

# heartfulness



Non violence  
Our way to personal  
fulfillment and social  
change

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.

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

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

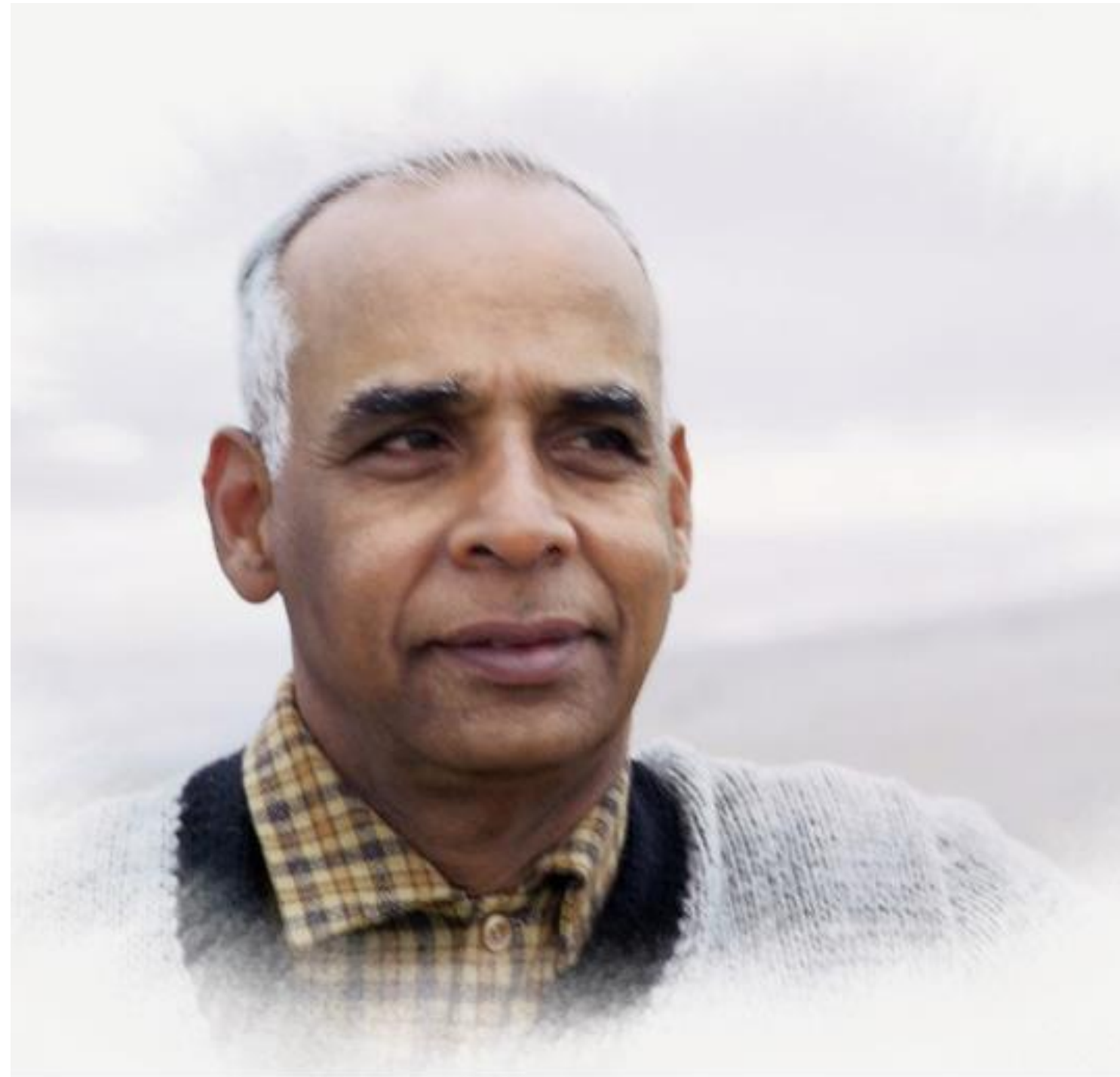
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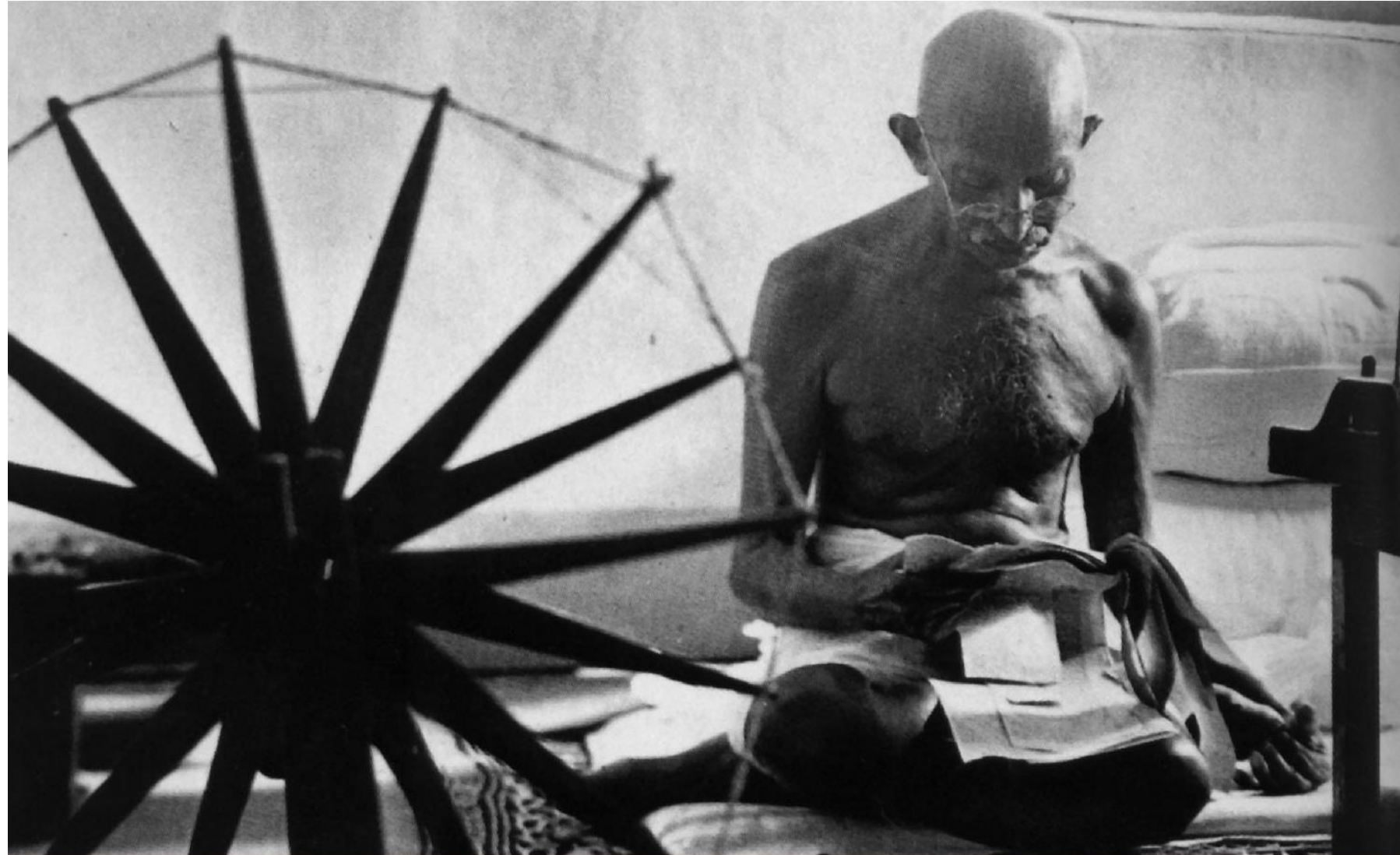
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@practiceheartfulness



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We've been helping people practice nonviolence  
more safely and more effectively since 1982.



METTA CENTER  
for NONVIOLENCE

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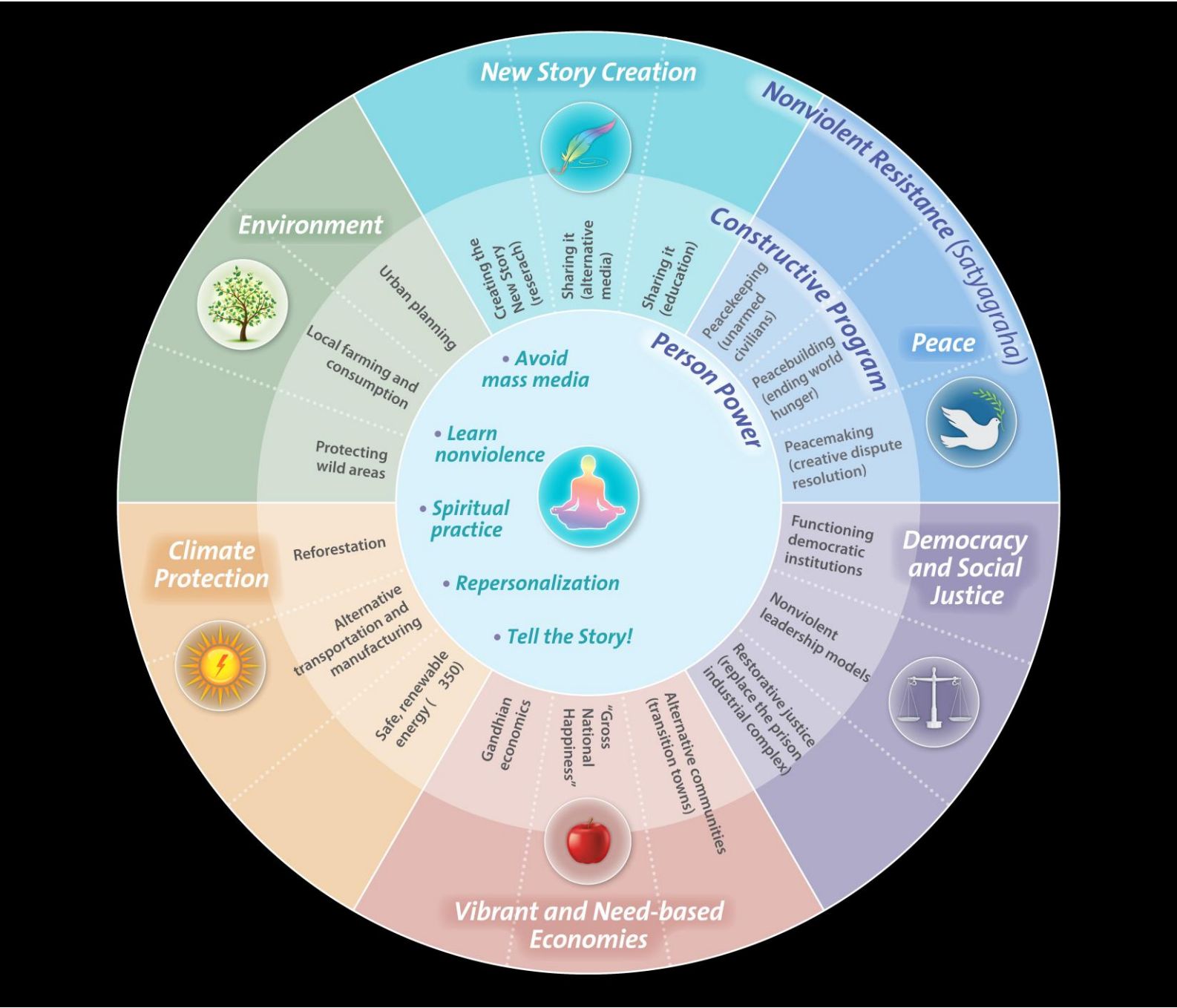
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## The Three Harmonies

- 1) Harmony with the Earth

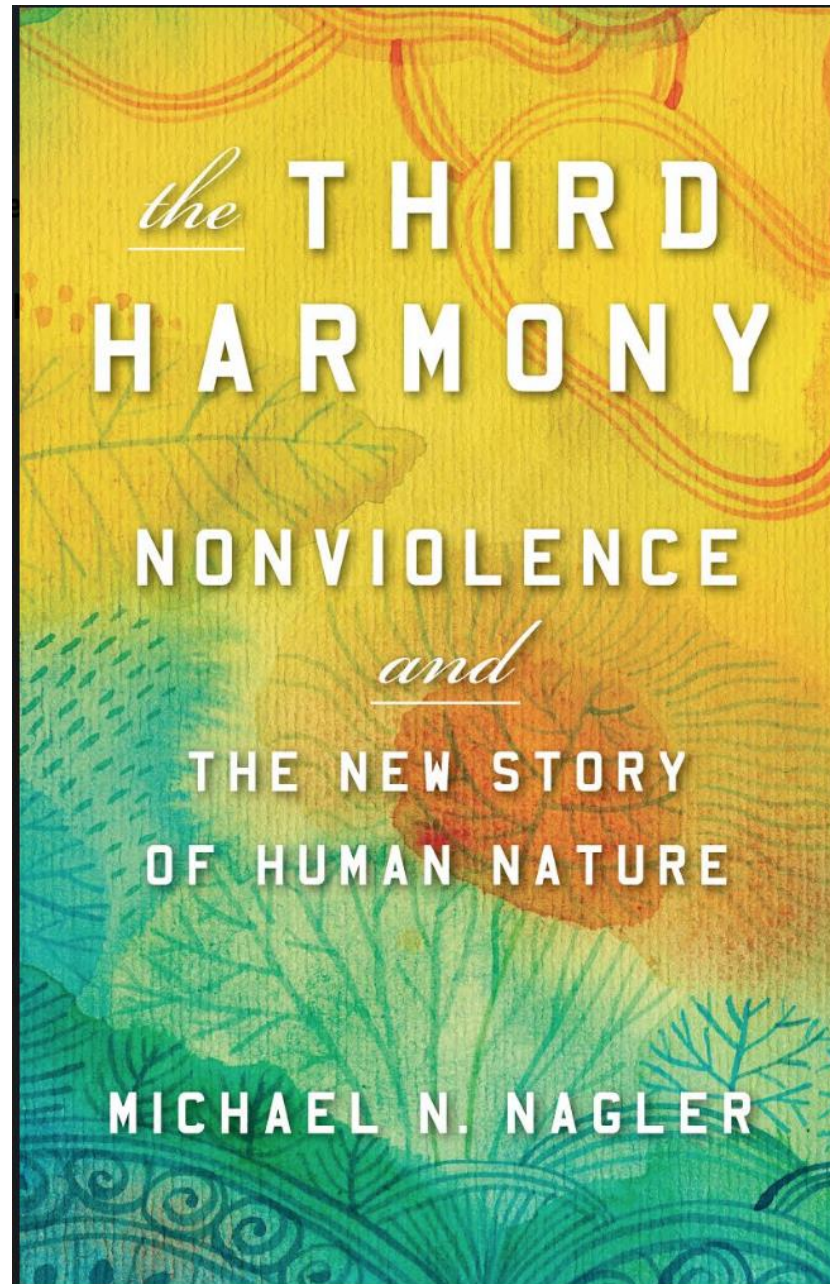
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- 1) Harmony with the Earth
- 2) Harmony with living beings

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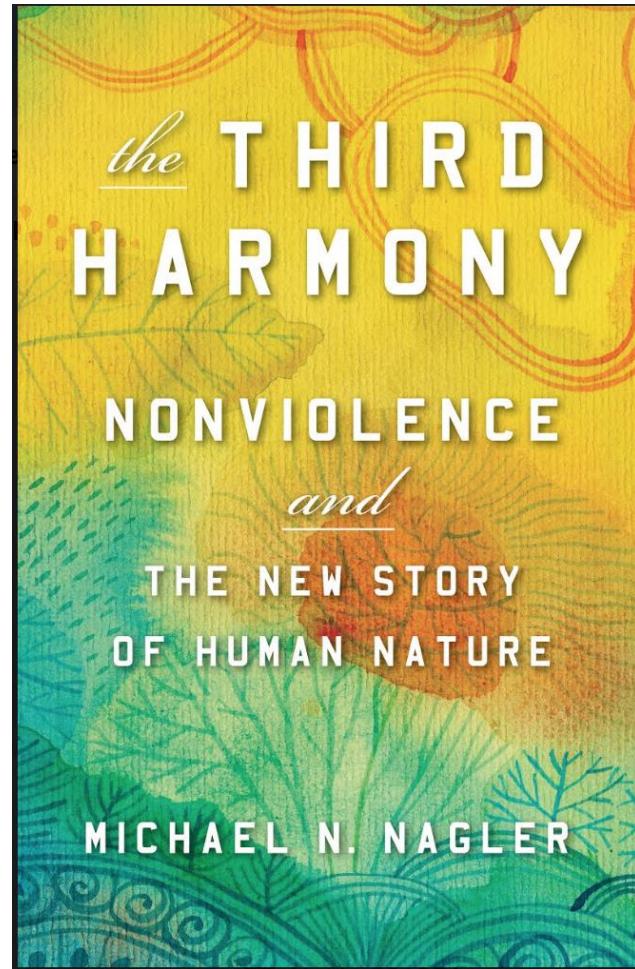
- 1) Harmony with the Earth
- 2) Harmony with living beings
- 3) Harmony within.

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## 1: A book



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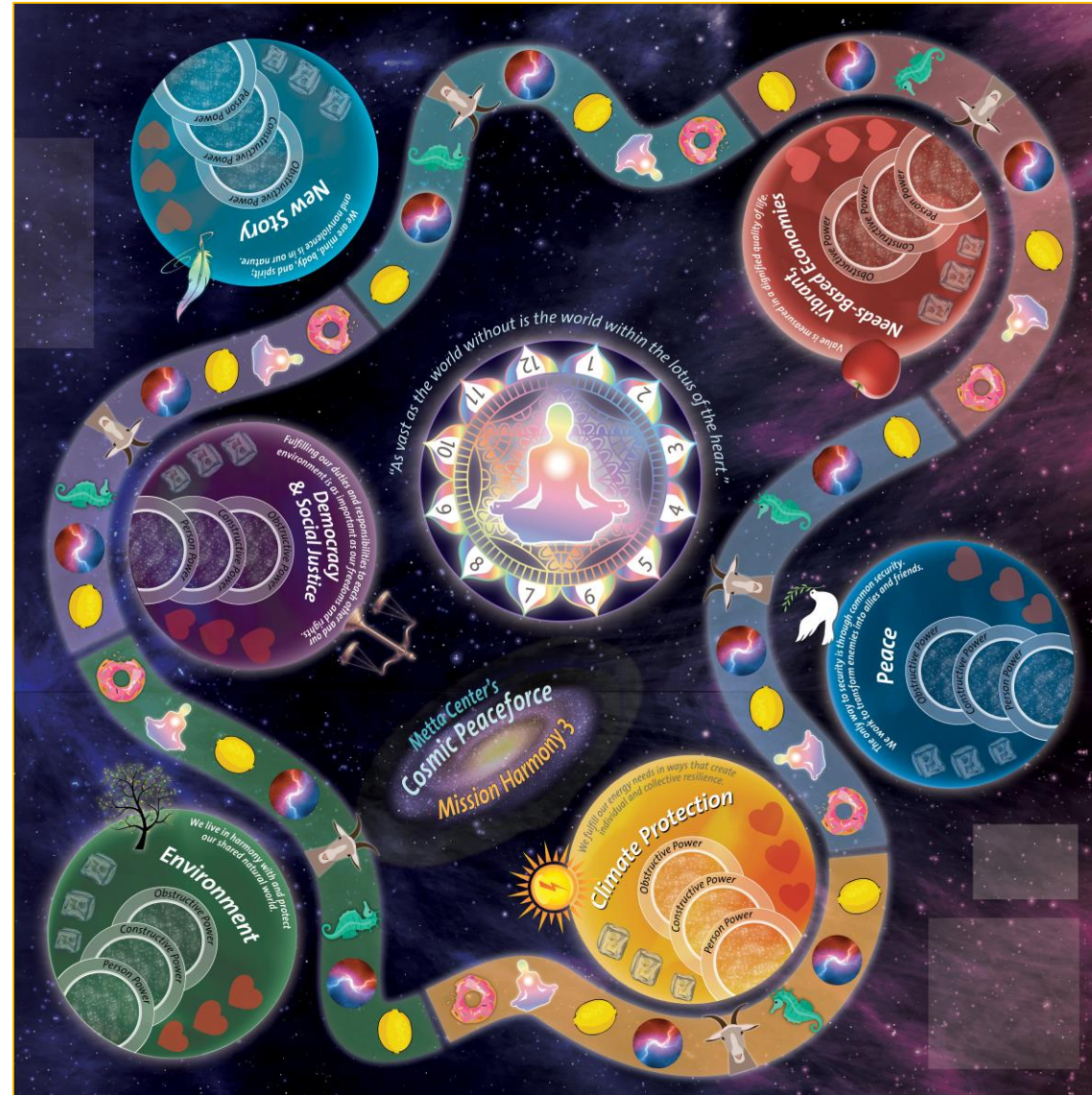
## 2. a film



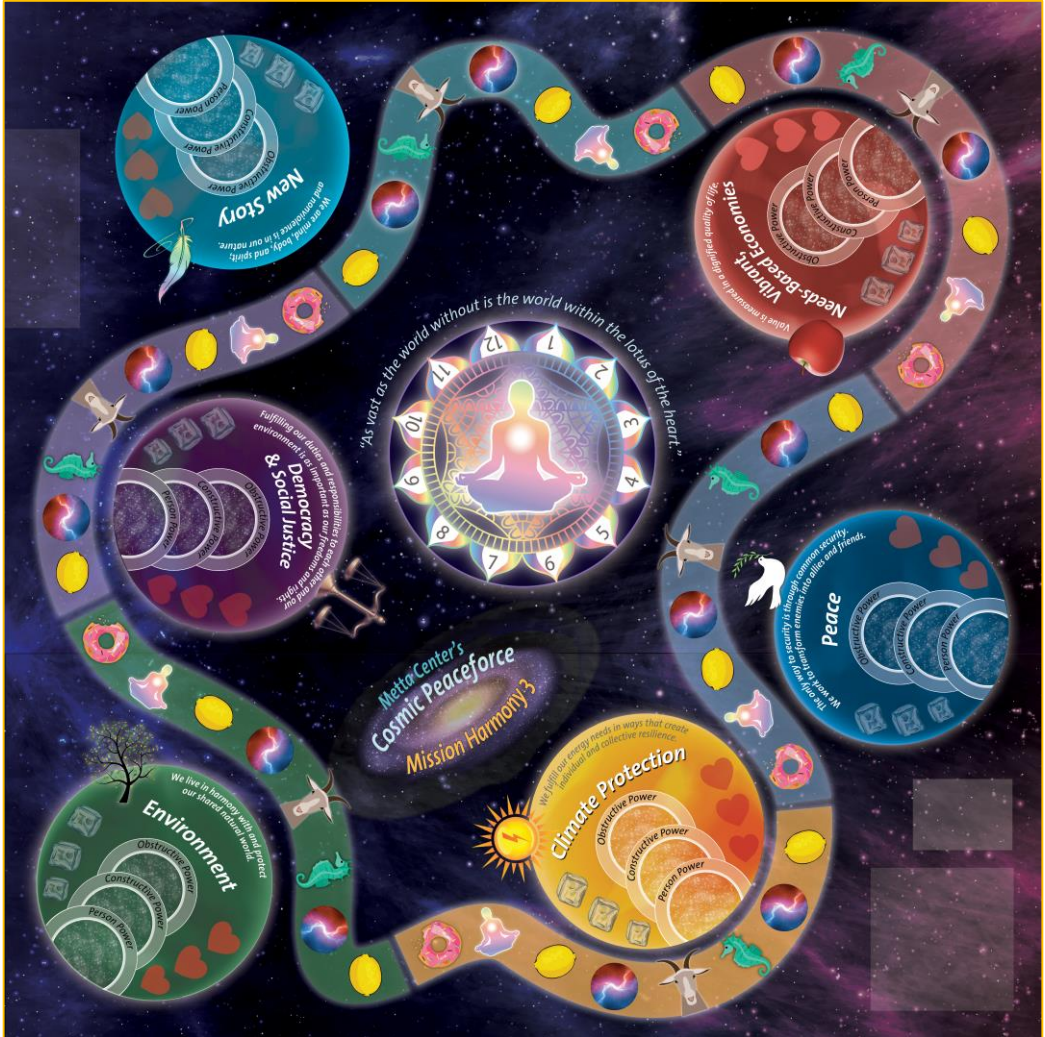


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## 3. a board game: Cosmic Peaceforce: Mission Harmony Three

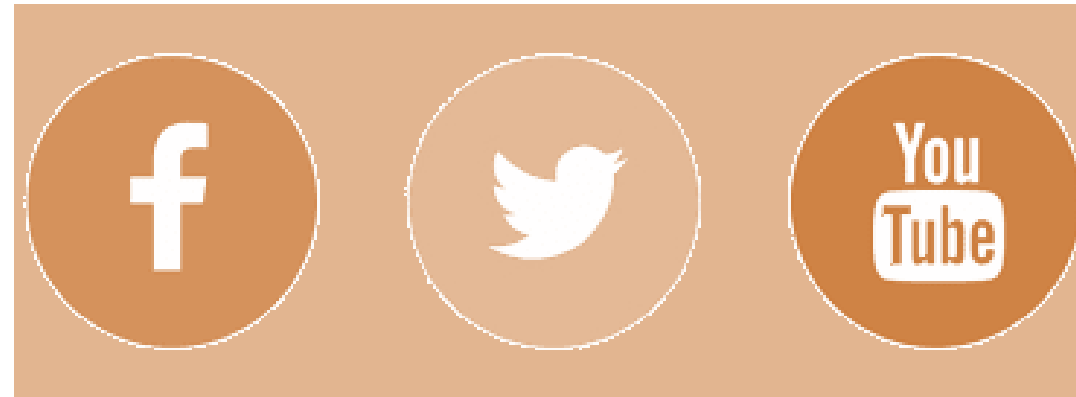


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## 4. a campaign

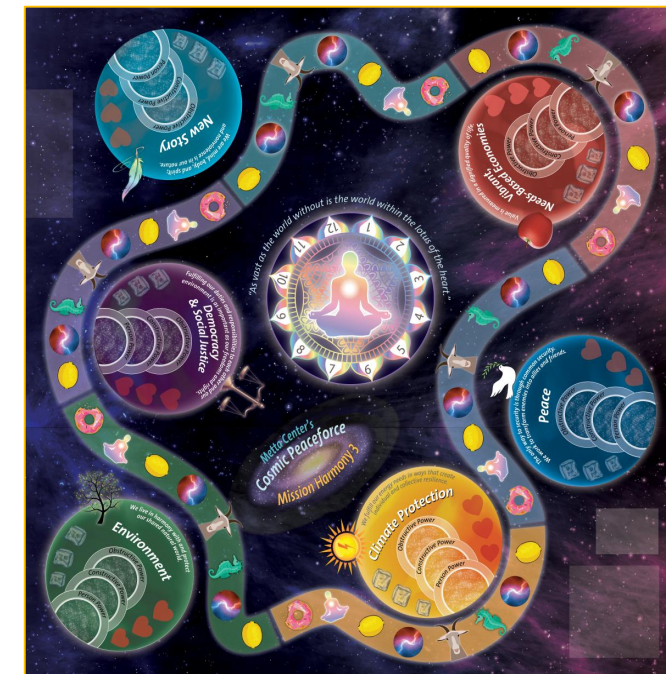
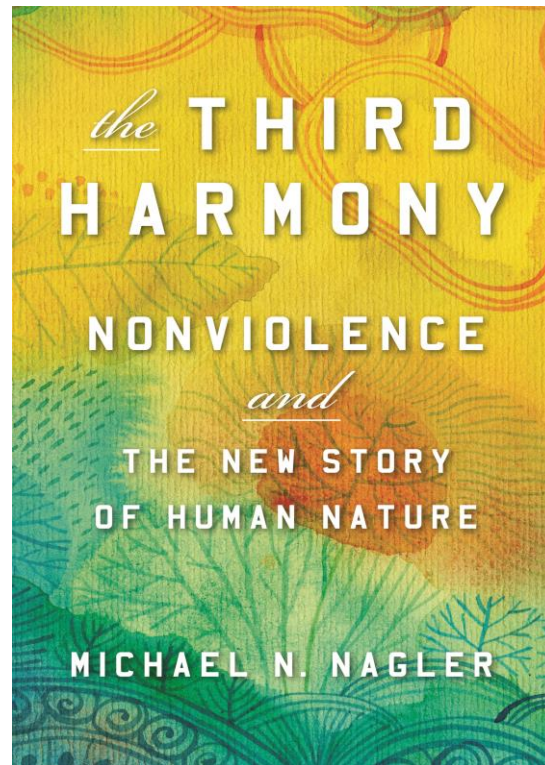


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## MAINSTREAM NONVIOLENCE!



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# The Third Harmony *Project*



*The greatest power in the world is within you.*

from The Metta Center for Nonviolence

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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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## Q / A SESSION

Please type your  
question in the Fb  
Live comment box.

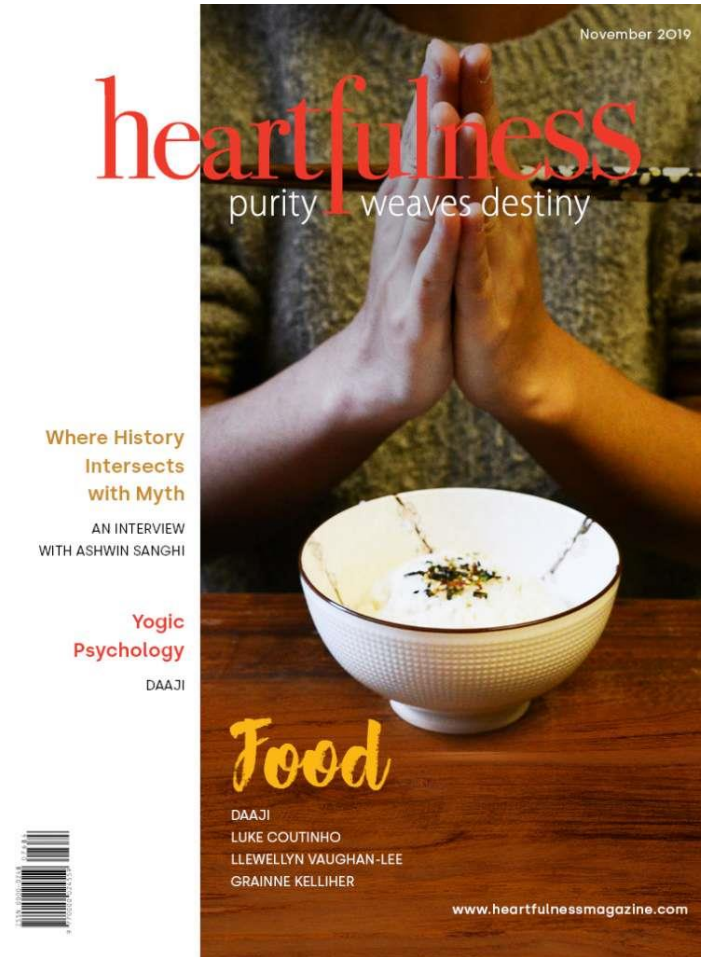
THANK YOU!



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EMOTIONAL STABILITY  
and balance

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## THANK YOU!

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