



# RESOLVE ... to MEDITATE ... to ACHIEVE

**Masterclasses with Daaji**

**2, 3, 4 January 2017**

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## **Transcript of 2 January 2017 Masterclass**

[heartfulness.org/masterclass](http://heartfulness.org/masterclass)

### **Introduction: Emma Ivaturi**

Welcome everyone, and we are excited to share with you over the next three days our Heartfulness Masterclass – ‘Resolve ... to Meditate ... to Achieve’. Whether you are a new practitioner of meditation looking to establish your own practice or an adept meditator looking to deepen your meditative experience, we are very excited to share this journey with you over the next three days.

This Masterclass is presented by the Heartfulness Institute, which is a global non-profit, supporting meditation, research and training worldwide. We are present in over a 130 countries and have over 7,000 certified trainers helping you personally to deepen your practice. Heartfulness Institute pairs with corporations and communities, schools and universities, government institutions and organisations of all kind, promoting the kinds of classes and presentations you will experience over the next three days.

Now in the spirit of the New Year, many of us take this time to reflect and introspect, to promote inner transformation, and it’s in this spirit that we offer this Masterclass series to you. This simple but effective technique will help you to improve your well-being to transform and deepen your inner experience.

Over the next three days, these Masterclasses will be facilitated by Kamlesh Patel, who is the global Guide of the Heartfulness organisation. Now, Kamlesh is known to many

as Daaji and exemplifies a beautiful combination of an Eastern heart and a Western mind allowing him to dive deep into consciousness while still maintaining a sense of objectivity and a scientific approach. He has facilitated hundreds of sessions across the world helping thousands of people learn to deepen their meditative experience.

Over the three days, we will go into the core practices of Heartfulness. The first day, we will learn to adjust our physical bodies with a transformative relaxation, allowing us to reset and tune in so that we can also learn to meditate more effectively on the source of light already present within the heart.

On day two, we will learn a rejuvenative practice, which is a simple but effective method for resetting at the end of the day.

And on day three, we will connect to our own source, learning to listen to the heart's inner voice; that still, small voice within us that allows us to guide our day with more wisdom and more intuition.

We trust by attending the next three days that not only will you incorporate a Heartfulness practice into your daily life, but you will also experience the unique element of Heartfulness known as Yogic Transmission. Many find that this subtle and natural energy allows them to go deeper into their meditative experience. So without further ado, let's begin our session.

## Masterclass: Daaji



Happy New Year to all. May this New Year bring health, happiness, peace and joy, with you and yours. May this peace reign supreme all throughout the world.

Dear friends,

We all are here for one single purpose. I am sure you have made New Year's resolutions to learn something, to become better and lead a new year with greater resolve in order to achieve, fulfil that resolution, whatever it be.

I would like to share with you my resolution. My resolution is to spread spirituality all throughout the world. The means to spread this spirituality is through meditation. I would like to bring about a revolution in the field of spirituality, by bringing in science in spirituality, creating an amalgamation, creating a great synthesis, creating or integrating both apparently opposite two fields that we cherish the most.

Can you imagine, without science and technology development, would we be in a position to interact like this? It is not possible. All the scientific research has its base in a creative mind that has been so relaxed. Only at the time when a scientist is completely relaxed is he able to come to greater conclusions, under the influence of this calmness, stillness. When we study the life of Madame Curie or Sir Isaac Newton or Archimedes, even the search for DNA, the structure of benzene, all these things reveal one profound thing: that all these scientists had a moment, and this moment they have all described as a moment of utter relaxation, utter stillness. In one or two cases, they say they were in a dream like state when they received such a revelation.

When we talk of spirituality, the greater experiences, greater revelations, they come in the moments when we are deep within ourselves. When we have touched the deepest level of our consciousness, many things are revealed. Now what do we do with such revelations, scientific revelations and spiritual revelations? It depends on us how we make use of this stillness, calmness and the results arising out of it. Well, let it be whatever it has to be.

Today I am going to try my best, without boring you with lectures and bombarding you with philosophies, which I don't think we lack. You have heard a lot. I would like to actually practically walk you through the process of meditation.

Often when we meditate, there are a few significant problems, and they are not just minor problems; almost all of us face these problems.

The number one problem is how to tackle the never-ending rush of thoughts. That's number one.

Number two, how to bring about stillness or a *samadhi*-like state within.

The third problem that we face is that generally this *samadhi*-like state or stillness is lasting for a few seconds or a few minutes at the most. How to make it possible in such a way that this level of consciousness rests with us for a longer duration during the daytime?

Now what do we do with such stillness? Having achieved this stillness, sometimes people say, "I am not able to listen to music because this stillness is so profound and music outside is not allowing me to enjoy either the stillness or even the music." So how to tackle all these things? We will be learning this over the next few days.

Today my attempt will be to actually walk you through the process of meditation. Let us approach this meditation with a scientific bent of mind. What happens in science? You have an experiment. What happens in pharmaceutical industries where new molecules are researched for their medicinal quality? Before a pharma company announces that XYZ molecule is medically active in curing a particular disease, they compare the results of such a molecule with a placebo. First with animals, and then when they find that sufficient safety records are available then there are human trials where this active molecule is compared with the placebo.

Now, what sort of a placebo we can apply in meditation? Let's have meditation without transmission and meditation with transmission. Transmission is the speciality of Heartfulness meditation. Heartfulness meditation becomes like any other meditation without transmission. Transmission is loosely translated from our Sanskrit word called *pranahuti*. *Pranahuti* means sacrificing, allowing your soul's life force to be transmitted for the nourishment of another life force. Now if a limited person with limited capacity is transmitting such an essence, he will exhaust himself. But in yogic practices, where the yogi who has merged himself in the Ultimate is able to draw the energy from the Source, he is able to transmit that essence and helps us understand, helps us experience, helps us go deeper in our consciousness. So dear friends, I would like you to experience the effect of transmission, the effect of this *pranahuti*.

To loosely describe what it really means I would like to give you a very indirect example of what *pranahuti* is all about. You know that we partake of food - we take nutrition, food, a balanced diet. We also take vitamins, minerals, supplements. It is to maintain our existence at a physical level, and keeps us healthy at a physical level. The next level of our existence is our mental realm. We enrich our intellect, our mind with the education system that we have, we interact with each other, we learn from our parents, from our elders, we learn from books, we learn like this, by way of interactions, and we contemplate. This is how we enrich our mind. There are so many means to make this particular thing happen at a mental level. So it is easy to nourish the physical body. It is easier also to nourish the mental realm.

Now the important thing is the soul that supports the rest of the two existences, the mental as well as the physical. You may call it a soul or *atman* or *jiva* or *rooh* or you may call it the life force. It is there. How are we going to enrich such a life force, its roots actually? The description of such a process is very well described in the *Kena Upanishad*, where there is reference to *pranasya pranah*, one that nourishes *prana* (life) itself.

Nourishment of the physical body, traditionally known in Yoga as *annamaya kosha*, is possible by the normal course of our food intake. The nourishment of our intellectual body, mental body is possible through the various means that I have just described. It fulfils and nourishes the *pranamaya kosha*, the *vigyanamaya kosha* and the *manomaya kosha*. The third category, the soul, which is the *anandamaya kosha* is fulfilled, is nourished by prana itself. It is also known as *anandamaya kosha* because akin to *prana*, that which comes closest to prana is anandam or bliss.

So our exercise will mainly be how to bring about this joy, how to bring about this bliss, and how to invite this *pranahuti* and compare the results of meditation with *pranahuti*

with the meditation that you have already done in your lives so many times without transmission. See how; compare it. That's all. If you like it, we can take it to the next stage. And I am sure one experiment is not going to be conclusive, so you can experiment with this one hundred times and see that, "Yes, one hundred out of one hundred times it has been able to make a difference in my meditation practice."

So now, if you are all ready, we can start with this process of meditation. But before we begin with meditation, we can at least start with the process of relaxation first. It is important that our body is relaxed before we move on to the next phase of meditation. This process of relaxation won't take long. It is a very simple process. We will give you this method separately also - it just takes two to three minutes of process. There are so many steps in it, but it does not matter if you miss any steps in its actual sequence.

I would like you to experiment with this particular relaxation, not only on yourself, but you can replicate the results of this Heartfulness relaxation on others - your family members and friends - and see its extraordinary results. I have found relaxation working so deeply, especially just before meditation. You can see how meditation changes; the effect on meditation afterwards is something remarkable.

The second moment when we can see the effect of this relaxation is when we are about to go to sleep. Lie down in the bed and adopt this process we are going to do. And the third moment is when you are stressed, and you have so much anxiety or a panic attack. At that time breathe via your left nostril ten times, by just putting your thumb on your right nostril, and see the effect of it, and then do this relaxation.

Okay. So if you all are ready, I would like you to just very gently close your eyes. Be comfortable.



## Method: relaxation

- Feel the healing energy from Mother Earth rising upward and entering through your toes, through your feet. Wiggle your toes for a moment and see what happens. Relax them. Feel the relaxing energy arising out of it.
- Feel the energy in your ankles and your lower legs and calf muscles ... see how it relaxes.
- Let this energy move into your knees ... to your upper legs, hips and pelvic areas, and see how the tension or tightness which is built up there is dissolving.
- Now allow this energy to move upwards ... to your back part, back area. The entire back can be imagined, from your shoulders down to the tailbone.
- Allow this energy now to move forward to your abdominal muscles ... and now into your chest area.
- Once you feel all the organs in the chest area and abdominal area are de-tensed, relaxed, allow this energy to move into your shoulders and feel how shoulders are melting away, dissolving. Feel that effect.
- And allow this energy now to move downwards into your biceps and elbows, and your lower arms, including your wrists and palms and fingers. Feel your fingers totally loosened up.
- Now bring your attention towards the neck muscles. Feel the melting effect there, the relaxation.
- Now, let this energy move to your jaw. Let the jaw be dropped, be relaxed. Let this energy move into your earlobes, nose, mouth, eyelids, forehead and cheeks. See how it is relaxing the entire facial area.
- See that this energy now moves still further up, to your scalp, the top of your head, and feel the effect of this relaxation all throughout your head.
- Now gently let us scan the entire system from top to toe, or, if you like, from toe to top, and feel the relaxation all throughout the system. If you happen to feel any tension anywhere, revisit that organ and allow the healing energy from Mother Earth to enter. Once you are okay with this uniform feeling all throughout the system, gently bring your attention towards your heart.

Now we are ready to meditate. The process of meditation is very simple here. I will be transmitting to you, and you will be experiencing the effect of this transmission.



- Please sit with the same comfortable posture you are in, with your attention drawn very gently towards the heart.
- Think that “The divine light which is already present inside is drawing my attention inward, it is pulling my attention inward.”
- If thoughts do arise, just gently remind yourself that we are in meditation, meditating on the presence of divine light.
- Once this process of meditation is over I will say, “That’s all.” That is when you open your eyes.

..... [meditation in progress]

That’s all.

Let us recall the best advice we have received from our loved ones, our parents or our friends. What happens at the time? Do we listen to them and follow it? We listen to them and sometimes we analyse in our hearts, and what do we do after that?

Let us analyse a situation where we have been bestowed with knowledge; knowledge like God is present everywhere, God is omniscient, God knows everything. Or you should not steal, be honest, do not cheat. All these are well-known fundamentals, ethical fundamentals in our lives. How many people have changed with this superficial knowledge that God is everywhere, that God is the knower of everything, or that I should be honest and not cheat? Who doesn’t know all these things? Yet, the transformation seems to elude us.

Some people say experience will teach. Of course experience is better than knowledge. Wouldn’t it be wonderful if we could experience the presence of God everywhere, rather than having the superficial knowledge that God is everywhere? It is a wonderful thing.



So many thieves are there. But thieves become hard core. Each time they are caught, they reinvent a way of how to steal better. Even when they are sent to jail, they don't change, they become hard core. Habits are also like that. Quietly in their heart of hearts people entertain dubious ideas. Though the heart is longing to change and become a better a human being, we are somehow paralysed from inside, hypnotised by our ego and disabled by our desires. Transformation seems to elude all of us. The outside signals don't seem to be helping us.

Let us look at this simple example; I read this particular observation. It is a beautiful infographic, a very powerful infographic that says: "If an egg is broken by an outside force, life ends, naturally. If the same egg is broken by an inside force, then life begins. Great things can happen from inside." What happens when our heart is inspired from within, rather than somebody bombarding with lectures and saying you had better do this, you had better believe God is everywhere? If the heart truly feels motivated and inspired with your own efforts, then these inspired messages can be resolved better than somebody saying, "You had better lose five pounds weight or ten pounds weight or lose such and such a habit, stop smoking or stop drinking, or stop eating this and stop eating that." We won't have to be reminded time and again. So this little principle of inspiring ourselves from within is very important when it comes to the success of any resolution.

I hope you enjoyed this little exposure to Heartfulness meditation. We have many elements to this Heartfulness practice. Today we learnt about relaxation and Heartfulness meditation with the help of *pranahuti* or transmission, the effect of which you have felt already now. Every day you will have newer, deeper and longer lasting experiences, which I assure you, I promise you, you will have. Like any other discipline, especially this discipline requires a kind of a commitment that whenever I do this meditation I must be in a state of joy. This must not be taken up as a kind of an exercise that I am forced to do or I am compelled to do. I don't think it will bring about good results if you feel pushed around: "Oh, I have to do this." No. It must be a joyous exercise. Only then we will be able to enjoy the effects of meditation.

Please write down, make a note of this experience that you had today. Tomorrow I will walk you through a different element of the Heartfulness practice, which we call rejuvenation - to rejuvenate yourself. It is also a simple process. So we will take that up tomorrow. Thank you and you have a wonderful rest of the day.

## Conclusion: Emma Ivaturi

Thank you for joining us today and we invite you to reflect upon your experience over the past hour or so. And we are looking forward to continuing with you all tomorrow, learning a rejuvenative practice to help reset our day and continue the meditation.

Now for ongoing support with Heartfulness practice, there are a plethora of resources. There are over 7,000 trainers worldwide that you can find to connect with personally, by going to [www.heartspots.heartfulness.org](http://www.heartspots.heartfulness.org). In these HeartSpots, you simply put in your location information and find the trainer closest to you, with whom you can connect one-on-one in person, in small groups or over the phone.

If there is not a trainer in close proximity to you, then you have another resource, which is our [Let's Meditate App](#), which you can download on any [Android](#) or [Apple device](#). Now all you have to do is register and say "I would like to meditate," and a trainer somewhere around the world will meditate live with you and use this Yogic Transmission to help you deepen your practice.

We also have the Heartfulness Magazine, which you can find at [www.heartfulnessmagazine.com](http://www.heartfulnessmagazine.com), where there is a plethora of different articles on work, relationships, nature and children's activities, which we invite you to explore. Daaji also has a series of 'Evolution of Consciousness' articles if you would like to explore that topic more deeply.

We look forward to meeting you again tomorrow to deepen your Heartfulness practice. See you then.