



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

**Masterclasses with Daaji**

**2, 3, 4 January 2017**

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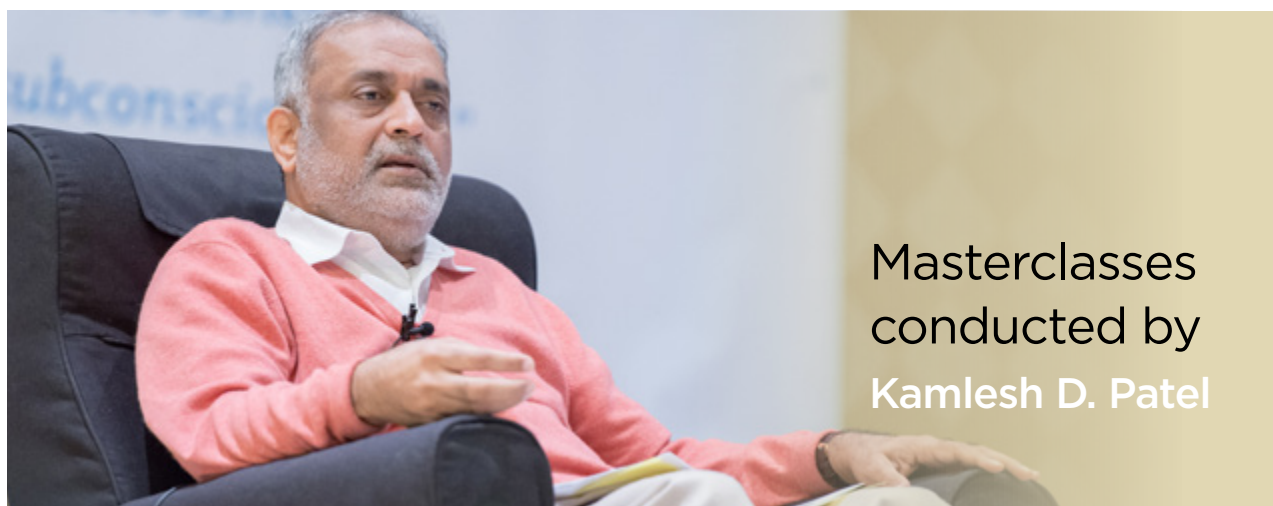
## **Transcript of 4 January 2017 Masterclass**

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

### **Introduction: Emma Ivaturi**

We are so happy to have you back for the third and final session of our masterclass with our Heartfulness practice. Today we are going to go into a deeper practice where we connect to the Source within. And for the New Year, although we make a lot of resolutions, now we have a tool to effectively go into those steps, to continue to transform throughout our lifetime. And we trust that you have found and will continue to explore this deepening practice.

So without further ado, let's go back to Kamlesh Patel to deepen our meditation experience.



Dear friends,

Welcome back. We are on the third session of masterclasses on Heartfulness. I would like to share a personal experience with you. I would like to share a personal experience with you from my earlier days, of beginning this Heartfulness way of meditation. I was taken to a Heartfulness trainer, called a preceptor, she was a very humble lady, a housewife, and the first question she asked me was, “Why would you want to meditate?”

So I gave my cherished ideas and thoughts from those days – that I would like to realise God and I would like to move on in life like a *sannyasi*, following in the footsteps of the great saint Swami Vivekananda.

She said, “According to the Heartfulness practice, we advocate to pursue God in the very core of your heart. This Realisation of the Ultimate is possible only through the heart. Now, it doesn’t matter where you go, the heart will be there with you; whether you go to the jungle or to the top of the Himalayas. So this Heartfulness trainer told me very nicely, so convincingly, that if God is everywhere, He is in your heart too. So where can you run to from the heart? How can you run away from the heart? All the attachments or detachments or so-called states of non-attachment, all have their roots within the heart.

So it is the training of the heart that is a must. Isn’t it said that through the heart we offer our prayer? It is through the heart we feel things. It is through the heart we make the rightful decisions. It is through the heart we are inspired to do things or to reject things. It is through the heart we remain creative with our ideas. So it will be nice to train our heart first. I was very convinced when she gave me a beautiful meditation session then – it was one-to-one.

You can also take advantage of such one-to-one sessions with the Heartfulness trainers wherever you are. There are so many HeartSpots as we call them – places of meditation. You can connect with them, and with all these Heartfulness trainers throughout the world I have never seen anyone charging any money, because the philosophy behind this is to distribute and share this knowledge to one and all freely. The great Master under whom I was trained used to say: “God is not for sale, and even if He was for sale, how much would you pay? And if you could pay for God, why would you need God?” It is something to think about!

When we ponder over this idea of the heart and our search to fulfil our inner thirst by the Realization of god, a pre-requisite is to connect our heart with the source – the Ultimate Source. This connection is easily made possible when there is a vacuum created in our heart. Just think of a spiritual vacuum or of an emotional vacuum. This can be triggered very easily by offering some sort of a prayer. Prayer should be of a very high order. It is one thing to ask for mundane things in life: “Oh, I need this stuff,” “I need that stuff,” “I need to be in the company of so-and-so,” “I want to get rid of such-and-such a company” – all kinds of positive and negative things that we miss out in this material world. We are all used to it, and often we end up praying to God for mundane things. But when you have already made up your mind that “I would like to realize the final Truth, the ultimate Truth,” then should we be begging for mundane things? We have to ask ourselves this fundamental question.

How to connect through a prayer and without asking? And when our goal is so sublime and so high – ultimate Realization – then this connection, which is made selflessly, has to realize one thing all the time, that “Yes, my Lord, thou art the real goal of my life.” The Lord is He and He alone.

Then if such is the case, what is it that is preventing me from achieving the highest? One has to think over it, introspect and analyse, “What is it that is preventing me when I am aspiring to achieve the highest? Why? What is it that is stopping me?” Identify those things. Then we realize that “These are my desires, my wishes, that are pulling me back actually from achieving the highest,” the greed.

When we realize our lowliness, our weakness in achieving the highest, and we feel: “My Lord, look, I have these desires. It is not that I want to trouble you, but please help me. Either keep the desire floating until it is fulfilled or please have it removed, if you so desire. If it is not in the interest of my evolution then please, my Lord, help me address this issue, whether to keep this or not to keep this.”

So somehow, through this invocation, through this inner dialogue with our God within,

we are able to invoke the higher essence and connect with that. With this prayer, we need not use so many words, because after all whoever may have received this prayer from above or may have mentally fabricated it and created it, that does not matter. Does it touch your heart? Does it apply to your heart? Does it appeal to your heart? When great beings are inspired with wonderful words, how do words come to them? It is the heart that perceives the feelings first. The feeling of the greatness of the other, the feeling of lowliness from my side and the knowledge that He is the one who is going to take me up and make me realize the final truth – that is the essence of prayer.

When it descended in the form of feelings, then the great beings translated such feelings in the form of words. When we use these words that say, “My Lord, thou art the real goal of human life,” it should be able to create a feeling inside. “We are yet but slaves of wishes” expresses the idea that “Yes, I am enslaved by my own wishes and they become bars to my advancement.” And we are invoking the higher power and say, “Thou are the only God and power to bring us up to that stage.”

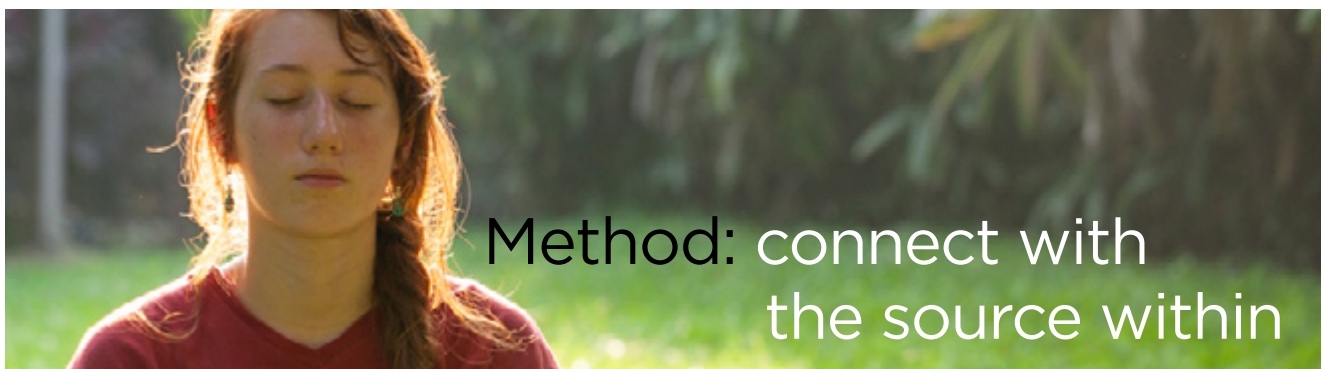
In this prayer, we are recognizing this fact – that we are yet but slaves of wishes putting bar to *our* advancement. And in the end we say, “Thou art the only God and Power to bring *us* up to that stage.” So it is all about ‘we’ ‘our’ and ‘us.’ We have to highlight that in our heart. It is not about me specifically. I am included in this ‘we’. But I choose to be last in the whole line. So when we offer prayer, it is to be included – the idea of plurality should be there, the idea of mineness should not be there. Of course, when we offer prayer, I am automatically included in it recognizing that it is my desire that is preventing. And even when one reaches the highest and yet offers the prayer, it is not an individual prayer any more, it is for one and all.

We tend to offer prayers to some outside agency, outside ourselves. We have all seen and witnessed, in our lifetime, life being born and life being snatched away. The moment a person is born – a baby is out of mother’s womb – from that moment onwards, the life force in that baby is continuing to drive the life until the moment we call death. Whether you call that agency that gives us life the life force or the *atman* or God hardly matters, as long as we realize this truth that there is some supernatural force, a super power that is giving me life and it is inside me. The soul or the life force that gives me life is not outside myself. If I thank someone outside myself for this life, how will this entity residing within me feel? It is like you feel grateful towards someone who has not even cooked your meals, you forget your mother in the process and say, “Oh, so and so cooked the meal,” and your mother keeps laughing, “This stupid fellow does not realise that I cooked the meals.”

If mundane things are so impressive, then let’s pay a little bit more attention to this fact of life that, without this life force, I could not even be speaking, I could not even be

listening, I could not even be interacting, I could not even be sleeping or waking up. All these things are futile, become redundant without this life force. And we know it is in us. The very life that I have, the palpitating life is the proof. I am the expression of that life. Should I be looking for it outside? Think about it, please.

And when we address and invoke the powers from within, when we are inspired from within, it is from that very source; from that Master within who guides us all the time. Invoking that power, invoking that grace, invoking that love that comes out from within, it has to be realized that nothing comes from outside. Even the great transmission that we talked about earlier in our first session – *pranahuti* – that too is emitting from within, from the Source itself. The Source is within – the heart.



So dear friends, simply close your eyes now again. We will be meditating for a few minutes. Have this idea that,

My Lord, thou art the real goal of human life.

We are yet but slaves of wishes putting bar to our advancement.

Thou art the only God and Power to bring us up to that stage.

... [prayer in progress]



## Method: meditation

Have the idea that the source of divine light is already present in my heart.

Let's meditate.

... [Meditation in progress]

That's all.

So now you have been properly introduced – as we call it in yogic philosophy – to the system of Heartfulness practice. You may like to call it initiation into the practice. Like any other discipline, even going to gym to build a six pack and biceps and gaining strength, you need some sort of regularity. Spiritual practices also demand no less a discipline. In the morning, try to meditate for a few minutes, which we went through on the first day, and after the meditation is over let's not just jump out of that meditation session. Keep your eyes gently lowered, downcast, and try to understand and feel the inner state, make a note of it if you have time, and then try to hold on to it as much as possible during the day time. And if you can manage to refine it further, this inner state, it will be better.

In the evening, as soon as you come home, refresh yourself and do what is important, and then immediately do this process of rejuvenation we discussed yesterday in the second session. And this third aspect, which we just now talked about, is all about prayer. It is all about connecting within. It is to be offered at bedtime. We are used to prayer whenever we are happy, when we are sad, when we wake up. The best time to offer prayer is as soon as we wake up and when we are ready to go to bed.

This prayer need not be repeated like a *mantra*, but as we proceed from word to word, it is about understanding the meaning of each word. See the impact it is creating on the heart, and how it is invoking the higher presence or the transmission. It is a matter of experience. You will all feel it.



Now you can also experiment with: “Look, Daaji told us about transmission. Can I feel transmission in my office?” You need not write to me. You will feel it. Just use this prayer, connect yourself with your heart, and transmission will flow wherever you are. Whenever you want, it will be available.

We have many locations where we meditate together. They are called [HeartSpots](#). You can log on to [www.heartfulness.org](http://www.heartfulness.org) and avail of this opportunity of a personal Heartfulness trainer so that you can be guided in this meditation. It is an exhilarating and a very adventurous journey. I find this inner journey to be more exciting than anything else I have found so far. I have been a businessman for almost thirty to thirty-five years. I had a college life, school life, a childhood, and I have a family. Nothing is to be abolished, and it is not necessary to say, “I will do without this, I will do without that.” Here we find perfect balance between *grihastha* [family] life and spiritual life.

It is a wonderful thing to integrate and make a fine amalgamation of material life fully integrated with spiritual life, as then there is fun. If one is more than the other, then there is imbalance and life suffers because of that. There will be stress because of that. A successful materialistic life shows again and again that it does not matter how successful we are in this world; without spiritual fulfilment it is useless. And a spiritually fulfilled person also might get liberation, but what if your wife, your family members, or your parents are suffering and they do not have their material needs fulfilled? Then there too we are a failure. So we should not jump into this spiritual life so much that our material life suffers, and we should also not jeopardise our spiritual life at the cost of material life. And the most important thing is to enjoy this meditation. If you cannot enjoy it, I don't know how else life would be without it.

Life becomes more enjoyable with meditation – super enjoyable actually! Everything becomes super-sensitive. If you had listened to a song by someone and enjoyed it, listen to that song after meditation and see how well you enjoy it. The same thing happens in the company of friends: you will see that the association with your friend, partying with your friend, takes on a different meaning when we meditate. When we do business, meditation helps us in a different way. It guides us what to do and what not to do. As a student, there too, when we meditate regularly, it helps us to understand various scenarios.

Well, dear friends, you won't regret it. Please try this seriously and thank you for being with us.

## Conclusion: Emma Ivaturi

We are so glad that you joined us over the past few days, and we trust that you have found a practice that you can incorporate into your daily life, and that you can continue to deepen with meditation for the rest of your life.

We have many resources to continue this practice, including trainers who you can meet one-on-one in person. The easiest way to find these trainers, who volunteer their time and meditate with you free of cost, is by going to our website at [www.heartspots.heartfulness.org](http://www.heartspots.heartfulness.org).

When you enter your location information, you can find a trainer close to you, who can pair with you personally, or in small groups, or who can come to your organization, to continue with sessions similar to what you experienced over the past three days. Now, if there is not a trainer very close to where you are located, you can connect to trainers through our 'Let's meditate' App. Just go to the [Apple Store](#) or the [Google Store](#) on your phone, type in 'Let's Meditate', and download the App. There is a simple registration process that allows you to connect to a trainer real time to experience yogic transmission, to go deeper into your Heartfulness meditation.

We also have the Heartfulness magazine at [www.heartfulnessmagazine.com](http://www.heartfulnessmagazine.com), where you can find many articles on health and wellness and meditation, to continue learning about and exploring these inner resources.

We are so glad you decided to join us over these three days of masterclasses and we look forward to continuing to cultivate a relationship with the heart with you.

All the best.