



Learn how our happiness
is in our own hands

The Science of Stillness

2017 masterclasses by Kamlesh D. Patel (Daaji)

A series of introductory & advanced online classes on
Heartfulness meditation

FREE WORLDWIDE WEB EVENTS

The Science of Stillness will be available starting early in the day
29 & 30 April & 1 May 2017

REGISTER: www.heartfulness.org/masterclass

Global Press Release
20 APRIL 2017

On 29 and 30 April and 1 May 2017, the global guide of Heartfulness meditation, Kamlesh D. Patel (Daaji), will offer online meditation masterclasses that can be accessed globally. *The Science of Stillness* masterclasses are a continuation of the free offering, since January of this year, of the highly effective Heartfulness meditation and relaxation techniques that anyone over 15 years of age can practice.

Since January, over 1 million people, including educational, corporate and professional institutions worldwide, have accessed Daaji's online classes, said the organizer, Heartfulness Institute, a United States non-profit. The 2017 meditation masterclasses series is offered at no cost.

In the *Science of Stillness*, Daaji will walk the participants through the core practices of Heartfulness relaxation, meditation, cleaning, and inner connection, techniques that are easily integrated in the midst of hectic living. Each class runs between 35 and 45 minutes.

“Through meditation, consciousness becomes the mirror that reflects your innate nature,” said Daaji. “All answers ultimately will only come from the heart. Whether to listen or not to listen, to change or not to change ourselves—all these signals come from the heart. If the heart is misguided, what can you do? So when we meditate, this misguidance disappears. You face yourself as you are.”

Victor Kannan, Director of Heartfulness Institute in North America, said, “Our goal is to ensure that people anywhere around the world must access and try evaluating for themselves Heartfulness meditation. There is no dogma. These are self-development tools appropriate for modern life-styles and people from all walks of life. As ever, we are delighted to offer the Science of Stillness meditation as part of our online masterclasses through 2017.”



Saturday, 29 April: Relax. Expand Consciousness

In the first class, learn the Heartfulness relaxation for physical well-being and the Heartfulness guided meditation on the source of light within your own heart.



Sunday, 30 April: Rejuvenate. Simplify

In the second class, be guided through a simple technique of rejuvenation or cleaning to unwind the mind at the end of the day, to let go of stress and emotions and simplify your life.



Monday, 1 May: 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. More at www.heartfulness.org.

In 130 countries, supported by 7,000 certified volunteer trainers, over a million people are practicing Heartfulness. This number continues to grow globally through hundreds of Heartfulness Centres worldwide.

About Kamlesh D. Patel

Known to many as Daaji, Kamlesh D. Patel is the fourth guide in the Heartfulness tradition of meditation. He is a prolific speaker and writer, and you can read his latest writings at www.daaji.org.



About Heartfulness Institute

Heartfulness Institute is a 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 trainers who are volunteers and who offer their time and expertise in this social cause.

Contact: masterclass@heartfulness.org

Live Chat: <http://en.heartfulness.org/>



Heartfulness
Through meditation, motivation