

ashtanga  
YOGA

**YAMA**  
Good Conduct

**NIYAMA**  
Regularity  
Observation

**ASANA**  
Posture

**PRANAYAMA**  
Breath  
Regulation

**PRATYAHARA**  
Inner Withdrawal

**DHARANA**  
Mental Focus

**DHYANA**  
Meditation

**SAMADHI**  
Original Condition  
(Balance)

Welcome to PEARL Series!



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# heartfulness

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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.

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

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@heartfulnesswebinars  
@practiceheartfulness



PEARL stands for **P**ractical **E**ducational **A**ctionable **R**ejuvenating **L**ifestyle Webinars.

In the PEARL Series, we are humbled to have speakers like Revered Chokyi Nyima Rinpoche, Padma Bhushan Award recipient, Dr. B M Hegde, Dr. Ichak Adizes recipient of 14 Honorary Doctorates, CEOs from international renowned organizations, entrepreneurs, yogini's, students and many more who have spoken on very hot and happening topics. All of these webinars are truly unique and offer helpful tips for relaxation and meditation/share meaningful wellness ideas/enhance the value of healthy living/offer creative solutions to problems in life, to our viewers.

Since its inception four years ago, we have reached a viewership of 60K. As a team we aspire to touch many hearts through this digital platform - Heartfulness PEARL Webinars!

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

## THE PEARL WEBINAR ARCHIVE

PEARL Webinar, 18 Apr 2020

### Pandemic Stress Management Through Chair Yoga



Yoga is about balance. All the systems of our body, sustaining life are exquisitely balanced without our awareness. However, in times of undue stress that unconscious process can be taxed and even derailed by our fearful thinking even without our conscious awareness. These two short practices that anyone can do from a chair will help...

[Details](#)

PEARL Webinar, 21 Mar 2020

### Nonviolence: our way to personal fulfillment and social change



Gandhi said, "Nonviolence is not the inanity it has been taken for down the ages." When we grasp the full depth of nonviolence we discover in it the path, embedded in human nature, to our personal growth and the rescue of our world from ecological and social degradation. We discover that it's no mere collection...

[Details](#)

PEARL Webinar, 29 Feb 2020

### Ikigai



Ikigai is a Japanese word which means "The reason to jump out of bed every morning". It is a holistic exercise of identifying and moving towards your passion in a structured approach. The session will be engaging with quadrant worksheets to ensure that the participant can begin his or her journey towards their personal...

[Details](#)

PEARL Webinar, 30 Nov 2019

### Meditation as a therapy for wellbeing



In this webinar, Rajakshmi will share various insights on the calming effect of meditation on the mind. She will share her experience working on projects with practitioners from Heartfulness Institute, tell us how experienced Heartfulness Meditation practitioners change a negative state of mind to a calmer state, positive state within seconds, and how meditation becomes...

[Details](#)

PEARL Webinar, 21 Dec 2019

### Heart Connect: Reconnecting with Self, Others and Nature



We live moments of crisis worldwide, where there's an old world that is dying and a new one that is being born. The world that is dying is the result of a mindset of separation that is leading to several divides- ecological, social and spiritual. The new world that is emerging is not clear yet...

[Details](#)

PEARL Webinar, 18 Jan 2020

### Motivating Ourselves With Self-Compassion



We often don't realize how our own inner dialogue makes it so difficult to change and grow as human beings. It is not our actual limitations, but what we tell ourselves or what we believe about ourselves that holds us back. This short talk will highlight how we might find ways of working compassionately with...

[Details](#)

PEARL Webinar, 31 Aug 2019

### The Marvels and Myths of Enlightenment and how to Attain It?



There are many interpretations about the words enlightenment or awakening. These words have taken on monumental meaning, they have become too big, too unreachable. What does enlightenment

PEARL Webinar, 21 Sep 2019

### Holding Hope in the Heart



Hope is a concept that we are all familiar with, but it may be more elusive to understand than we first assume. It has been studied considerably in North America but far less on other continents, we will discuss why this is important. Hope is experienced at the intersection of

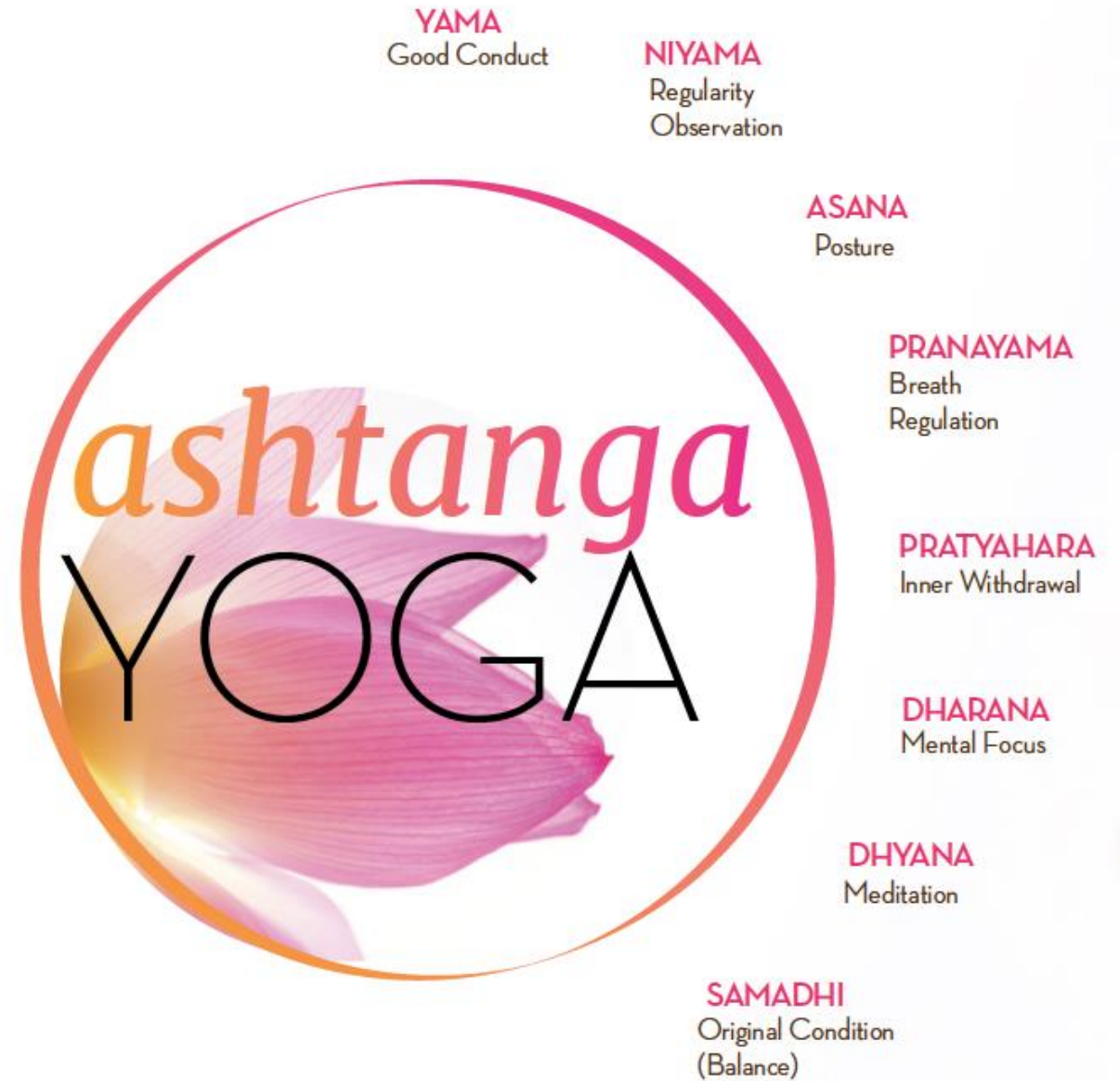
PEARL Webinar, 26 Oct 2019

### Peaceful Parenting

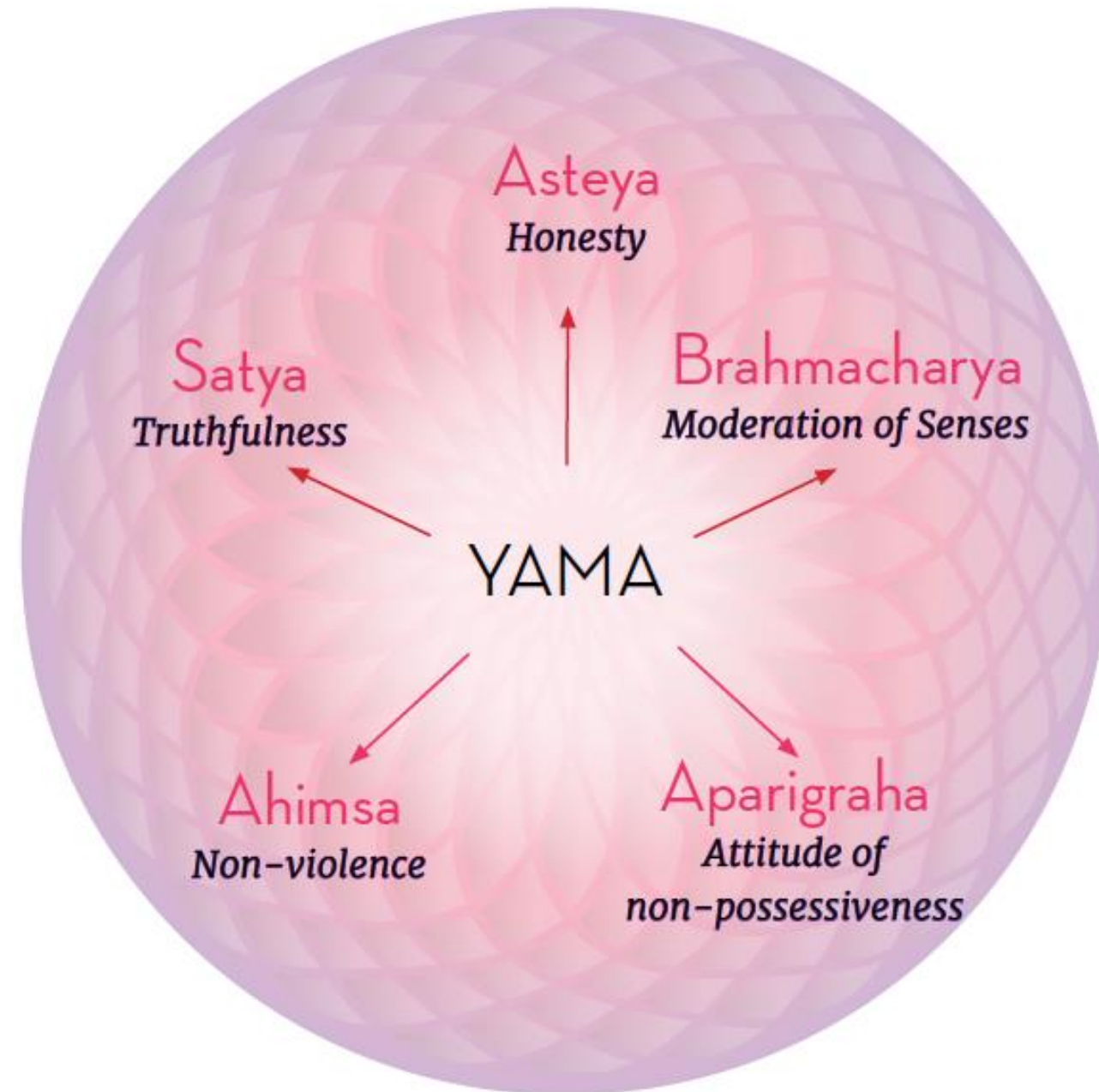


This webinar will be a treatise on talking a harmonious approach towards parenting in the modern era. The advent of technology, globalization and nuclear family structures has increased expectations and pressures on children, parents and educators alike. Children bear the brunt of it all and behave in unexpected ways that can upset parents and society...

[Details](#)



Principles to Reboot Your Life







## ASANA

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Siddhasana

*2.46: Sthira sukham āsanam.*

*Sthira* means steady, stable; *sukham* means comfortable, relaxed; *āsanam* means posture or sitting position. So that sitting position which is steady and comfortable is *Asana*.

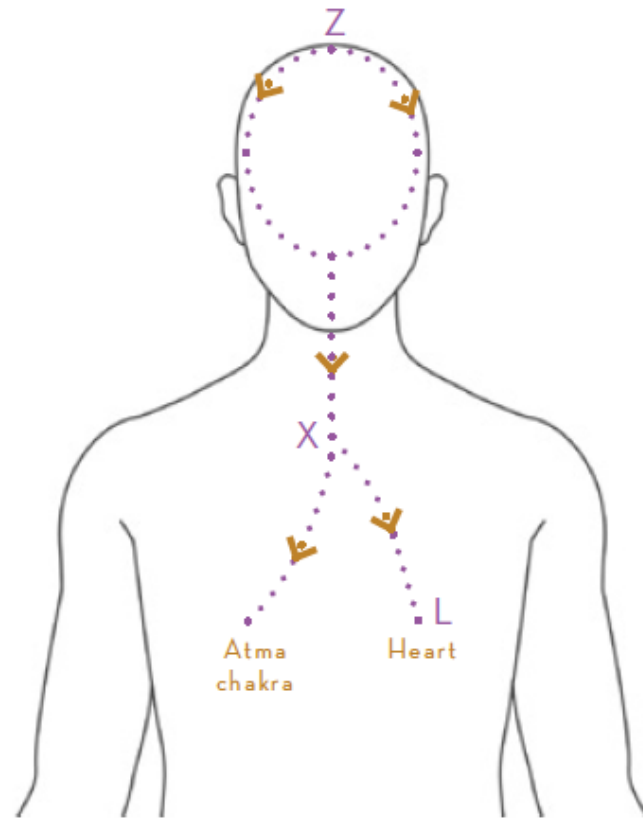


## PRANAYAMA

Swami Vivekananda once said that, “*Prana* stands in metaphysics for the sum total of the energy that is in the universe. This universe, according to the theory of the philosophers, proceeds in the form of waves; it rises, and again it subsides, melts away, as it were; then again it proceeds out in all this variety; then again it slowly returns. So it goes on like a pulsation. The whole of this universe is composed of matter and force; and according to Sanskrit philosophers, everything that we call matter, solid and liquid, is the outcome of one primal matter, which they call *Akasha* or ether; and the primordial force, of which all the forces that we see in nature are manifestations, they call *Prana*. It is this *Prana* acting upon *Akasha* which creates this universe, and after the end of a period, called a cycle, there is a period of rest. One period of activity is followed by a period of rest; this is the nature of everything.” This is also the nature of our breath.



## PRATYAHARA



*2.54: Sva vishaya asamprayoge chittasya svarupe anukarah iva indriyanam pratyaharah*

When the *indriyas*, the mental organs of the senses and actions, cease to be engaged with their corresponding external manifestations, and turn inwards to the field of consciousness from which they arose, this is the fifth step called *Pratyahara*.

*2.55: Tatah parama vashyata indriyanam*

Through that turning inward of the organs of the senses and actions also comes a supreme ability, controllability, and mastery over those senses that otherwise go outward towards their objects.

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SAMYAMA

DHARANA

DHYANA

SAMADHI



Q/A SESSION

Please type your  
question in the Fb Live  
comment box.

THANK YOU!



## Staying connected



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in a time of  
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**Pearl Webinars**

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**CRISIS FLIPPED THE TABLES ON YOUR  
PROFESSIONAL AND PERSONAL LIFE?**



**KAMLESH D. PATEL - DAAJI**  
Global Guide & President of  
the Heartfulness Institute



**DR. ICHAK ADIZES**  
Founder & President,  
Adizes Institute

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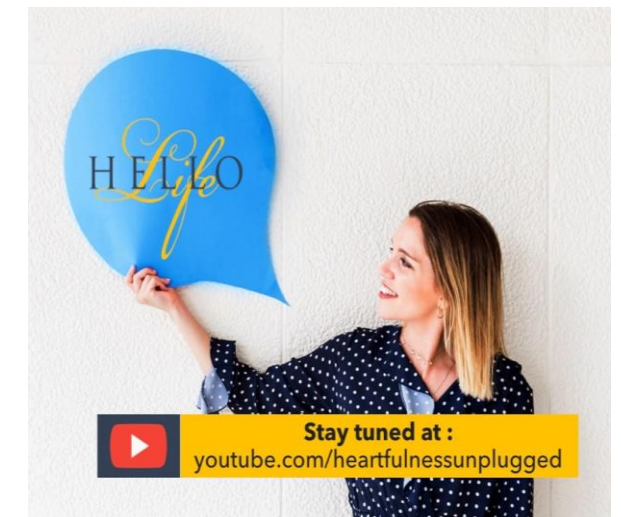
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# heartfulness wellness

**Wellness Webinars**

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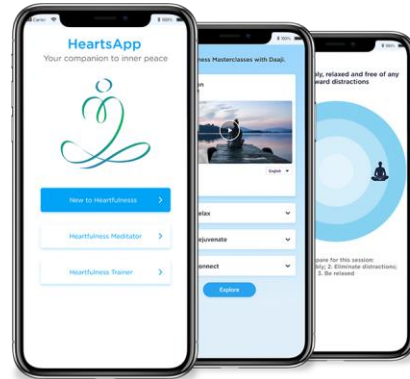


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**Hello Life!**

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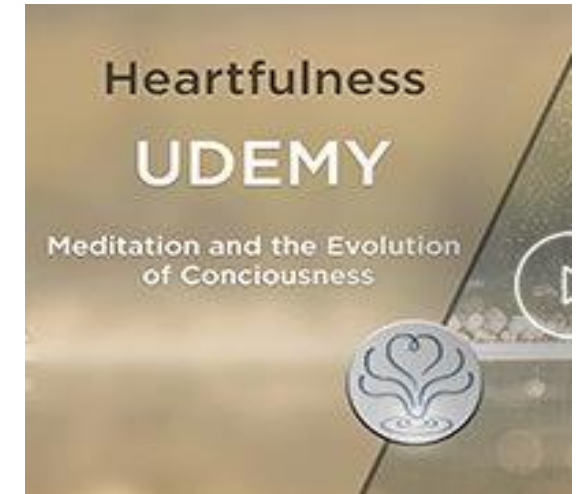
# Staying deeply connected



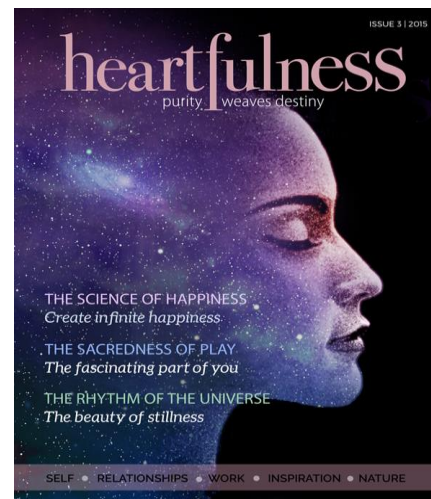
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*Meditate Anytime Anywhere*



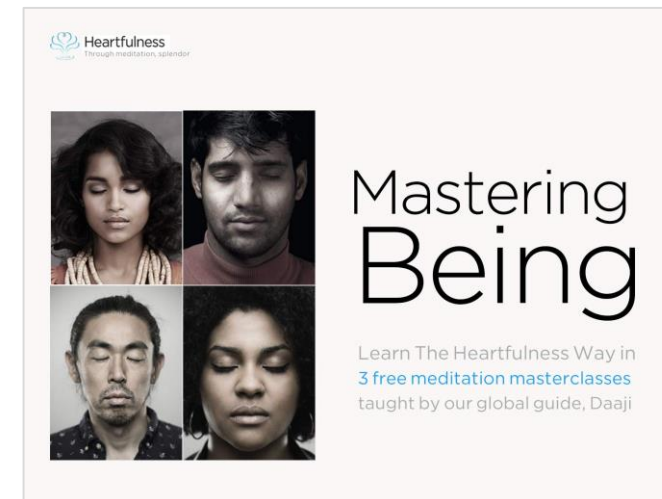
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**Udemy Course**  
<http://Daaji.org/udemy>



**Heartfulness Magazine**  
[Bit.ly/HFNmagz](http://Bit.ly/HFNmagz)



**Free Meditation Masterclasses**  
<https://heartfulness/masterclass>

## Helping the Community



### **COVID19 Relief Fund**

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



### **'Voice That Cares' Helpline**

1800-121-3492 (DHYANA)



### **Universal Prayer**

[heartfulness.org/universal-prayer/](https://heartfulness.org/universal-prayer/)



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