

THE EVOLUTION OF CONSCIOUSNESS

Heartfulness Meditation



A New Era In Awakening Self

A Udemy Course with Daaji



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Why Heartfulness?

*Yesterday I was clever, so I wanted to change the world.
Today I am wise, so I am changing myself.*

— Rumi

The wise ones of all cultures have always known that this world is a reflection of what lies inside us, and modern-day scientists have now also come to the same conclusion. We are becoming more and more aware of our role in the world: our acts, words and thoughts impact our own lives and the lives of others. So many of us are searching for ways to expand our consciousness to bring positive change.

One very effective way is by opening the heart. In the words of an LA-based Marketing Manager, “We need heart in this world. That’s what is missing. It’s time!”

The purpose of Heartfulness Meditation is to reconnect to our higher Self within, so as to reveal the infinite potential of the heart. As we learn to meditate deeply, let go of all mental complexities and tune in to the heart, a sense of inner balance and calmness emerges. The whole exercise of fine-tuning the heart with the mind happens through meditation on the heart.

Heartfulness nurtures the qualities of love, unity, peace, harmony, moderation, joy, oneness, intuition, creativity and courage. These very human qualities transform our relationships with our families, friends, co-workers, the rest of humanity, and with the world around us. They are the qualities associated with Emotional Intelligence and Social Intelligence.

Heartfulness is a set of simple meditative practices based on the traditions of Raja Yoga, and tailored for modern-day living. They include relaxation, meditation, detoxification of the mind, and connection with our own Source. The specialty of Heartfulness is Yogic Transmission, an ancient yogic technique that brings natural change from within.

Through Heartfulness you will learn to communicate more openly and nurture fruitful, healthy relationships. And you will learn how to create such stillness in your mind that your consciousness is able to soar into different realms and dimensions, awakening a potential you didn’t know existed, except perhaps somewhere in the lost wonder of childhood.

I have been a student of spirituality all my life, and have received so much from the Heartfulness Guides who preceded me and through this simple life-changing practice. As the current global Guide of Heartfulness, it is now my pleasure to be of service and pass on what I have learned to you. I invite you to leave your beliefs at the door as you enter this experimental, practical journey we call Heartfulness.

All the best,
Daaji



Meet Daaji

Kamlesh D. Patel, often known as Daaji, shares his vast experience with one and all. You will find him equally at home meditating with a group of followers in the sublime stillness of a Himalayan ashram, teaching thousands of people to meditate at international conferences in Europe and North America, addressing recruits in a police academy in India, sharing tips on basic life skills with children in a school, and introducing millions of seekers to meditation through his online masterclasses.

His own background is well-suited to this diverse mix of humanity. He grew up in a small village in Gujarat in India, graduated with a degree in pharmacy in Ahmedabad, and did his postgraduate studies in the USA where he went on to own and manage twelve pharmacies in New York City. He spent a large part of his adult life based in the USA, before deciding to give his time fully to the international Heartfulness organizations he now leads.

All the while, his inclination towards spirituality was developing and led him to his first Guide in 1976, Ram Chandra of Shahjahanpur, known to many as Babuji. From that time, he continued to pursue his spiritual and worldly pursuits with equal interest and excellence.

Daaji has that rare and beautiful blend of eastern heart and western mind that allows him to dive deep into the most profound spiritual states, and yet maintain a scientific approach to original research in the field of meditation, spirituality and human evolution.

His focus is practical: he prefers to give seekers the experience of meditation with Transmission than give lectures. He is happiest in silence, where the real heart-to-heart communication and spiritual work can happen. And yet he is a dynamic speaker, delivering thought-provoking talks that are the very essence of Yoga.

Increasingly he is in demand to speak on TV, radio and at international conferences, with his profound vision for the future of humanity, our planet, and the universe at large.

He is an inspiring role model for today's youth, enjoying his time with them and showing them that meditation techniques are simple, practical and effective tools for designing destiny and expanding consciousness.

ABOUT THE COURSE

These questions and answers will give you a taste of the topics covered in the course.

1. What is consciousness and why should we care about its evolution?

Consciousness is one of the four main functions of our mind, also known as the subtle body. The other three are thinking, intellect and ego.

Consciousness is like a canvas on which the other three play out. It is a vibrational energy field, which is the energy field of the mind and heart. Scientists are able to measure this energy field with EEG and ECG equipment these days, and can see the effects of meditation on brainwave patterns, the electromagnetic field of the heart, and the relationship between the heart and mind.

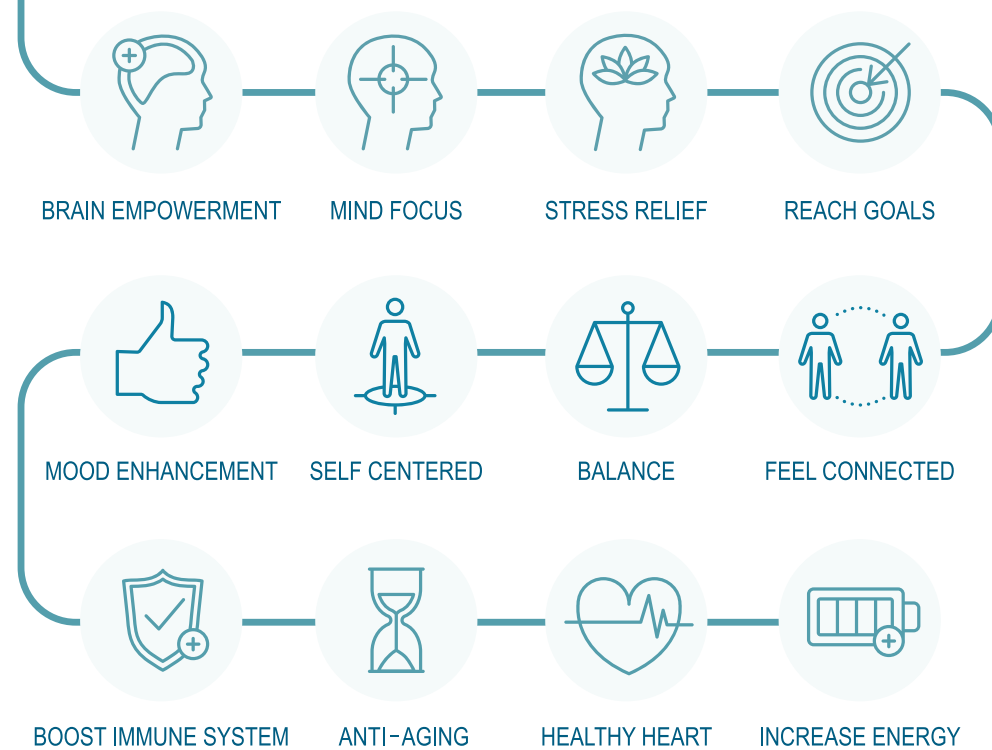
Through Heartfulness practices, our consciousness expands to encompass much more than the mundane levels of mental awareness we use in daily life. Ultimately, it can expand along the full spectrum of the subconscious, conscious and superconscious mind, with the help of Yogic Transmission.



AS CONSCIOUSNESS EXPANDS, IT EVOLVES FROM:

- Selfishness to Generosity
- Reactiveness to Responsiveness
- Passion to Compassion
- Desire to Contentment
- Anxiety to Peace
- Anger to Love
- Fear to Courage
- Confusion to Clarity
- Egotism to Acceptance
- Contraction to Expansion
- Imbalance to Balance
- Heaviness to Lightness
- Complexity to Simplicity
- Impurity to Purity
- Thinking to Feeling,
- 'I' to 'We' to 'Oneness'
- Intellect to Wisdom
- Having to Giving
- Mundane Consciousness to Divine Consciousness.

BENEFITS OF Meditation



2. Why is meditation important?

If we want to realize our potential in order to live a more fulfilling, joyful life, we need a set of practical tools to make that happen.

The first step is to purify and simplify the mind and heart so that we are no longer at the mercy of our reactions and emotions. This only happens through a practical approach.

Heartfulness offers a simple scientific approach to meditation: we are the experiment, the experimenter and the outcome. Our heart is our laboratory. What do we need for this? Interest, enthusiasm and willingness.

In this course we will go through the set of practices that take us on this simple path of personal transformation.

3. How do Heartfulness practices help consciousness to evolve?

Heartfulness has various tools and exercises. The first is Heartfulness Relaxation. Without a relaxed body, the mind will never reach its full potential. Most of us are affected at some time or another by chronic low-grade stress, caused by worry, emotional problems, heavy workloads, family pressures and the tension caused by city living. Our bodies are in 'alert' mode at such times. Heartfulness Relaxation helps us to dissolve that underlying tension and let go, so that we are better able to sleep and rejuvenate our health and well-being.

The second is Heartfulness Meditation with Yogic Transmission. Meditation first of all trains the mind to think about one thing instead of being pulled in all directions by a constant myriad of thoughts. Then it takes us to a deeper level, from thinking to feeling, so that we start to observe and experience life from the heart. The next stage is to go beyond feeling to simply 'be' in a state of communion with existence. Finally we go beyond this state of 'being' to a state of 'non-being' where we are one with everything. All these stages can happen in the very first meditation with Yogic Transmission! That is the specialty of Heartfulness.

The third activity is Heartfulness Cleaning, which detoxifies and revitalises the mind. Cleaning removes the heaviness, complexities and impurities from our mental system that have accumulated during the day. It is the daily equivalent for the mind to having a bath for the body. The result is lightness. We are no longer plagued by the heaviness of emotions and tensions, and so our consciousness is free to soar.

The fourth activity is Heartfulness Prayer, in which we connect with our inner Self, learn to listen to the heart, and develop self-mastery. This practice combines deep inner connection with the power of positive suggestion to provide us with a dynamic, evolutionary tool for change. The secret inner universe of the heart is easily accessed through Heartfulness Prayer.

4. What is Yogic Transmission?

To receive Transmission is to receive the essence of the Source itself.

—Daaji

During this Udemy course, Daaji explains how Transmission is directed into the heart of a seeker during the Heartfulness practices.

The main effect of Transmission is to illuminate consciousness.

—Daaji

In all the practical exercises of meditation offered in this Udemy course, Daaji gives us a taste of this unique energy called yogic transmission. The best explanation is to experience it for yourself.

5. Will meditation change your life?

If you feel any change in yourself in these Heartfulness sessions, then you owe it to yourself to continue to practice and observe your consciousness blossom like a flower opening. With a sustained meditation practice you will consciously change for the better, see your lifestyle improve, and see yourself in a more favorable light than you could have earlier imagined possible.

Can your destiny be changed? Try it and see for yourself.

Udemy Course details

visit: www.daaji.org/udemy to register

HEARTFULNESS INSTITUTE

The simple and effective system of Heartfulness has been available for more than a hundred years, and today is followed by over a million people across 130 countries, from all walks of life, nationalities, religious backgrounds and socio-economic circumstances. There are thousands of certified trainers worldwide who impart Yogic Transmission under Daaji's care and guidance.

As a non-profit organization, Heartfulness Institute also brings Heartfulness practices to corporations, universities, schools, government organizations and neighborhood communities, including remote rural and tribal areas. These practices are free of charge.

Heartfulness is both an individual practice as well as a unifying movement. The vision of the founding fathers has been to create a humanity that is heart-centered, loving and compassionate.

Please join us so that together we can create a humanity in tune with the natural world, and in tune with each other. Through Heartfulness, we can spread peace, happiness and wisdom, one person at a time.

Contact a Heartfulness trainer via:

A meeting at a local HeartSpot: <http://heartspots.heartfulness.org>

Email: info@heartfulness.org

Toll free number: 1 844 879 4327 (USA and Canada)

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