

heartfulness

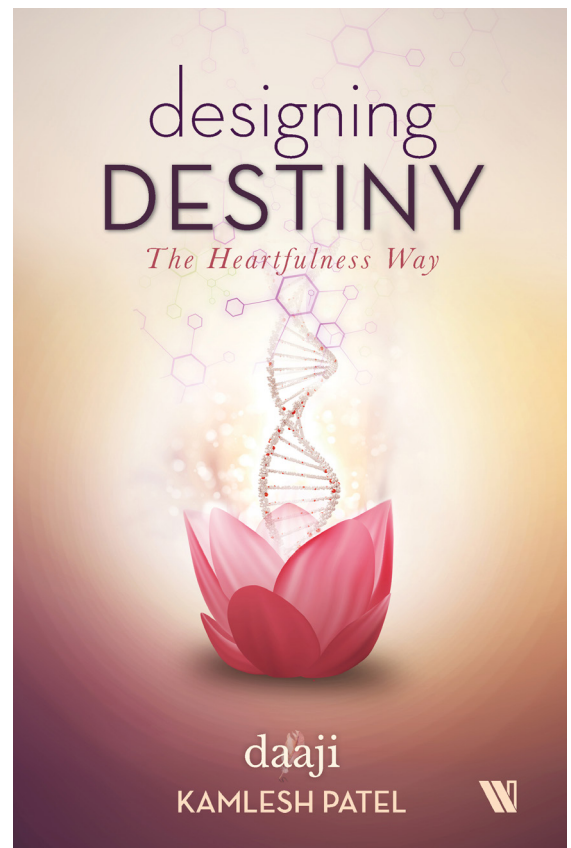
Designing Destiny,

the Heartfulness Way: a new book launched Daaji's second book enters the market after the resounding success of The Heartfulness Way

1st February 2019: *Designing Destiny* has hit the stands of all major bookstores and airports and is available online on Amazon.in. It is by renowned spiritual leader and bestselling author of *The Heartfulness Way*, **Daaji (Kamlesh Patel)**, the Heartfulness guide.

His first book, a number one bestseller on the *Hindustan Times*/Nielsen Bookscan Service chart and on Amazon.in in 2018, focused on the meditation practices of Heartfulness, whereas *Designing Destiny* puts these practices into the context of lifestyle. The book is launched in association with Westland Publications Pvt. Ltd.

Daaji says, *'We have tremendous freedom to design our destiny. If destiny were fixed, why would we work? Why would young people study, as the knowledge would come anyway if it is in their destiny? If someone is supposed to become the PM, do they need to campaign before an election? All these activities would be redundant... Destiny is a very complex thing. Some part of it is fixed, just like our genetic expression. We have a fixed genome and nothing can be done about it. But there is an epigenome, which can be changed because it is susceptible to outer circumstances.'*



Order at www.designingdestiny.com

Exploring Destiny

What does destiny mean in the course of our lives?

What is fixed and what can change?

How can we design our own destiny?

These are questions that some of the world's greatest philosophers have asked since time immemorial. In this groundbreaking book, Daaji addresses such questions with simple solutions and practical wisdom. He leads us on to the next stage of the journey after *The Heartfulness Way*, guiding us on how to use the Heartfulness practices to refine our lifestyle and design our destiny, including our destiny in the afterlife. He elaborates on the subject of consciousness, the role of evolution, and explains what happens to us at the time of birth and death—and how we can act in those pivotal moments when life takes a turn.

Daaji inspires us to believe in ourselves and find a way forward, no matter what the challenge, and look at even the most difficult situation as an opportunity to grow. He emphasises that, with a few simple practices, a heart full of enthusiasm and an expanded consciousness, we can all discover our potential and the destiny we were born to fulfil.

"In this book we explore the meditative practices in the light of this larger context—that of destiny. There is also a lot about lifestyle: how to manage personal behaviour, anger, fear, relationships, decision-making abilities, and many other life skills. We explore fundamental aspects of well-being, like healthy sleep patterns, heartfelt communication, eating patterns, living in tune with natural cycles and so on."

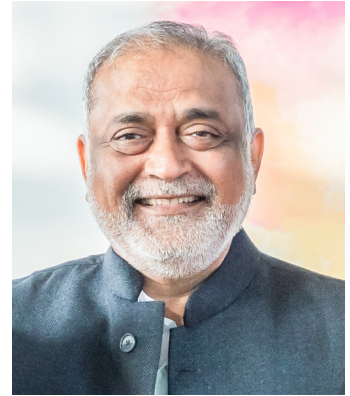
Gautam Padmanabhan, CEO, Westland Publications Pvt. Ltd. says, 'We are thrilled with the success of *The Heartfulness Way* and hope to spread Daaji's word to a larger audience with this book. It's an honour to publish Daaji and I am sure his books will connect with readers across the length and breadth of the world.'

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About Kamlesh D. Patel

Daaji's teachings arise from his personal experience on the path of Heartfulness, while reflecting his deep spirit of enquiry and respect for the world's great spiritual traditions and scientific advancements.

Daaji practised pharmacy in New York City for over three decades before being named as the successor in a century-old lineage of spiritual masters. Fulfilling the many duties of a modern-day guru, he extends his support to spiritual seekers everywhere.



A self-professed student of spirituality, he devotes much of his time and energy to research in the field of consciousness and spirituality, approaching the subject with scientific methodology—a practical approach that stems from his own experience and mastery in the field.

About Heartfulness

Heartfulness offers a set of practices for self-development that support inner calm and stillness in our fast-paced world. It is a yogic system of meditation that originated at the turn of the twentieth century in India. It is simple and experiential, and does not require any beliefs or prior knowledge. It is not associated with any religion and combines the best of ancient Yoga with modern scientific principles. Its specialty is Yogic Transmission, which is a technique for personal transformation. The simple practices can be incorporated into a regular daily routine, and are appropriate for people from all walks of life, cultures, religious beliefs and backgrounds over the age of fifteen.

With over a million practitioners worldwide, ongoing Heartfulness training is happening for teachers and students in thousands of schools and colleges, and over 100,000 professionals are meditating in corporations, non-governmental and government organizations. More than 5,000 Heartfulness Centres, known as HeartSpots, are supported by thousands of certified volunteer trainers in 130 countries.

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