



# 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](http://iamheart.org)

# Guided Meditation

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Heart Rhythm Meditation (HRM)



# Applied Meditation

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- ❖ Robert Peterson - 6 year instructor of Heart Rhythm Meditation
  - ❖ Institute for Applied Meditation (IAM) founded by Puran & Susanna Bair in 1988  
[iamheart.org](http://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

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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

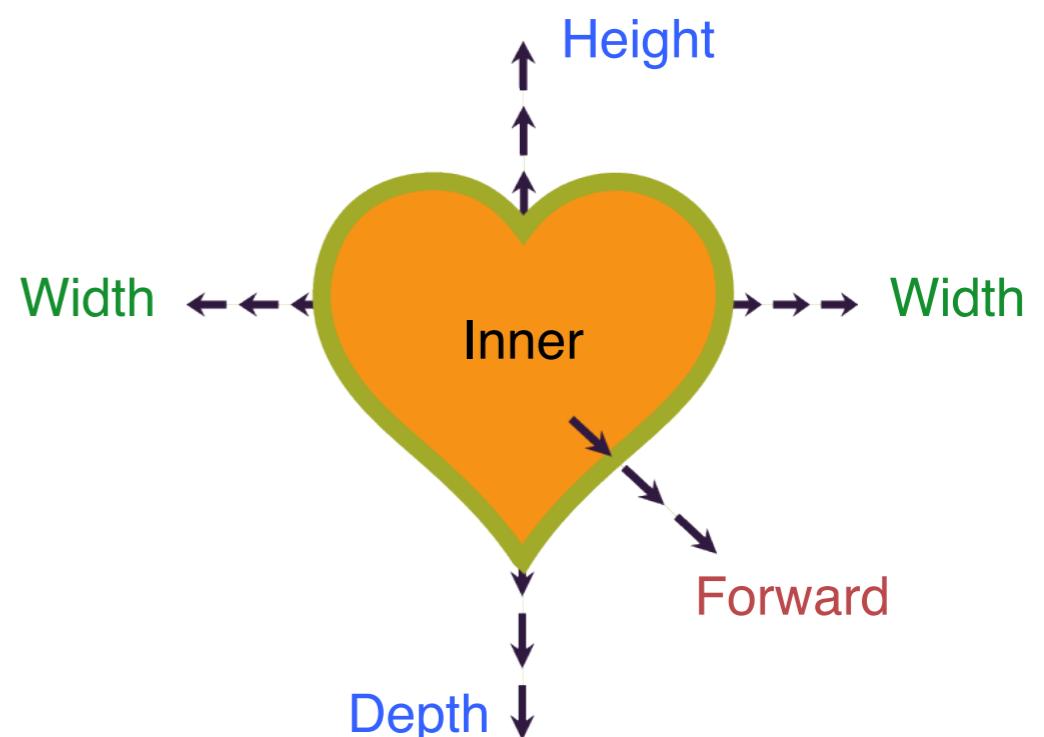
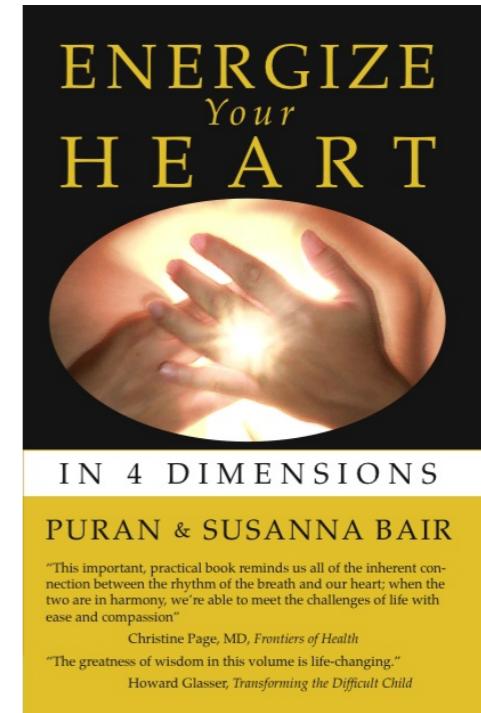
- Share difficult times and troubles
- Sacred moments honoring partners deepest wishes

## 4. Purpose - Forward

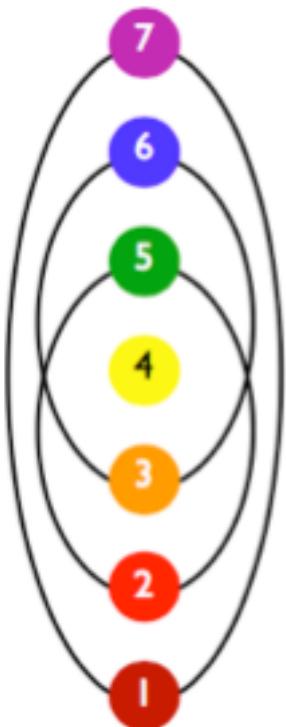
- Joint service to humanity
- Secret to deeper fulfillment in relationship

## 5. Spiritual Growth - Inner

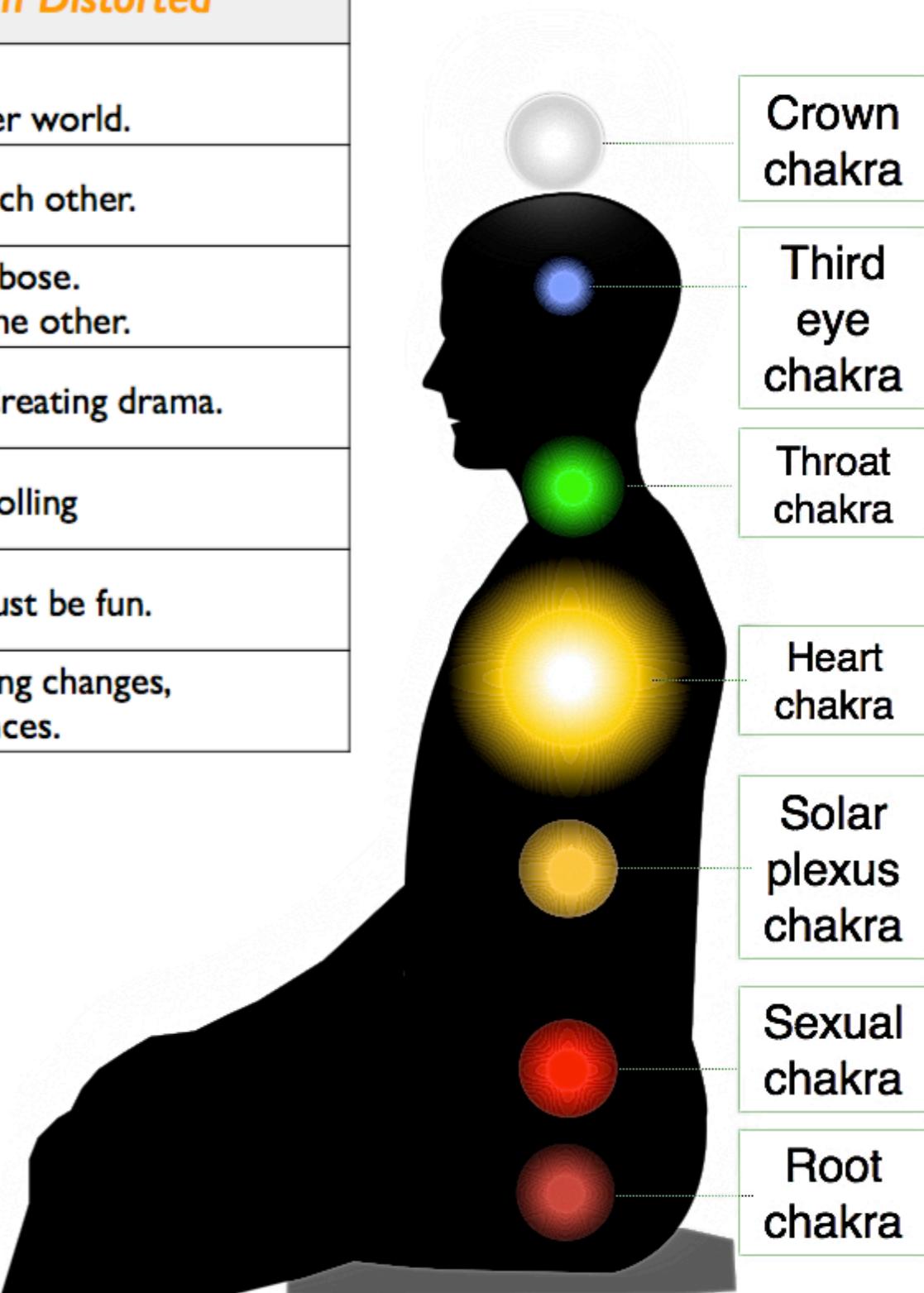
- Together toward unity
- Two hearts become one - experience of the source of creation through each other



# Chakra System



#	Called	<i>Relationship Problem When Distorted</i>
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.



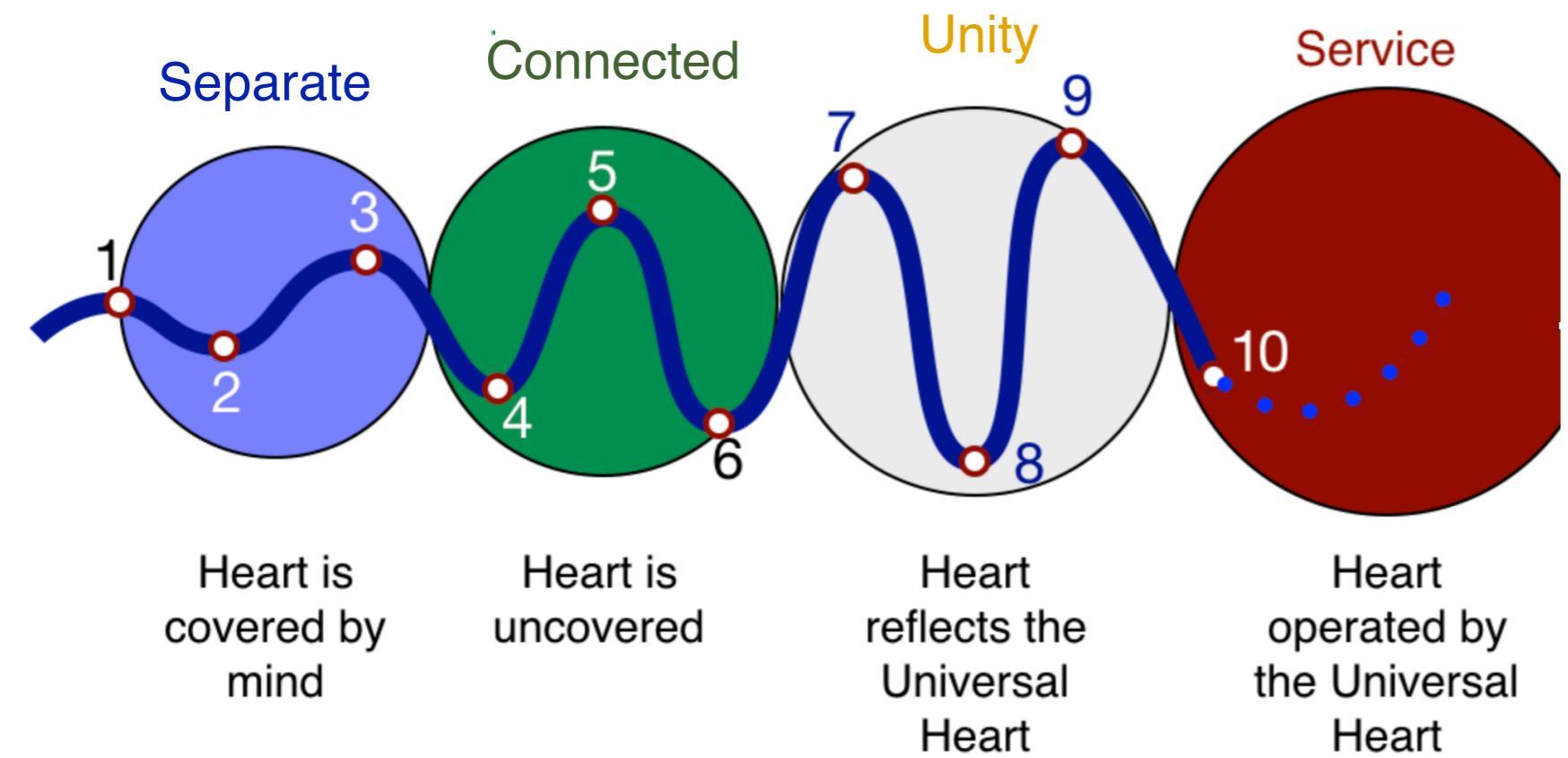
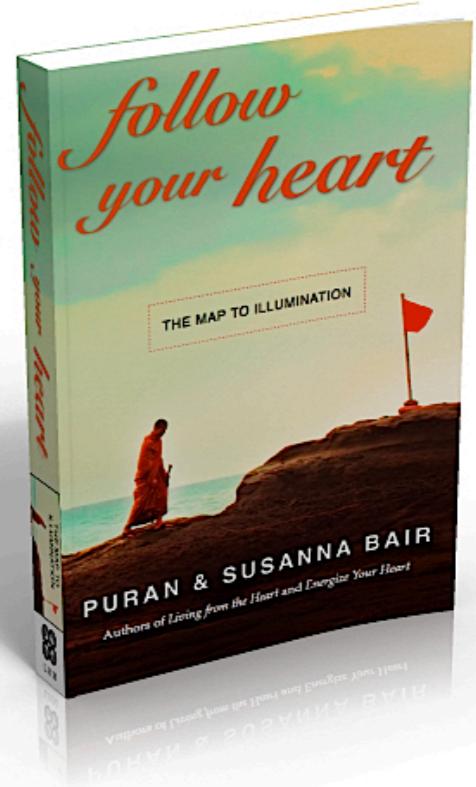
# Guided Meditation

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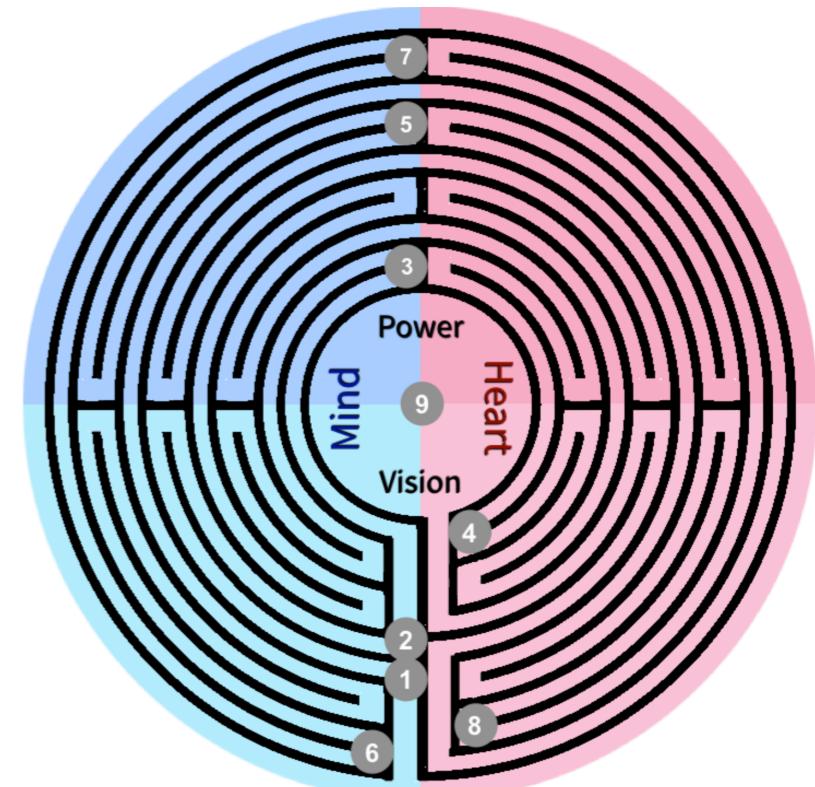
Couples Practice



# Growth in Relationships



- 1. Commitment
- 2. Testing
- 3. Harmony & Understanding
- 4. Discovering the Ideal
- 5. Making the Ideal Real
- 6. Surrender to the Ideal
- 7. Vision of the Divine
- 8. Guidance
- 9. Illumination



# Conflict in Relationships

- ❖ John Gottman, PhD  
[gottman.com](http://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:

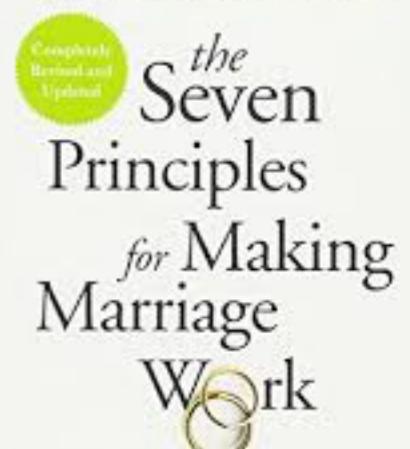
**Validation** where each person shares their point of view

**Persuasion** where each person advocates for their view

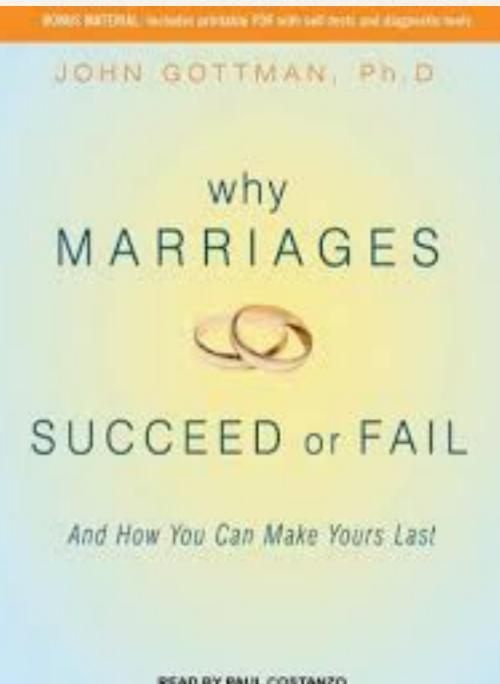
**Resolution** such as compromise, forgiveness, or mutual solutions

- ❖ Communication is not really the core issue

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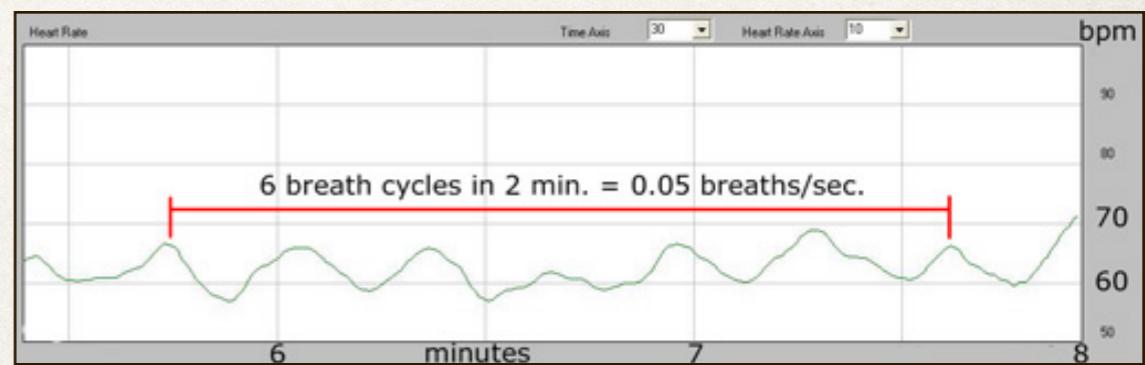
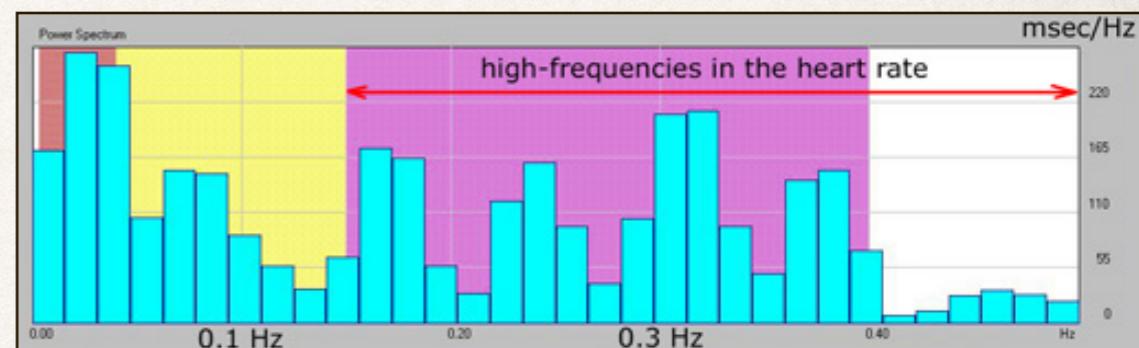
JOHN M. GOTTMAN, PH.D.,  
and NAN SILVER



READ BY PAUL COSTANZO

# Heart Rate and Conflict

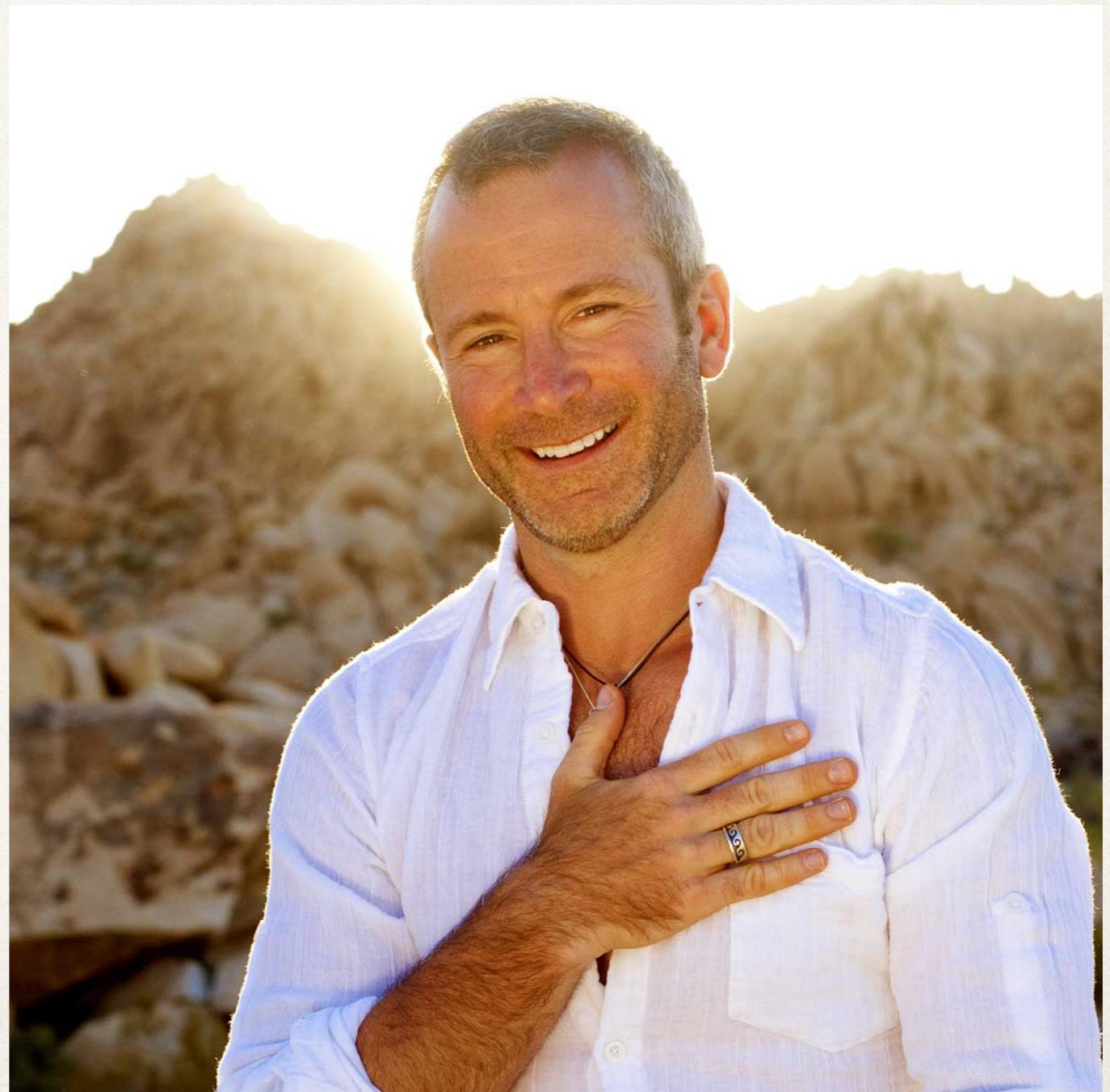
- ❖ Flooding - when a partner is emotionally overwhelmed during conflict - closing of the emotional Heart
- ❖ Contributing factors include reminders of previous trauma, criticism, contempt, defensiveness, ignoring partner
- ❖ The Heartbeat is the most reliable indicator of flooding
- ❖ A typical resting 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

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Speak from the Heart



# References

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