

Heartfulness Meditation

A beginner's guide



Heartfulness

Through meditation, peace

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WELCOME

Heartfulness is a simple heart-based meditation practice that fosters balance, peace and overall wellbeing. By tuning into the heart, we learn to regulate the mind and cultivate an inner knowing that wisely directs and guides our lives.

The introductory practices include a relaxation exercise and a Heartfulness meditation. There are other core elements of the practice which support reaching the profound depths of meditation and achieving inner transformation.

The Heartfulness system of Relaxation and Meditation is practiced in about 150 countries by more than a million people. Heartfulness Institute has tens of thousands of volunteers, including thousands of trainers worldwide, who support practitioners through their meditation journey. There are no prerequisites to experience Heartfulness other than willingness, basic mental health and an attitude of openness. Heartfulness offers a scientific approach to the inner journey and is open to anyone from all secular and faith backgrounds.

Globally the Heartfulness practice is offered free of charge.



hello!

WHY MEDITATE?

Buddha was asked, "What have you gained from meditation?" Buddha replied, "Nothing! But let me tell you what I lost: Anger, Anxiety, Depression, Insecurity, and Fear of Old Age and Death."

Meditation means to think continuously of the same thing, or to rest the mind on an idea. Since as "we think so we become", the object of meditation becomes important. Our thoughts have a powerful influence on the character of our lives. Meditation is a way to balance our mind. With a regular meditation practice, we develop moderation and achieve balance.

As the noise inside quiets down, our intuition strengthens, and we begin to respond to the world through the heart's wisdom. With continued practice, we nurture the inner qualities of the heart – courage, trust, wonder, compassion, tolerance, and most of all, love.

People begin their meditation practice for various reasons and find relief and greater subtlety from spending time within. In recent years, science is advancing in the field of consciousness. Countless research studies have shown the health benefits of meditation, including reducing blood pressure, reversing heart disease and lowering anxiety levels. In addition to the measurable benefits mentally and physically, many people benefit from an unquantifiable inner poise and harmony.



positivity balance contemplation

WHY MEDITATE THE HEARTFULNESS WAY?

Heartfulness meditation directs our attention from our minds to our hearts – from thinking to feeling. We feel a relief from stress and anxiety as we begin to experience life through our heart's serenity. As we delve deeper, we develop the intuition and clarity to make more effective decisions in life. Inner clarity and poise increase our capacity for empathy, joy and love. These qualities positively impact our relationships and our way of life.

Taking time each day to tune into our hearts, into our deepest self, gives us an opportunity to discover our true nature, connecting us with the whole of life. We begin to experience the splendor of the heart's stillness. Kamlesh D. Patel, the global guide of Heartfulness, has said, "In the place of stillness rises potential. From the place of potential emerges possibility. Where there is possibility, there is choice. And where there is choice, there is freedom."

Another appealing aspect of the practice is the absence of dogma; there are no rules on the type of diet or lifestyle one should adopt. The spiritual journey complements daily life rather than becoming a hindrance to material progress. Heartfulness creates a culture of love and tolerance, fostering an atmosphere of acceptance. Practitioners can cultivate change at their own pace – changes that occur in a natural and organic manner, without any external pressures.



freedom

connection

acceptance

HOW TO RELAX

Heartfulness relaxation is a brief, five-minute guided technique that can be enjoyed by all ages.

This is a kid-friendly technique. Children can do it before going to bed to get a restful night's sleep, or before an exam to beat the stress.

Heartfulness relaxation can be done before meditation and/or anytime during the day:

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

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

Relax your ankles and feet. Feel energy move up from the earth... up your feet 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....

Young children can remain in the heart for up to one minute. Teenagers may remain in the heart for up to five minutes, after some practice.

You may also download this guided relaxation as an audio recording on the Heartfulness mobile app, which is available from the App Store and from Google Play.

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

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

Feel that your whole body is completely relaxed. Move your attention to your heart. As you rest there, gently have the idea that the inner calmness is prevailing....

Feel immersed in the love and calmness in your heart. Remain still and quiet, and slowly become absorbed in yourself.

Remain in this deep silence for as long as you want, until you feel ready to come out again.

HOW TO MEDITATE

Heartfulness meditation can be practiced by anyone 15 years of age or above.

Heartfulness is best done first thing in the morning. You may start with meditating for 20 minutes and gradually advance up to one hour. Feel free to meditate at other times throughout the day as you feel called:

Find a quiet place and sit in a comfortable posture with your back upright. Your position should be natural, and one that you can maintain for the duration of the meditation. You may keep your hands folded in your lap.

Ensure you are away from possible distractions and turn off mobile devices. If you are using our mobile meditation app, then turn off the sound.

Gently close your eyes and bring your attention to your heart. Begin with a supposition that the source of light is already present in your heart, feeling the source of light attract your attention inward.

It is natural for your attention to drift as various thoughts arise. When you notice this, gently redirect your attention to the source of light in your heart. Be open to any experience that may occur. As the meditation deepens and you become more absorbed, the light in the heart takes on a more abstract quality.

After meditation, take a few minutes to remain absorbed in the experience. Take a few more minutes to write in a journal about your experience.



Meditation is an opportunity to look into yourself – which may be challenging in the beginning with unwanted thoughts but, with practice, this process leads to deeper states of meditation.

Sitting at the same time and the same place daily helps tremendously to build up the habit of meditation and automatically slip into it with ease.

You may download the Let's Mediate mobile app, available on Android and iOS devices, and follow the guided practice for meditation.



HOW TO MEDITATE WITH THE AID OF YOGIC TRANSMISSION

Transmission is the unique feature of Heartfulness meditation. As body needs nutrition and the mind needs education, the soul needs a type of energy for its awakening and flourishing. Just as the body becomes energized when it is nourished, the soul too gets energized upon receiving this transmission.

The best way to understand transmission is to experience it practically. Like a scientist who sets up an experiment and makes observations and draws conclusions, we invite you to take up this spiritual experiment with scientific rigor. We meditate, observe our experiences and draw our own conclusions based on our actual experience of the practice. Observe the effects of transmission during the Heartfulness meditation and see for yourself.

Many practitioners feel the effects of transmission in their first few sessions and are surprised by their ability to plunge into refreshing, absorbing meditation.

Heartfulness has a robust ecosystem of meditation centers and trainers to help practitioners meditate with the aid of transmission. Refer to the Resources section of this handbook for guidance on how to locate your nearest trainer and meditation center.

HOW TO UNWIND AT THE END OF THE DAY

Another very important element of the practice is the Heartfulness cleaning/rejuvenation technique, which allows us to reset our systems at the end of the day and improves the quality of our morning meditation. Our daily hectic routine and activities give rise to complexities and impurities which impact our heart, mind and eventually our consciousness. So, it becomes necessary to cleanse these before they become

permanently embedded in our consciousness. The aim of this cleaning practice is to establish simplicity and purity inside and feel rejuvenated.

We recommend doing the rejuvenation practice in the evening after the day's work is over. Start with 20 minutes and gradually extend it up to 30 minutes:

Sit in a comfortable position. Close your eyes and feel relaxed.

Make a subtle suggestion that all complexities and impurities are going away.

How? Imagine they are going away in the form of smoke or vapor.

From where? From the entire back side – imagine from the top of your head to your tailbone.

Slowly accelerate this process of smoke going out from the back side. Be gentle and confident. Do not dwell on specific events or things you want to get rid of. Simply brush them off. If your attention drifts, and you find yourself involved in other thoughts, gently bring your attention back to the cleaning process. Continue for about 20 minutes.

Towards the end, when you feel lighter and purified from within, incorporate another element: Think that the light from above is descending into your system. It is pervading all throughout your system, from top to toe, and is helping you to remove the complexities and impurities.

End it by making a final suggestion – that all the complexities and impurities are gone and now you feel simple, pure and rejuvenated.

HOW TO CONNECT WITH YOUR INNER SELF

The last basic element of the Heartfulness practice is connecting with the inner self. This inner connection can be established when there is a vacuum created in our heart. This vacuum can be triggered very easily by an intentional linking within, fostering a meditative state throughout the day.

From the moment a person is born, the life force continues to drive the life until that moment we call death. It hardly matters what we call that agency that gives us life, as long as we understand that there is a universal source that sustains life and it is inside each of us. The soul, or the life force that animates all things, is not outside ourselves. Prayer is about connecting within, to expand our attunement to the heart.

When we address and invoke the power from within, when we are inspired from within, it is the very source inside that guides us all the time.

There are two ideal times to create this conscious connection. The first is just before morning meditation, and the second is at bedtime just before sleeping:

Rest your attention on the heart.

Feel the longing within the heart to be the highest that one can be. Call upon this deepest Self for guidance.

Try to go deeper within.



RESOURCES

Heartfulness Trainers and HeartSpots

There are thousands of certified volunteer trainers worldwide who are happy to connect in person, one-to-one, in small groups, or at your organization. You can find your nearest trainers and Heartfulness meditation centers (or “HeartSpots” as we call them) by going to our website at heartspots.heartfulness.org. Just type in your location in the search box, find the closest trainer, and schedule in-person or remote sessions with the trainer, free of cost.



Let's Meditate App

If there is no trainer close to you physically, you can also download the [Let's Meditate app](#) on any phone with an Android or IOS system, and you can meditate real-time anywhere worldwide.



Heartfulness Magazine

We also invite you to check out our monthly Heartfulness magazine at www.heartfulnessmagazine.com, where you will find a range of articles helping you deepen your meditative experience; understand aspects of the evolution of consciousness; and enjoy simple health, wellness and well-being articles as well. The digital subscription to the magazine is absolutely free.



10 REASONS TO *Meditate* IN YOUR WORKPLACE

Many corporate offices have introduced Heartfulness meditation programs and workshops for their employees. What are the benefits?

Meditation...

1
is a great
de-stressor,
removing
worry and
fear

E

3
relaxes
the body

M

2
refreshes,
giving you a
second wind
when you are
tired

I

4
allows you to be
in touch with your
intuitive, creative
intelligence

7
helps to make
wise decisions
and choices

T

5
balances
emotions, so
that reactions
are not so
strong

A

10
puts the heart
center stage, so
that the workplace
becomes a happy,
joyful place to be

T

3
expands
consciousness to
see issues with a
360-degree vision

E

6
makes for better
relationships
with colleagues
and teamwork

8
prepares the
mind to accept
and work with
change





Heartfulness

Through meditation, peace



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