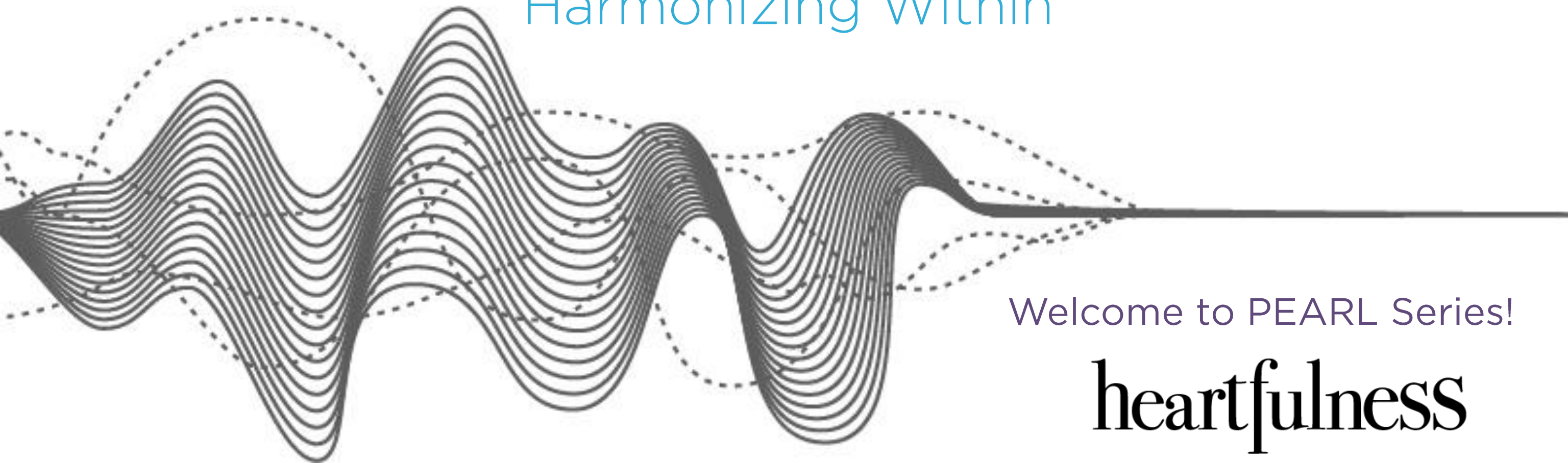


# The Power of POSITIVE SPEECH

Harmonizing Within



Welcome to PEARL Series!

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Heartfulness Institute –  
a non-profit organization registered in USA  
It offers simple practices of Relaxation, Meditation,  
regulating the mind, and building inner strength and  
attitudes for overall well-being.

[heartfulness.org](https://heartfulness.org)

<https://heartfulness.org/webinar/>

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# Overview

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- The Power of Vibration  
*Harmonizing with intention*
- The Garden of Consciousness  
*Sewing thoughts consciously*
- The Story I Tell Myself  
*Distilling Truth – practical examples*
- Rewriting the Story  
*Alternatives to common patterns*



A close-up, profile view of a young woman with long brown hair and bangs, blowing on a dandelion seed head. The background is dark and out of focus, with several dandelion seeds floating in the air. The overall mood is contemplative and serene.

# Speech is *Kinetic*

- Bodily vibration
- Receiving – ear mechanics
- Emotional response – sympathetic resonance
- Feeling “moved”

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# Speech is *Creative*

- Abracadabra – word spells
- “I create as I speak”
- Sanskrit, Aramaic and vibrational languages
- “Sound is the manifestation of consciousness.” -Lalaji

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# Garden of Consciousness

- Seeds
- Flowers
- Stems/Leaves
- Roots
- New Impressions
- Words
- Thought patterns
- Deep Impressions (*samskaras*)

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# Garden of Consciousness

- New Impressions
- Words
- Thought patterns
- Deep Impressions (*samskaras*)
- Consumption/Exposure
- Positive Speech
- Cleaning
- Heartfulness meditation/sittings

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# Three Gates of Speech

- Is it TRUE?
- Is it NECESSARY?
- Is it KIND?

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## The Story I Tell Myself

- Thoughts in my mind
- Words in conversation
- Assumptions about how things are
- Judgments I have of myself and others
- Etc.

## The Facts

- Literal details of events/  
"Sportscasting"
- Remove value judgements
- "What I heard you say was..."
- A positive/  
empowering  
rewording

## How I Feel

- 5 emotions:
  - Happy
  - Mad
  - Sad
  - **Afraid**
  - **Ashamed**
- Other emotions are derivative/nuances
- >>Validation<



## The Story I Tell Myself

- I'm having the worst day.
- The weather is awful.
- I can't do anything right.
- I don't have enough time to get everything done.
- I'm not experienced enough for this.
- They think I'm ridiculous.

## The Facts

- Some events happened unexpectedly.
- It's raining and cool.
- I made a mistake.
- I am learning to manage my time more effectively.
- I have an opportunity to learn and expand.
- I saw them talking and assumed it was about me.

## How I Feel

- Sad
- Mad
- Ashamed
- Afraid
- Afraid
- Ashamed



## The Story I Tell Myself

- My husband never helps around the house.
- He totally ignores whatever I ask.
- He doesn't care about me.
- He told me he doesn't care about helping.

## The Facts

- My husband works long hours. He has done household chores (...)
- He sometimes chooses to not to do what I ask.
- He cares about me deeply. He expresses it by doing (...)
- What I heard him say was, "I can't do that right now."

## How I Feel

- Mad
- Sad
- Afraid
- Mad





# Distill the absolutes

- Never
- Always
- Can't
- Won't
- Etc.
- Assumptions and Judgments create perceptive patterns



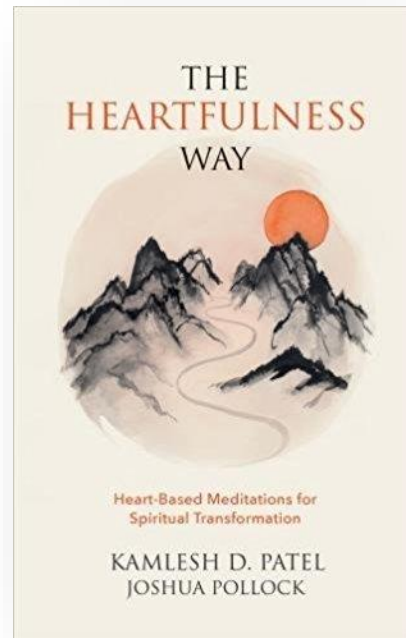
# Alternatives to Common Patterns

- Don't forget!
- You're okay.
- Don't cry.
- I'm not good enough.
- She's so much more (...) than I me.
- What's wrong with you?
- Remember.
- How do you feel?
- I'm here for you.
- I'm learning. I am loved.
- I embody (...) qualities, she embodies (...) qualities. We all contribute to the Whole.
- Can you share what's going on for you right now?

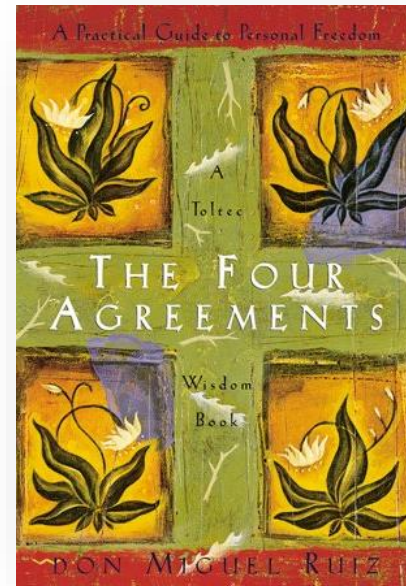
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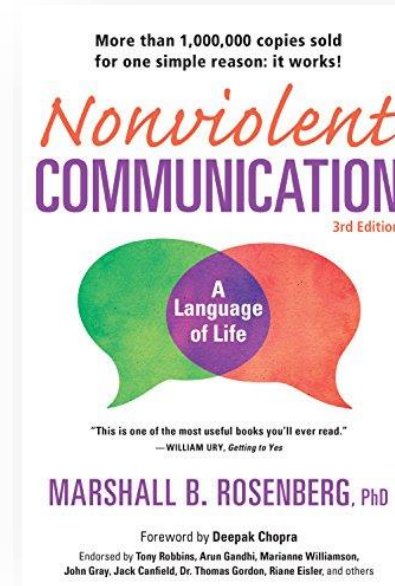
# Further Investigation



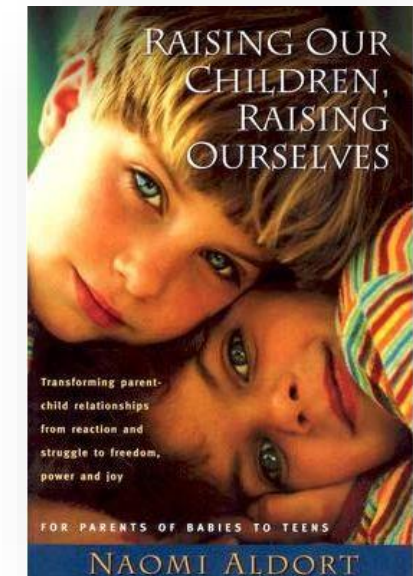
**The Heartfulness Way**  
Kamlesh D. Patel



**The Four Agreements**  
Don Miguel Ruiz



**Nonviolent Communication**  
Marshall B. Rosenberg, PHD



**Raising Our Children Raising Ourselves**  
Naomi Aldort



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## Heartfulness Relaxation & Meditation in Progress...

- Sit comfortably, close your eyes
- Relax your body and move your attention to your heart
- Gently have the idea that the **source of light** is illuminating your heart from within and pulling your attention inwards
- Feel immersed in the love and light in your heart



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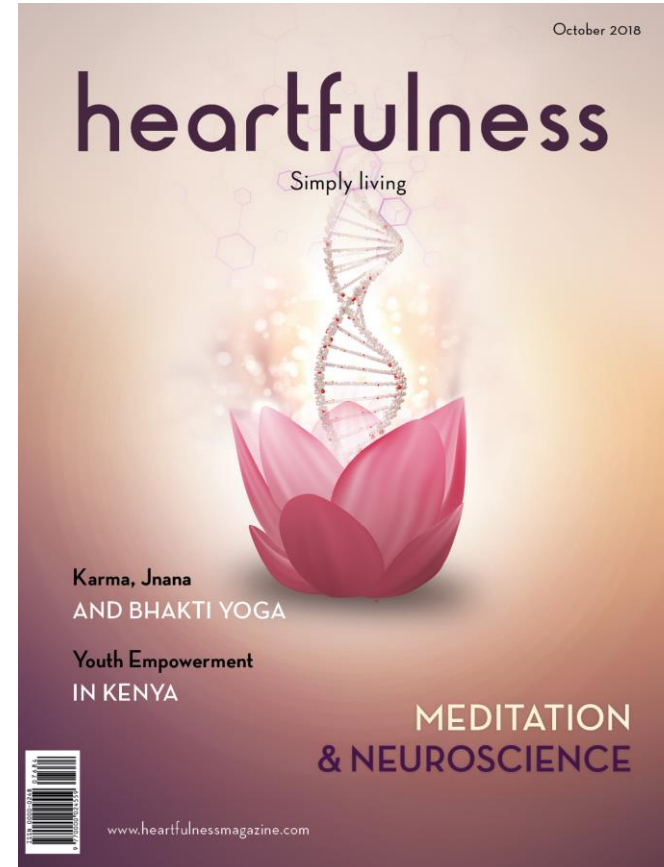
THANK YOU!



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INCREASES  
EMOTIONAL STABILITY  
and balance

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## THANK YOU!

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