



Free online  
meditation masterclasses

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# Mastering Being

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## 2018 meditation masterclasses by Daaji

In the New Year,  
Learn to Manage Your Life and Your Emotions  
the Heartfulness Way

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**Mastering Being will be available starting early in the day  
on 1, 2 & 3 January 2018**

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

## Global Press Release

18 DECEMBER 2017

On 1, 2 and 3 January 2018, the global guide of Heartfulness meditation, Kamlesh D. Patel, known as Daaji, will offer free online meditation masterclasses, *Mastering Being*, which can be accessed globally.

The *Mastering Being* series is an invitation to begin our first day of the New Year with oneness through meditation. "The series of three classes encompasses effective relaxation and meditation techniques that anyone over the age of fifteen can practice," announced the Heartfulness Institute, a non-profit organization and the masterclasses organizer. No prior experience in meditation is needed to join in and feel the benefits.

In the past year alone, more than 1.2 million people in around 160 countries have accessed Daaji's online meditation masterclasses, during which he guides listeners through a set of simple practices for inner calm and balance.

*“A teaching may be true. But it matters little unless you  
have realized that truth for yourself.  
It is not enough for a teaching to be true.  
It must be true for you.”*

– Daaji

These are just some of the natural outcomes of the silent heart-based Heartfulness meditation.

Daaji also addresses how to overcome stress, how to let go of negative habits, and how to feel refreshed with the Heartfulness technique of cleaning amidst life's competing demands.

The online masterclasses bring immediate, practical and effective guidance from the century-old lineage of Heartfulness right into your home and boardrooms. Each class runs between 35 and 45 minutes. Registration is required and free of charge.

Victor Kannan, Director of Heartfulness Institute in North America, said, “Daaji's masterclasses are so vital to anyone who

resolves to achieve a calmer, focused and peaceful life. This is achieved by practicing the Heartfulness way. The heart is now understood to have its own intelligence, magnetic field and energy flow, so learning to meditate on the heart and keeping the heart simple and pure are important gifts we can give ourselves, our families and friends.”

Hundreds of corporate, civil society and academic institutions across the world have accessed Daaji's online classes. As with previous masterclasses, there is no cost to access the *Mastering Being* series. And for those who want to continue with Heartfulness meditation after the masterclasses, HeartSpots in 130 countries are available with thousands of certified volunteer trainers.



### **Monday, 1 January: Relax and Meditate**

In this first masterclass, learn Heartfulness Relaxation for physical-mental coherence and calm, followed by Heartfulness Meditation on the source of light in your heart to take you deeper within.



### **Tuesday, 2 January: Clean and Simplify**

In this second masterclass, be guided through a simple rejuvenative cleaning method to detox your mind. It is useful at the end of the day to let go of stress and complex emotions, and will leave you feeling light and refreshed.



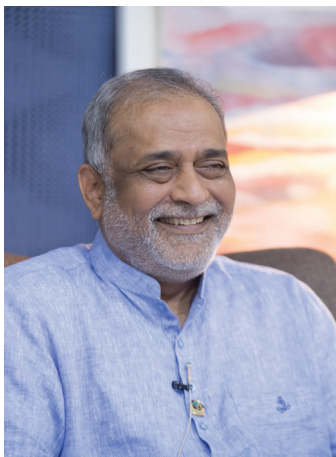
### **Wednesday, 3 January: Connect. With Your Inner Self**

In the third class, learn to connect with your inner self by listening to the heart's voice. Observe your deepest feelings, make wise choices, and weave your destiny.

## Origins and global presence

Heartfulness is an approach to the Raja Yoga system of meditation called Sahaj Marg, founded at the turn of the 20th century and formalized into an organization in 1945. More than seventy years later, Heartfulness has been adopted globally by groups across civil society, government departments, schools and colleges and the corporate world. In 130 countries, supported by thousands of certified volunteer trainers, over a million people are practicing Heartfulness. This number continues to grow globally through hundreds of Heartfulness Centres or HeartSpots worldwide ([www.heartfulness.org](http://www.heartfulness.org)).

## About Kamlesh D. Patel



The teachings of Kamlesh D. Patel, known as Daaji, arise from his personal experience on the path of Heartfulness, while reflecting his deep spirit of inquiry and respect for the world's great spiritual traditions and scientific advancements. While deeply immersed in his own meditation practice for more than three decades, Daaji also worked as a successful pharmacist and entrepreneur in New York City. In 2015, he became the fourth guide in the century-old lineage of Heartfulness spiritual guides. He is the co-author, most recently, of *The Heartfulness Way: Heart-Based Meditations for Spiritual Transformation*. To learn more about Daaji, go to <http://daaji.org/>.

## About Heartfulness Institute

Heartfulness Institute is a 501c3 non-profit organization that promotes well-being and self-development through meditation, research and training. The Institute offers programs for individuals, corporates, government departments and the armed services, schools and colleges, rural communities and civil society groups worldwide, supported by certified volunteer trainers who offer their time and expertise in this social cause.

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**Heartfulness**  
Through meditation, motivation