



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

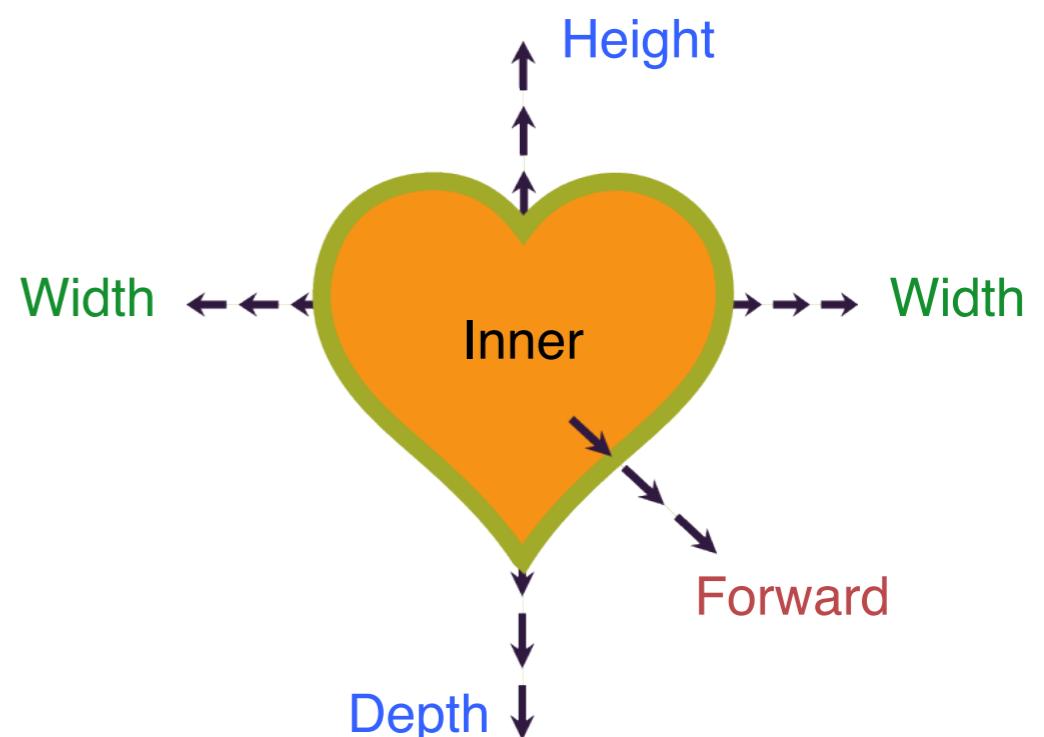
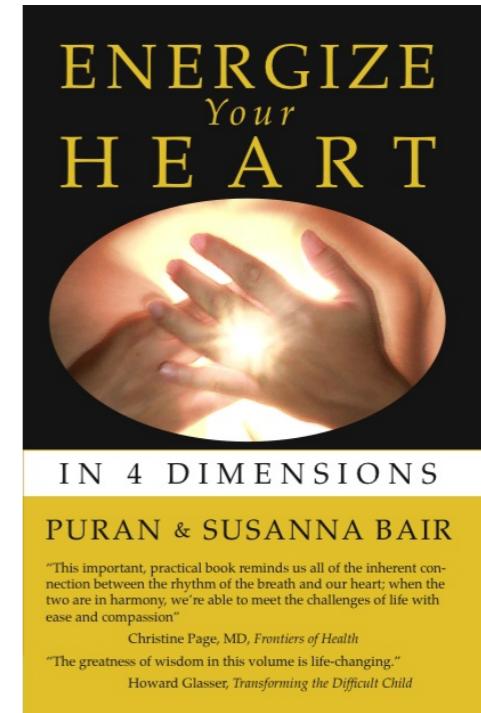
- Share difficult times and troubles
- Sacred moments honoring partners deepest wishes

4. Purpose - Forward

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

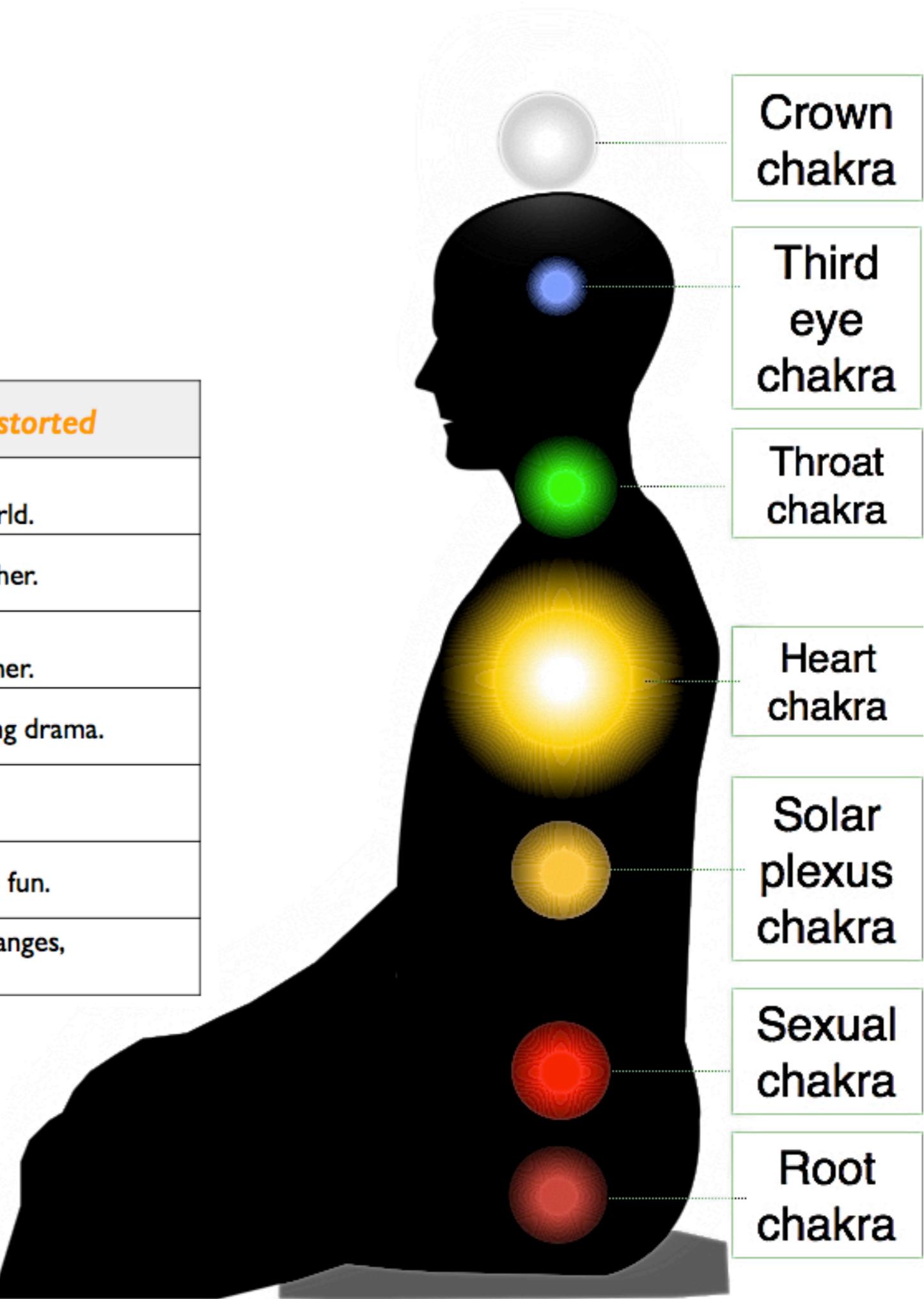
5. Spiritual Growth - Inner

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



Chakra System

#	Called	<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.

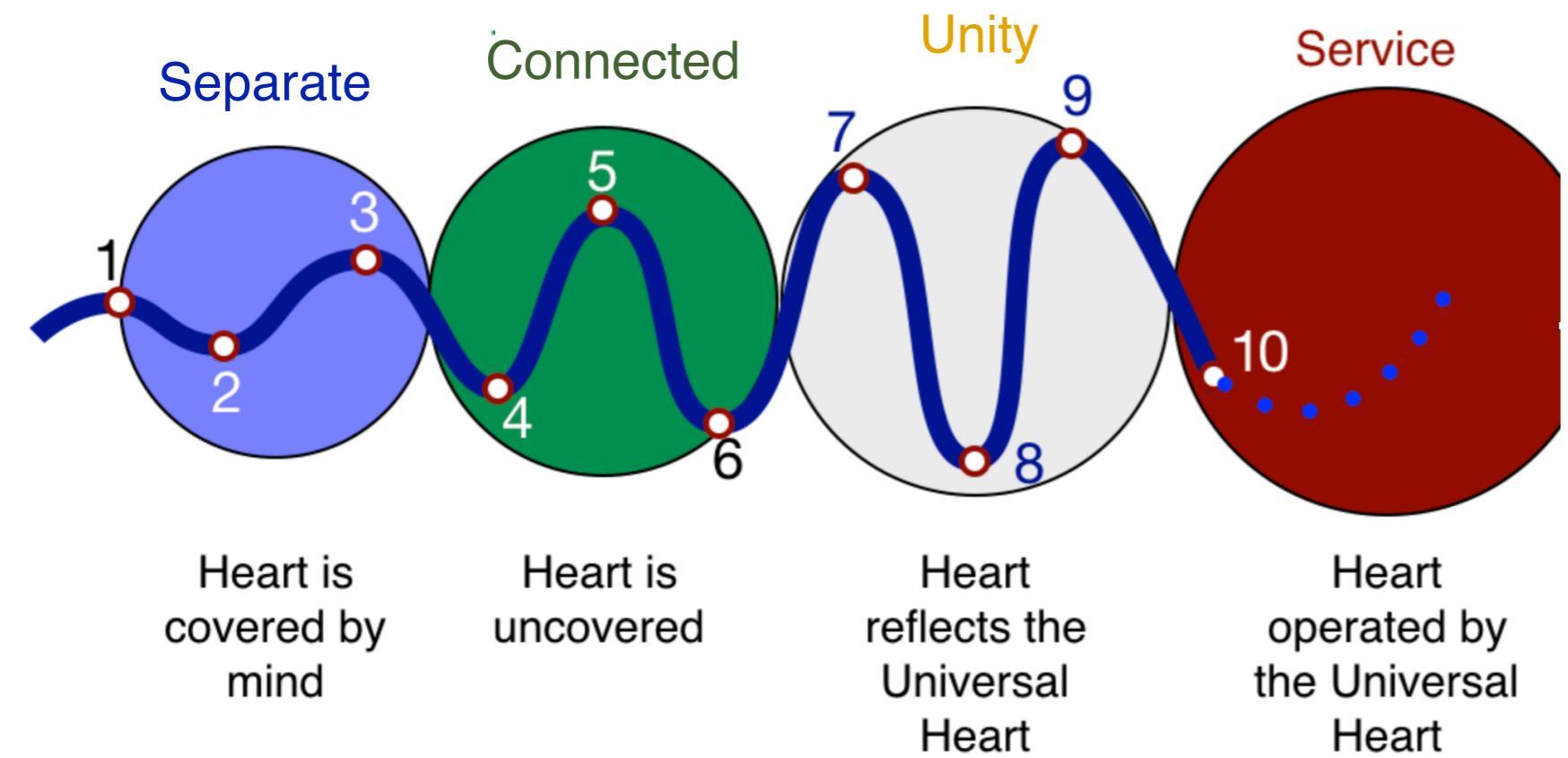
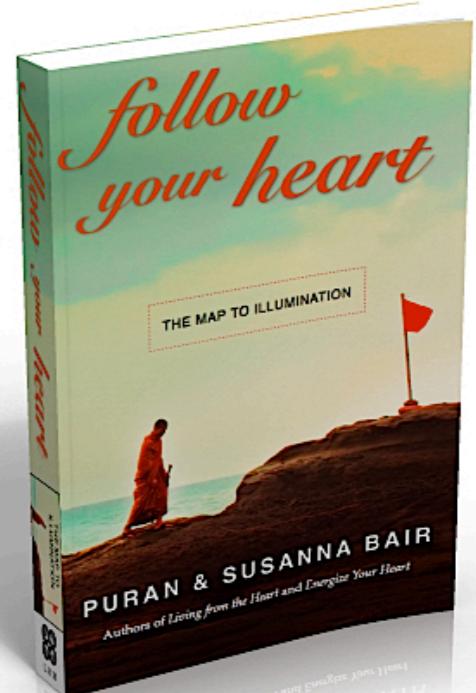


Guided Meditation

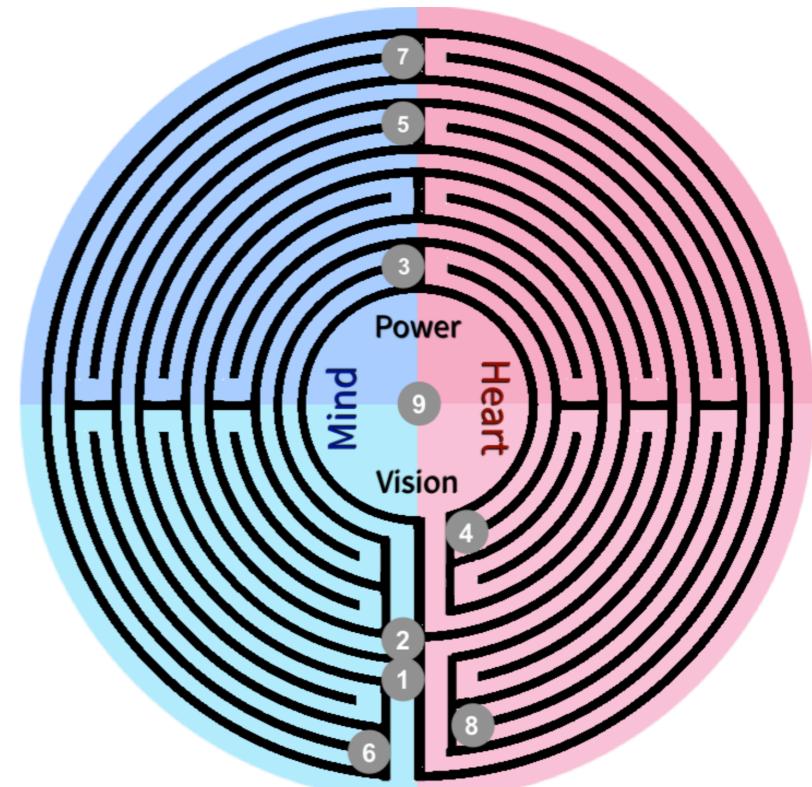
Couples Practice



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:

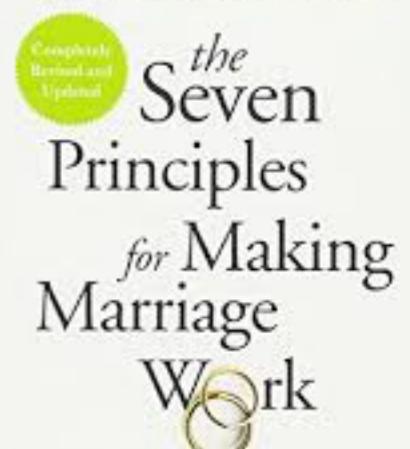
Validation where each person shares their point of view

Persuasion where each person advocates for their view

Resolution such as compromise, forgiveness, or mutual solutions

- ❖ Communication is not really the core issue

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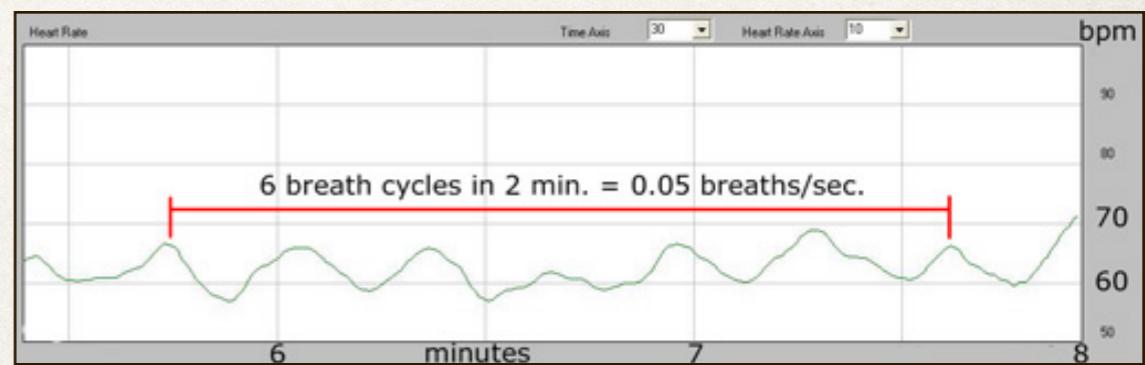
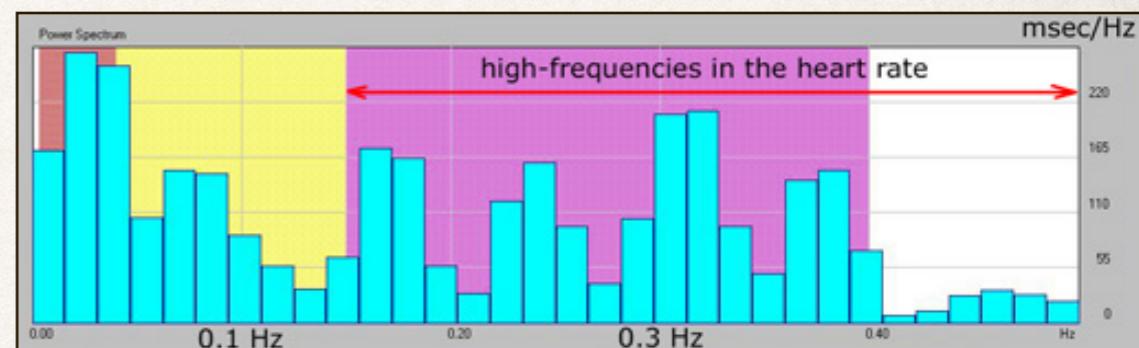
SUCCEED or FAIL

And How You Can Make Yours Last

READ BY PAUL COSTANZO

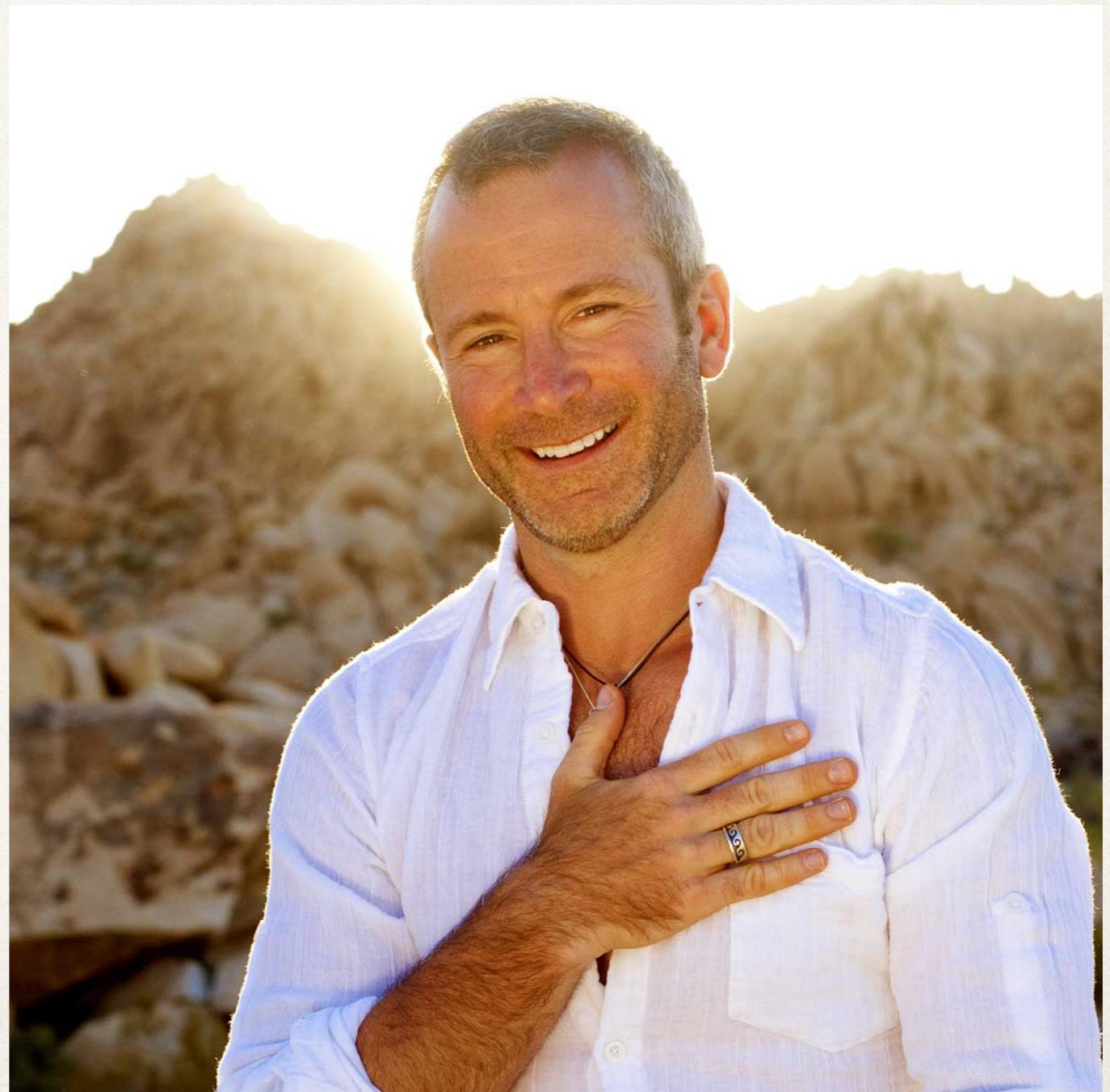
Heart Rate and Conflict

- ❖ 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

Speak from the Heart



References

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