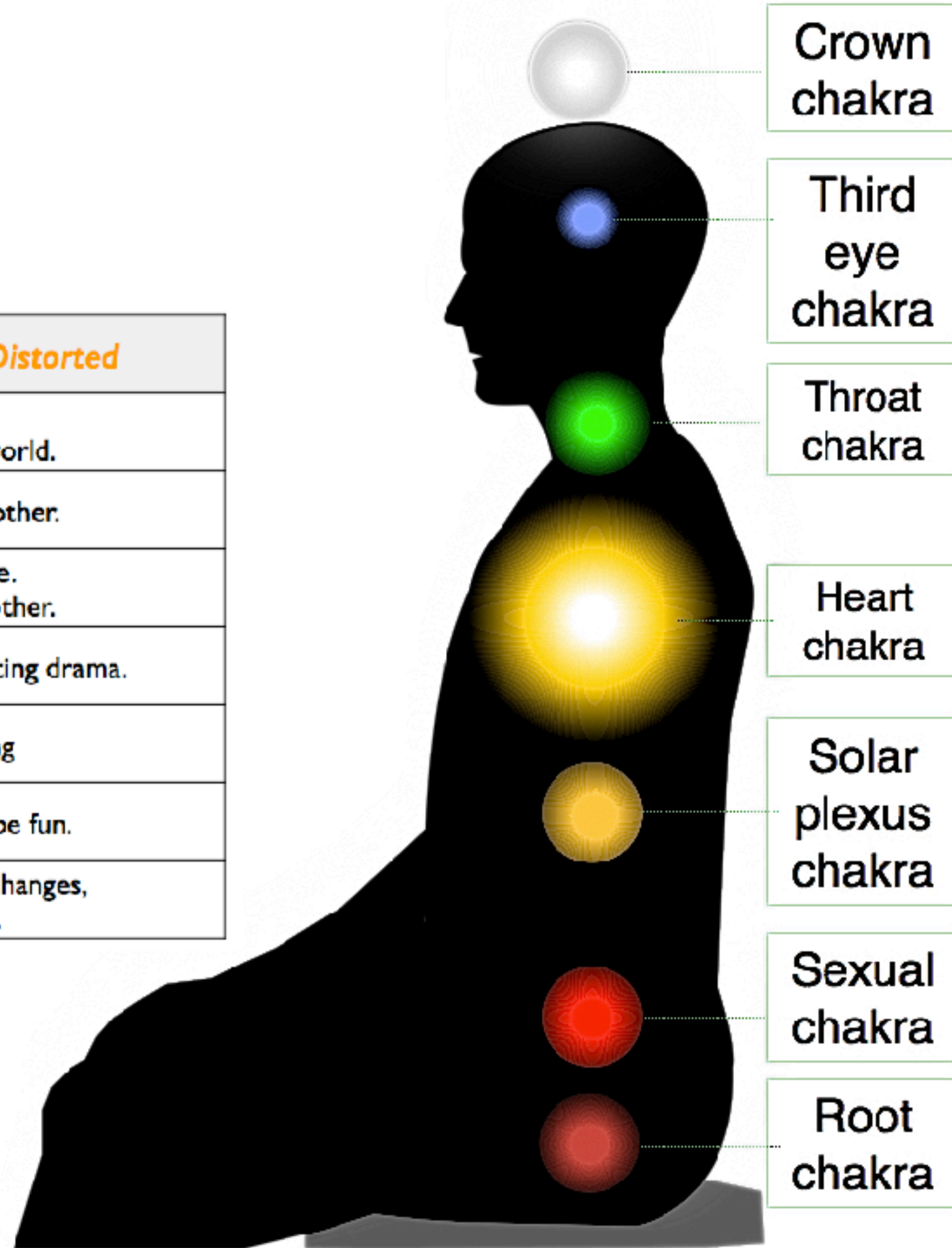
iamHeart Relationship Process

1. **Gratitude, Thankfulness** - Height
 - Expressions of gratitude and appreciation
2. **Forgiveness** - Depth
 - Healing regrets and resentment
 - Self forgiveness is often hardest
3. **Helpfulness** - Width
 - Share difficult times and troubles
 - Sacred moments honoring partners deepest wishes
4. **Purpose** - Forward
 - Joint service to humanity
 - Secret to deeper fulfillment in relationship
5. **Spiritual Growth** - Inner
 - Together toward unity
 - Two hearts become one - experience of the source of creation through each other



Chakra System

#	Called	Relationship Problem When Distorted
7	Crown	Aloofness. Rel. is unrealistic, in another world.
6	Third Eye	Analytical and critical of each other.
5	Throat	Argumentative and verbose. Fear of losing yourself in the other.
4	The Heart	No boundaries in relationship. Creating drama.
3	Depth of Heart	Manipulative and controlling
2	Sexual	Hedonistic. Relationship must be fun.
1	Root	Unaware of the risks in making changes, taking dangerous chances.

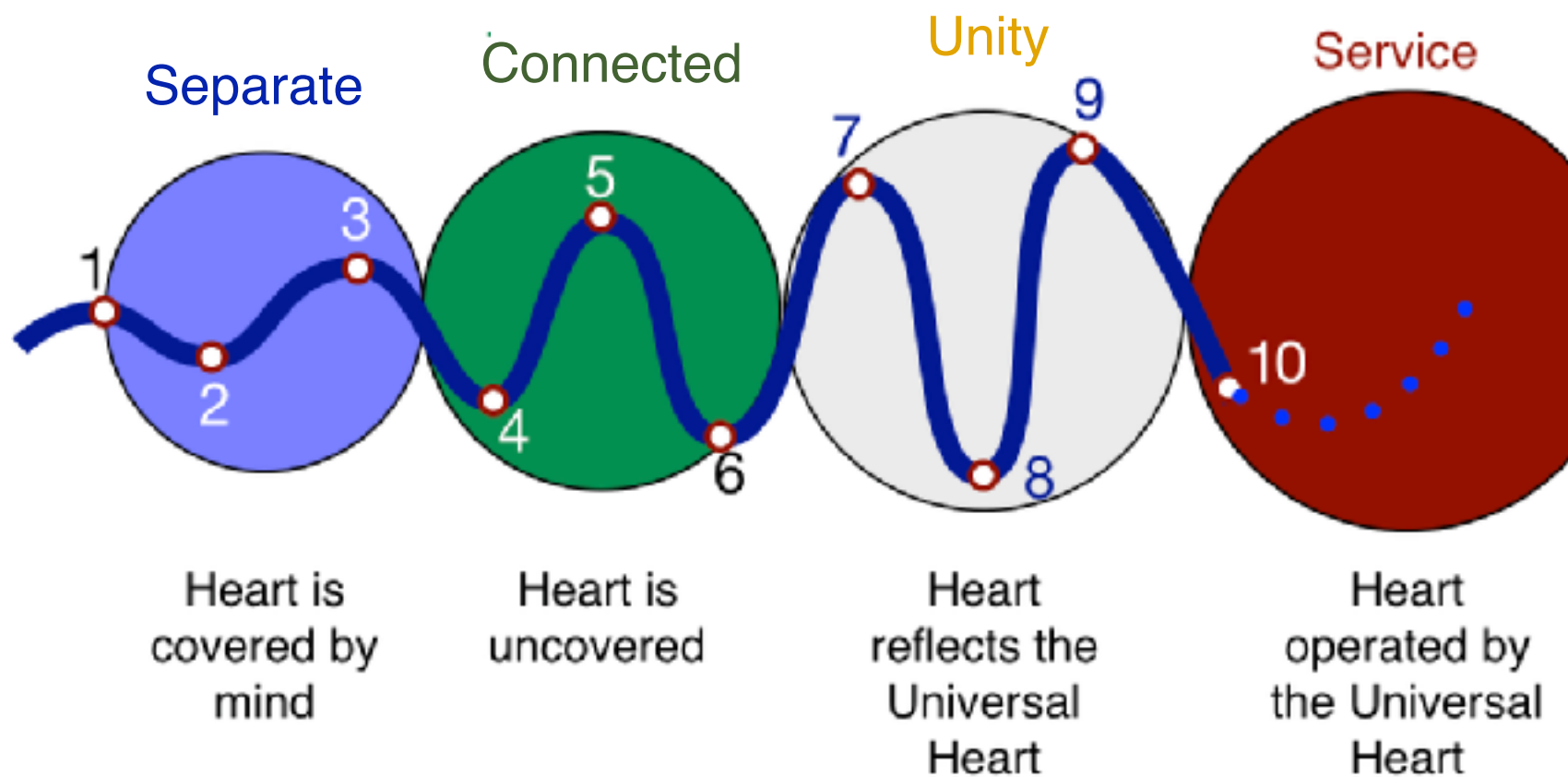
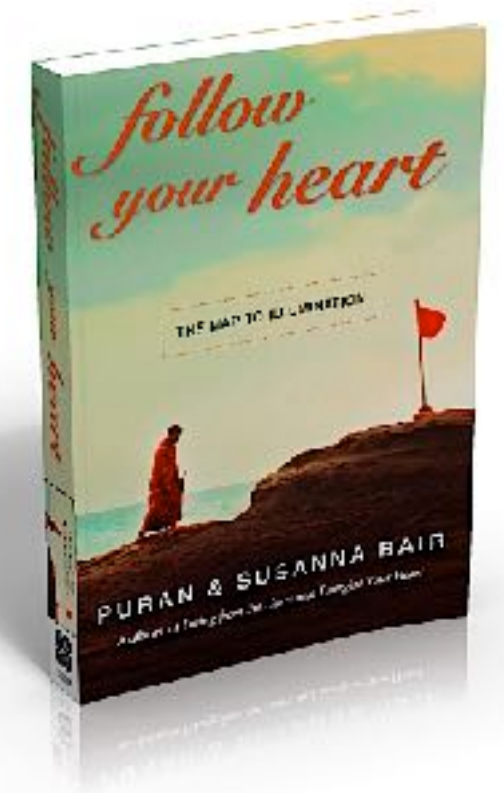


Guided Meditation

Couples Practice

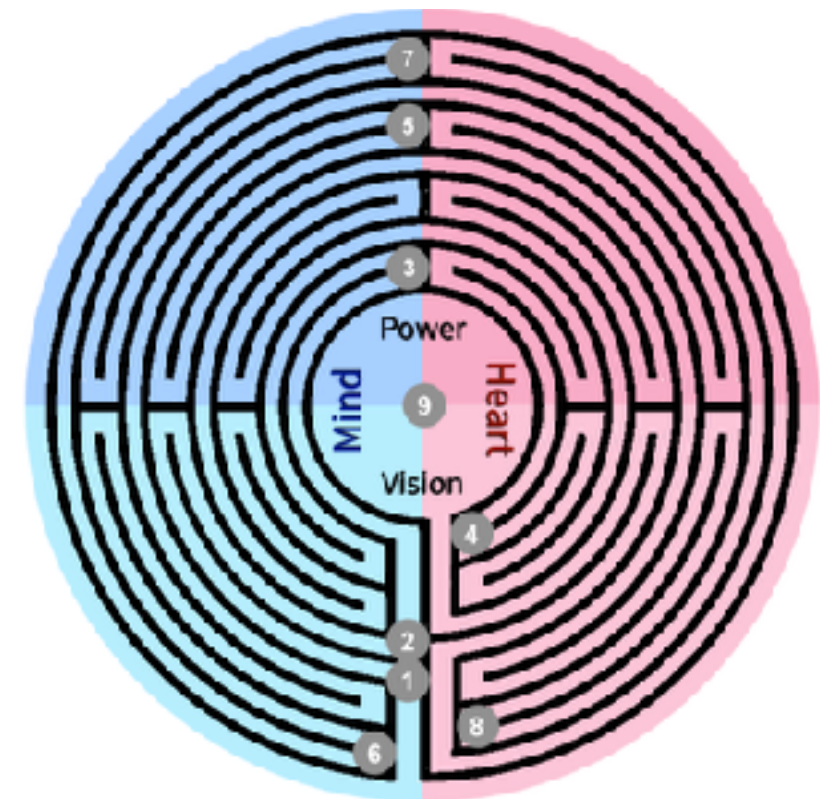


Growth in Relationships



1. Commitment
2. Testing
3. Harmony & Understanding
4. Discovering the Ideal
5. Making the Ideal Real

6. Making the Ideal Real
7. Vision of the Divine
8. Guidance
9. Illumination



Conflict in Relationships

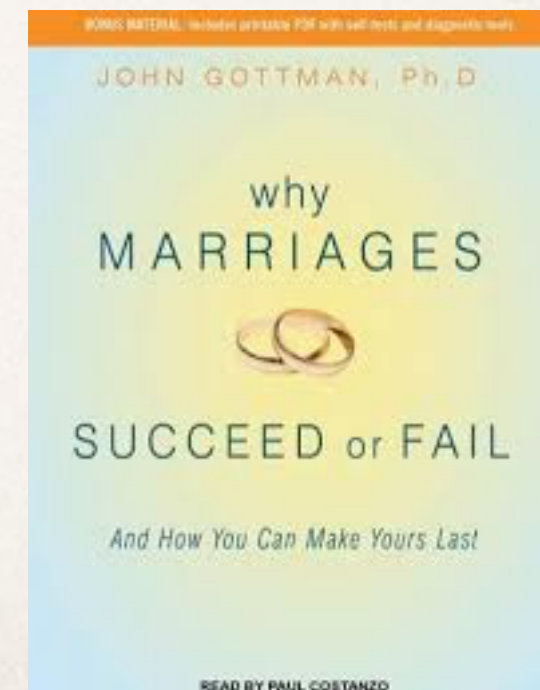
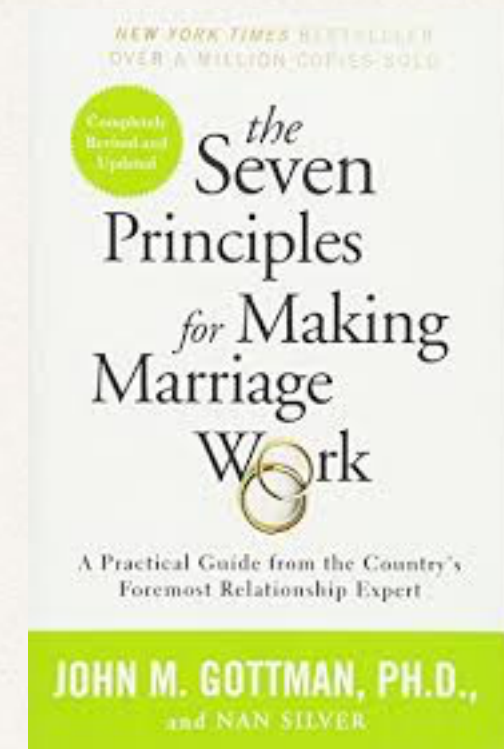
- ❖ John Gottman, PhD
gottman.com
- ❖ In lab scientific research with hundreds of couples. Predicts whether a couple will divorce with 90% accuracy
- ❖ Conflict is healthy
- ❖ 5-1 optimal ratio - positive vs conflict experiences
- ❖ How couples argue is a key to success in relationships. Healthy conflict has three phases:

Validation where each person shares their point of view

Persuasion where each person advocates for their view

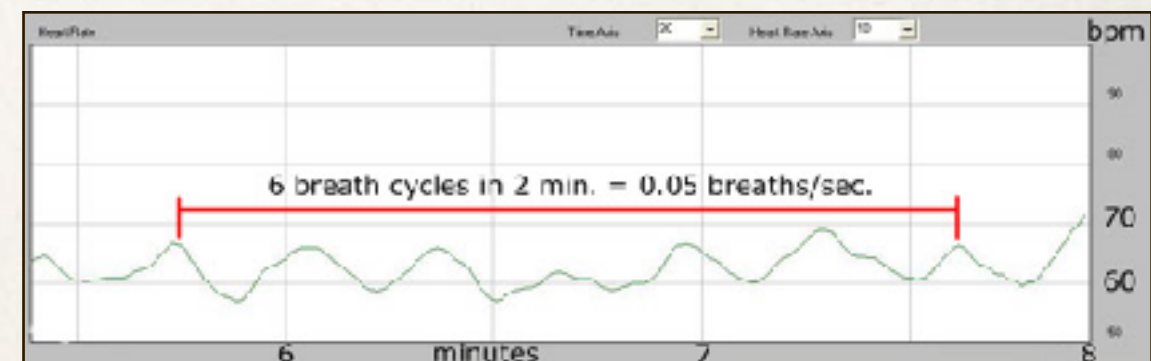
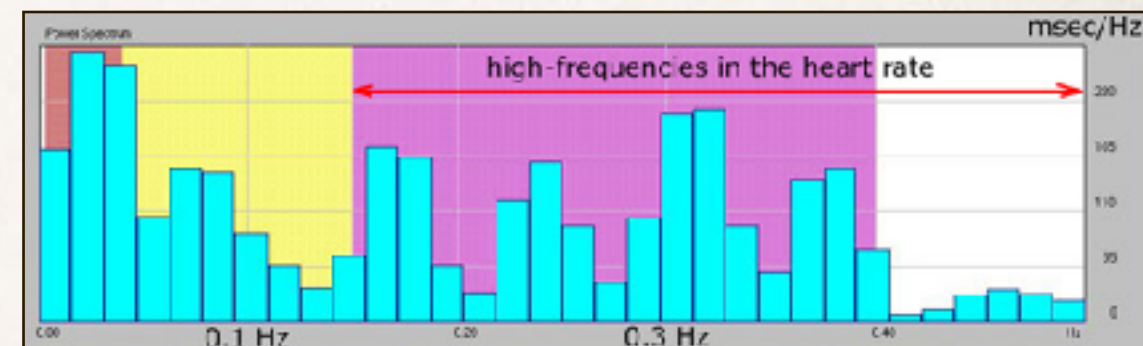
Resolution such as compromise, forgiveness, or mutual solutions

- ❖ Communication is not really the core issue



Heart Rate and Conflict

- ❖ Flooding - when a partner is emotionally overwhelmed during conflict - closing of the emotional Heart
- ❖ Contributing factors include reminders of previous trauma, criticism, contempt, defensiveness, ignoring partner
- ❖ The Heartbeat is the most reliable indicator of flooding
- ❖ A typical resting heart rate is 60-80 beats per minute (BPM)
- ❖ During conflict when the heart rate exceeds 80 BPM:
 - Adrenaline enters the bloodstream
 - Body enters Fight or Flight
 - Conflict resolution skills are completely inhibited
- ❖ Return to baseline requires a 20-minute break—then re-engaging partner is recommended
- ❖ Heart Rhythm Meditation is an excellent way to return to baseline



Partner Exercise

Speak from the Heart



References

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5. Gottman Institute
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