

Balance is Better



Welcome to the  
PEARL Series



# heartfulness

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

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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.

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# the feminine principle prakriti

Daughters

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Helpers

*Mothers*

Colleagues

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Wives &  
Partners

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Sisters

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the masculine principle

Purusha

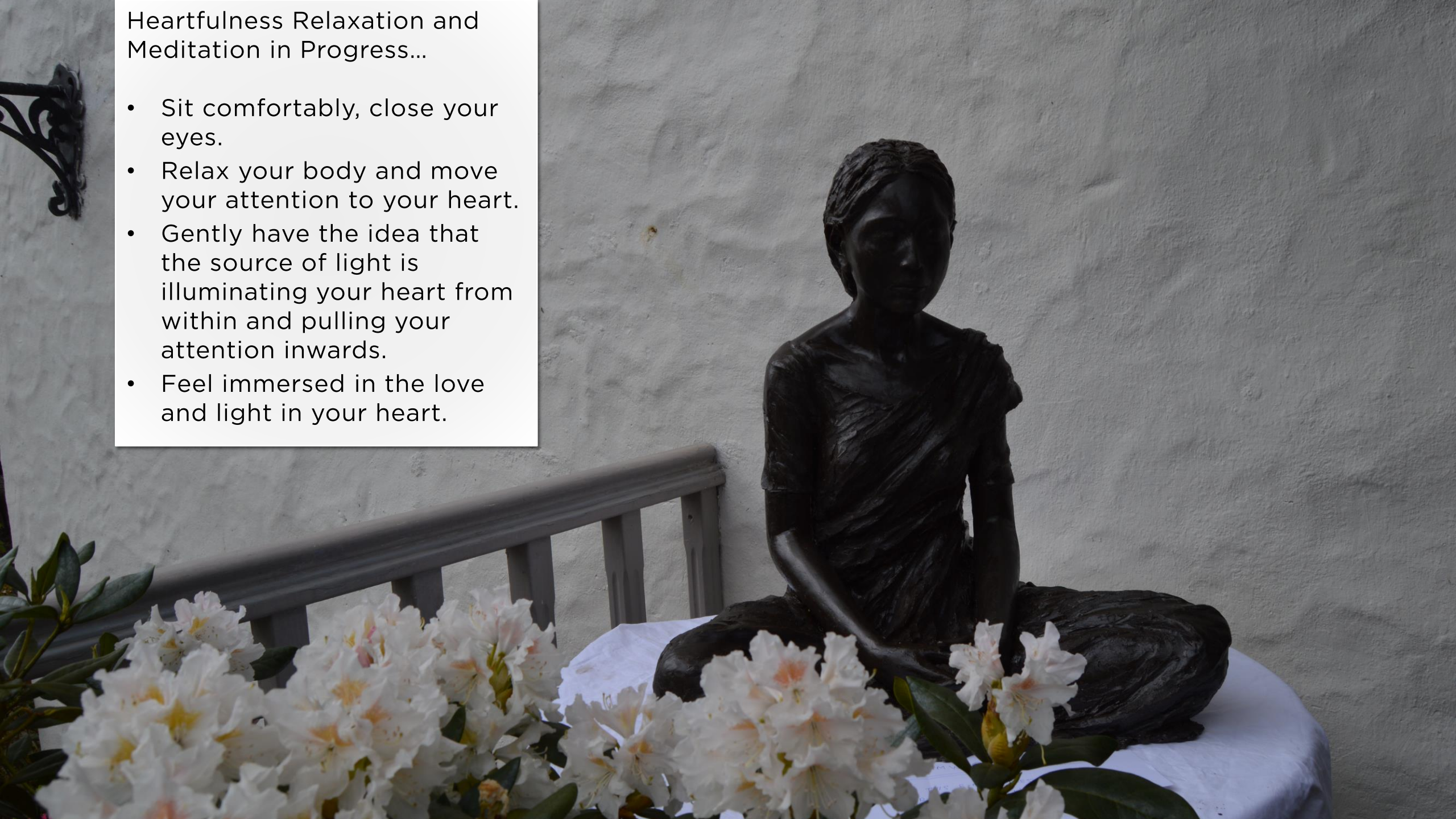
How do we integrate this principle?

How do we create balance?



## Heartfulness Relaxation and 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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Please send in  
your questions  
through FB  
comment box!



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THANK  
YOU!

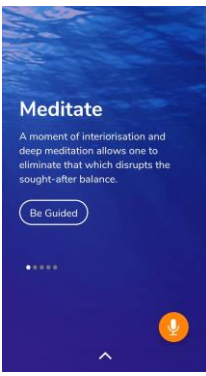


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Heartfulness meditation  
Through pranahuti, joy



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INCREASES  
EMOTIONAL STABILITY  
and balance



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