



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

**Masterclasses with Daaji**

**2, 3, 4 January 2017**

---

## **Transcript of 3 January 2017 Masterclass**

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

### **Introduction: Emma Ivaturi**

Hello everyone, and welcome back to Day 2 of our Heartfulness Institute masterclass: 'Resolve ... to Meditate ... to Achieve'. We trust that you enjoyed Day 1 and look forward to going deeper today with our rejuvenating practice, allowing us to reset our systems and support our meditation, which Kamlesh Patel will again lead us through today.

The Heartfulness Institute is a global non-profit organization helping to support meditation, training and research worldwide. So let's get straight into our practice and allow ourselves to reset and deepen our meditation.



Welcome to the second element of the Heartfulness practice we call rejuvenation. I think it is one of the most important elements of Heartfulness practice. I am sure I don't need to go in detail about what rejuvenation is. You feel good. You feel rejuvenated.

This process is to be applied when most of our daily work is over. I am a retired pharmacist. I used to work 9 to 7 and by the time I came home it used to be 8 p.m. So by 8.15 I would be sitting in my room and would use this particular process.

Now what is this process of rejuvenation? How is it effective and why is it to be done only in the evening? Of course there are many situations where you can utilise this methodology to lighten yourself. The aim is to establish simplicity and purity inside and bring about some plainness within our system. Simplicity and purity are lost because of our daily hectic routine, and the activities impact our heart, our mind and eventually affect our consciousness. These activities create a lot of complexities and impurities. So it becomes necessary for us to somehow dissolve these complexities and impurities before they become permanently embedded in our consciousness and become seeds. These seeds can ultimately interfere in our decision-making process.

Now let me explain to you how impressions become seeds and how they interfere in our decision-making process. Let's say you are having a business meeting and you are having a deep conversation, or you are a scientist and you are discussing a nice project and you are almost in the verge of concluding a world-shattering theory, or you are cooking something in the house, and all of a sudden your spouse comes and does something that irritates you. Now what happens in all these scenarios? Something unwanted happens. You are enjoying that discussion or the process and all of a sudden something unwanted happens. You will remember that process or person who caused these things

with anger, with irritation, with displeasure and dislike. This will be remembered either subconsciously or consciously for a long time. It is not forgotten. It remains embedded in the memory. If the same thing is repeated again, then the impression about the process or the person is deepened.

Let me make this point even clearer. Let's say you are walking in the garden or passing through a garden and you happen to see a beautiful flower – a rose blooming on a branch. You like it. You like the shape, form and colour and you go on walking, fine. Next day you are passing and you see the same flower again. The light is there and dewdrops have fallen on it. You admire the beauty even more and you say, "Wow! What a beautiful flower." You are further impressed. The third day the light is falling on it and dewdrops are sparkling like diamonds on the petals. You are mesmerised by the beauty of the flower. The fourth day it becomes so irresistible that you want to touch it. A moment will come when you will want to pluck it and take it home. This is the impact of one impression leading to another, and you become attached to it. There is nothing wrong with it, but see how consciousness is affected by it.

Why do so many great religious scriptures say: enjoy, but don't be bogged down when you don't have it. Don't be depressed when you don't have that rose again. When can you say that you will not be worried about it? Enjoy when you can, thinking that God is in every atom.

When the attitude changes then our experience also changes to a great extent. It is the attitude that makes us register things, filter certain aspects of the object, or a person or a process, and affects our heart when we are so happy. Even when some unwanted thing may happen in the office we are able to forget it, because our happiness is now able to override the unpleasant episode. Per contra, when you are irritated and angry, the impression that causes consciousness to behave in a certain way will not allow even a happy episode to influence your irritation.

So these are complex phenomena we all go through, whether we want it or not. You know, when you walk on forty-second street in Manhattan, New York City, for example, whether you really want to enjoy the window shopping or not, merely passing through that zone has its effect. Or certain red light districts, for example – I am giving you the worst example possible – though you are not directly involved in any of these activities yet subconsciously you absorb something from the atmosphere.

How to get rid of the impact of the atmosphere, of which we had no inclination to be a part in the first place? Or you may have really wanted it, and you may have really participated in it, so imagine the amount of impressions that you may have collected

on your consciousness. How are you going to get rid of them? How to bring about such a situation, when we are helpless in this modern world? It is not possible to escape a situation without absorbing any form of impression that affects consciousness. It is impossible.

So this process of rejuvenation helps us to get rid of the impressions that we have formed. It is a very simple process, which I would like to break down into four or five steps. The removal of these impressions is vital to our peace and our spiritual destiny. As long as these impressions remain, they one day become *samskaras*, or the seeds for future manifestation. We need to get rid of them before they are embedded permanently in our consciousness.

So with this aim in mind I will walk you through this process. Today we will do this process only for ten minutes or so, but actually you will be doing this every evening if you like it for twenty or twenty-five minutes. That's all. Now today, after we do this ten minutes of cleaning the impressions or this rejuvenation process, I would like you to continue with meditation, as we did yesterday: think of the divine light or the presence of the source of light in your heart, and meditate for an additional fifteen to twenty minutes. So totally this practical aspect will last about twenty-five to thirty minutes.

So if you are all ready, let's resume our comfortable posture. You can sit on the floor in the lotus posture or you can sit on a chair. When we try to remove things, especially impressions, we must not think about what we are trying to clean or get rid of. It is like vacuuming. When we vacuum a room, we don't specifically say, "Oh! I am going to remove this and I am going to remove that, and I will remove this." No, in one go we remove whatever comes our way. Let's try to rejuvenate ourselves, freshen up, simplify ourselves and purify ourselves. Please sit comfortably and close your eyes.



We will make a subtle suggestion, a *sankalpa*, now that all complexities and impurities are going away.

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

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

So let's revise this process once again: think that all complexities and impurities are going away in the form of smoke from the back side, including from the top of the head to the tail bone.

Slowly accelerate this process of smoke going out from the back side. Be gentle. Slowly accelerate. Let us continue this process for ten minutes.

... [Rejuvenation in progress]

In the evening, when you will be doing this process, please do it for twenty minutes at least to start with. If you can sit for half-an-hour it will be better.

Towards the end of this process you will surely feel extremely light, and that is when you incorporate another element of this process of rejuvenation: 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.

At the end of it you make a final suggestion – *sankalpa* – that all the complexities and impurities are gone and now you feel simple and pure and sacred inside.

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.



Today after this particular rejuvenation, let us begin with the thought that “The divine light is already present in my heart and is pulling my attention inward.” Let’s meditate. We will be meditating for ten to fifteen minutes.

... [Meditation in progress]

That’s all.

Please make a note of these two specific experiences, after rejuvenation and after the meditation that you underwent. Thank you.

## Conclusion: Emma Ivaturi

We trust that you found today's experience rejuvenating and helping you support your Heartfulness meditation. We are looking forward to sharing our last class with you tomorrow. And we will continue with our practice by connecting to our Source within; that still voice within that we can all access, and with which we can incorporate an even deeper relationship. We will also continue our meditation practice with Daaji.

Now, to continue your Heartfulness meditation practice, there are ongoing support and resources across the globe. There are over 7,000 trainers worldwide who are happy to connect with you in person, one-on-one, in small groups, or at your organization. And you can find these trainers and Heartfulness meditation centers by going to our website at [www.heartspots.heartfulness.org](http://www.heartspots.heartfulness.org).

Type in your location information, find the trainer closest to you, and begin a personal connection with a trainer free of cost. If there is not a trainer in close enough proximity to you physically, you can also download the Let's Meditate App on your phone with [Android](#) or [IOS](#) systems. It is a very simple registration and you can meditate real time anywhere worldwide. We also invite you to check out our Heartfulness magazine at [www.heartfulnessmagazine.com](http://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 simple health, wellness and well-being articles as well.

And we look forward to seeing you again tomorrow to continue to deepen our Heartfulness practice for our last session of this masterclass.

See you soon.