

heartfulness

Ikigai

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

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

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@heartfulnesswebinars
@practiceheartfulness



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**“The reason to jump out of bed
each morning”**

**Japanese city of Okinawa : largest
number of centenarians in the
world.**

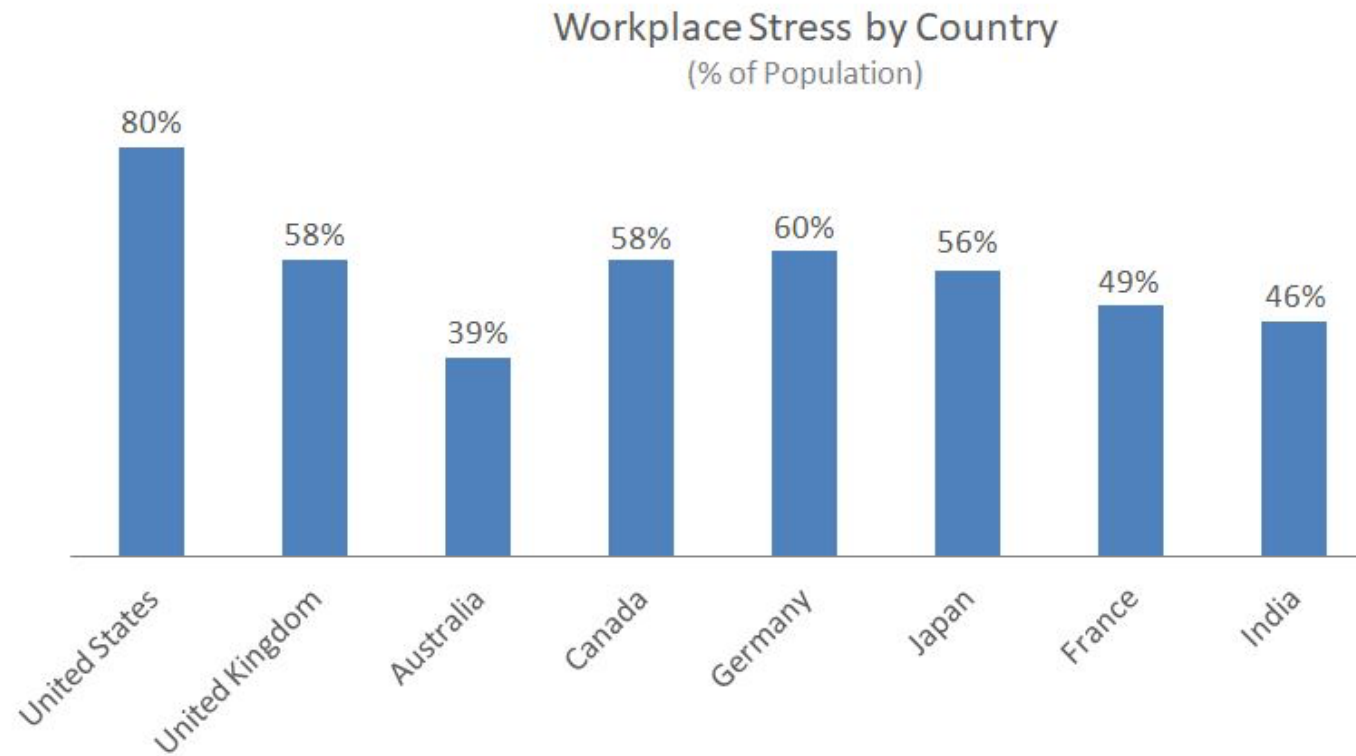


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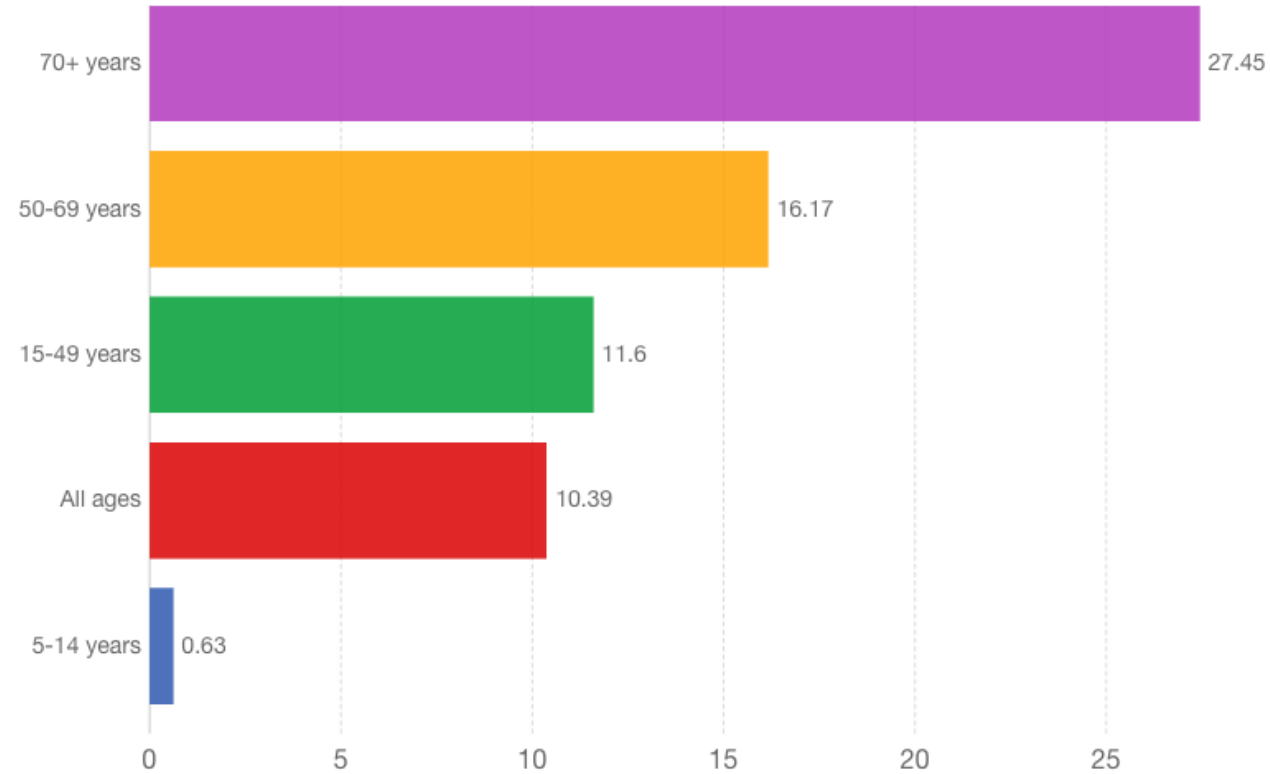
Source : WHO

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Suicide rates by age, World, 2017

Suicide rates are the number of deaths per suicide measured per 100,000 individuals in a given demographic.

Our World
in Data



Source: IHME, Global Burden of Disease
OurWorldInData.org/suicide • CC BY



A man in a white shirt is shown from the chest up, holding both hands to his temples with a pained expression, his eyes closed. Behind his head is a large, chaotic, hand-drawn thought bubble or mind map. The drawing is filled with various words and symbols in a messy, scribbled style. Recognizable words include 'heartfulness' at the top left, 'CONFESSION', 'Tired', 'MIND', 'JOB', 'BUY', 'WORK', 'TV', 'MONEY', 'MOVE', 'FAMILY', 'SPEAK', 'DIRECTION', 'STUDY', 'HEAVEN', 'CRANE', 'FAMILY', 'SPEAK', 'DIRECTION', 'STUDY', 'HEAVEN', 'CRANE'. There are also arrows, a lightbulb, a stick figure, and various numbers scattered throughout the drawing, representing a cluttered and noisy mind.

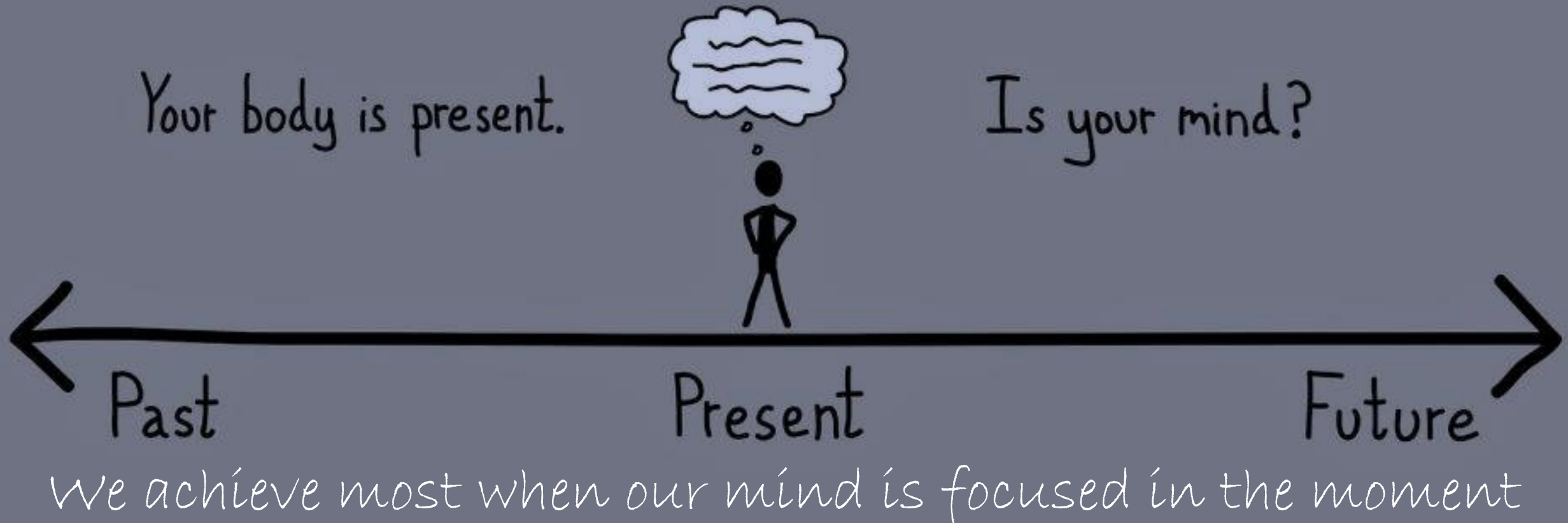
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Too much noise in the head

A man with a beard, wearing a white shirt, is shown from the chest up, holding both hands to his temples with a pained expression. His eyes are closed, and his face is contorted in discomfort. Behind him, a large, chaotic, hand-drawn sketch in black ink covers the background. The sketch is a complex web of lines, arrows, and words, representing a cluttered mind. Words visible in the sketch include 'heartfulness' (in a large, elegant font at the top left), 'MIND', 'GO NOWHERE', 'Tired', 'BUY', 'Work', 'TV', 'MONEY', 'MOVE', 'SPEAK', 'DIRECTION', 'STUDY', 'HEAVEN', 'CRANE', 'FAMILY', 'SPEAK', 'MIND', 'Tired', 'BUY', 'Work', 'TV', 'MONEY', 'MOVE', 'SPEAK', 'DIRECTION', 'STUDY', 'HEAVEN', 'CRANE', 'FAMILY'. The overall image conveys the concept of mental clutter and the need for heartfulness.

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Worry is misdirected thought



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Path to my IKIGAI

Relaxed and contemplative mind

4 Quadrants

4 Questions





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Prelude to IKIGAI FOUR QUADRANTS

What inspires
me...

My strengths
are...

What fills me with
gratitude...

What disturbs
me...



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Prelude to IKIGAI FOUR QUESTIONS!

Why am I
here?

What do I need
to be happy?

What can I
give?

What is stopping
me..?



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1. What do you love doing?
2. What are you good at?
3. What does the world need?
4. What can you be paid for?



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What do I love doing?

List down the top 20 things that I love doing...

Do not prejudge.

Could be hobbies / seemingly useless activities



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What am I good at?

Of the 20 activities, tick those activities at which I am really good.

Cross out the remaining activities!



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What does the world need?

**Choose only the ticked items in
previous list.**

**Circle those which I think the world
needs.**



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What can I be paid for?

Experiment with all the (circled +
ticked) items in previous list.

Research in multiple geographies

Will end up 1 or 2 activities; which the
world is willing to pay.



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My Personal Ikigai



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A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SOURCE: dreamstime

TORONTO STAR GRAPHIC



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IKIGAI : 10 Japanese secrets to a long life



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FIRST SECRET

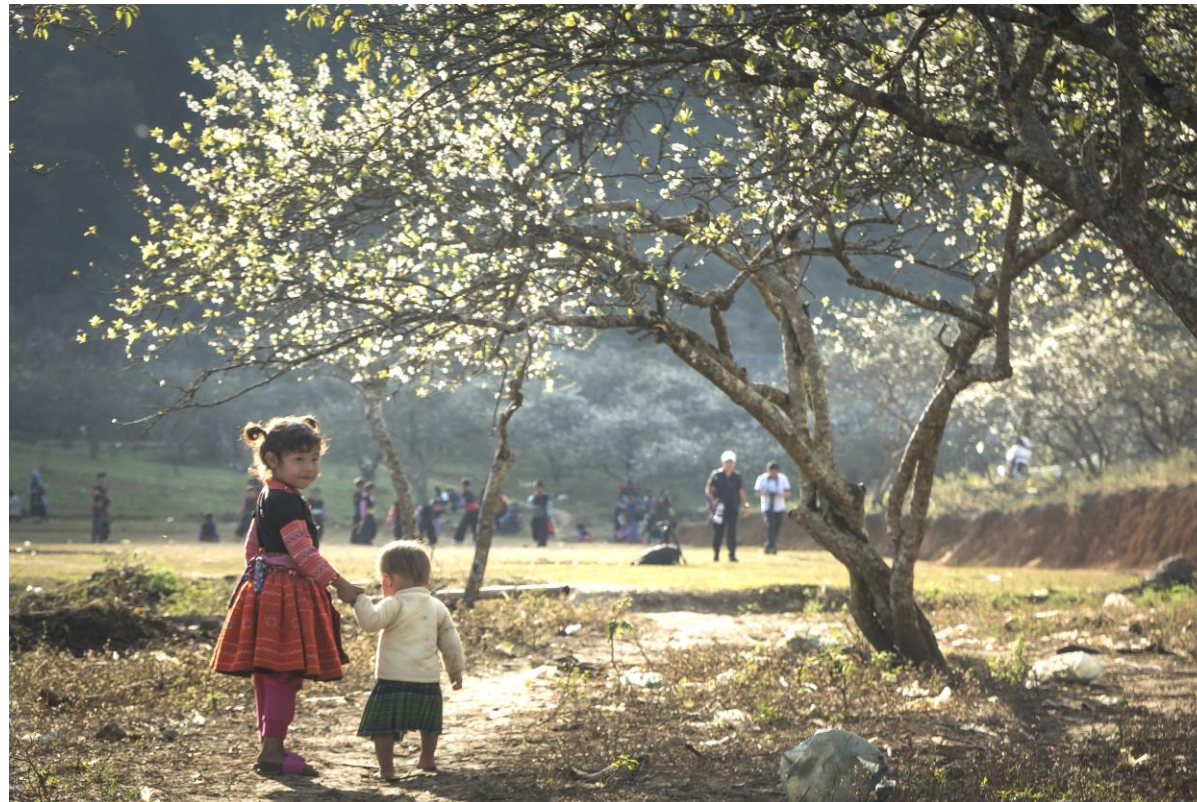
STAY ACTIVE AND DONT RETIRE



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SECOND SECRET

LEAVE URGENCY BEHIND AND ADOPT A SLOWER
PACE OF LIFE



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THIRD SECRET

Only eat until you are 80% full

Be happy
to eat in constant divine
thought
whatever you get
with due regard to honest
and pious earnings



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Fourth SECRET

Surround yourself with good friends



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Fifth SECRET

Get in shape through **daily** **gentle** exercise



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Sixth SECRET

Smile and acknowledge people around you



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Seventh SECRET

Reconnect with Nature



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Eighth SECRET

Give thanks to anything that brightens our day and makes us feel alive



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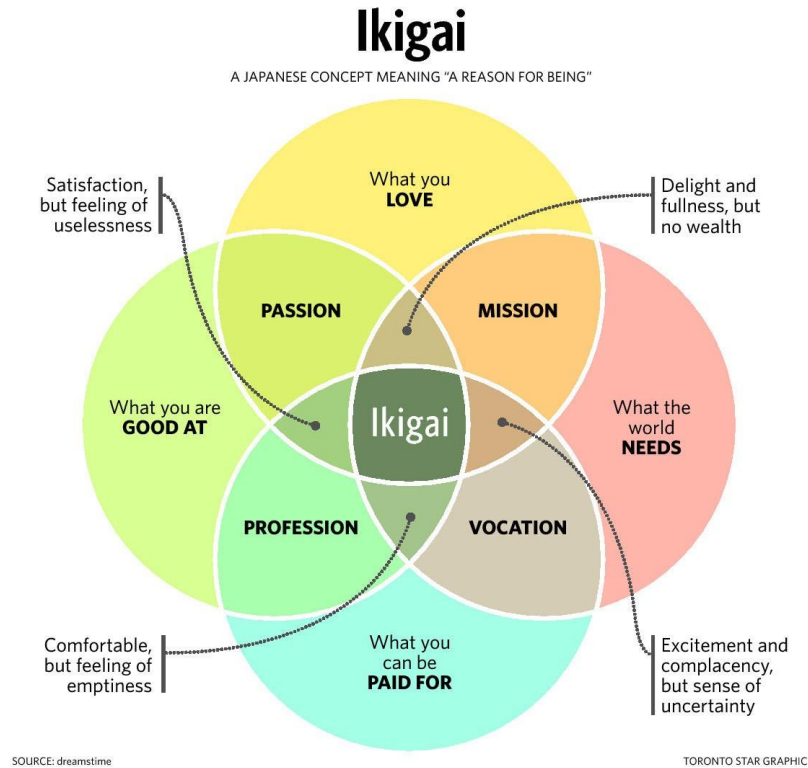
Ninth SECRET

Live in the moment



Tenth SECRET

Follow your Ikigai



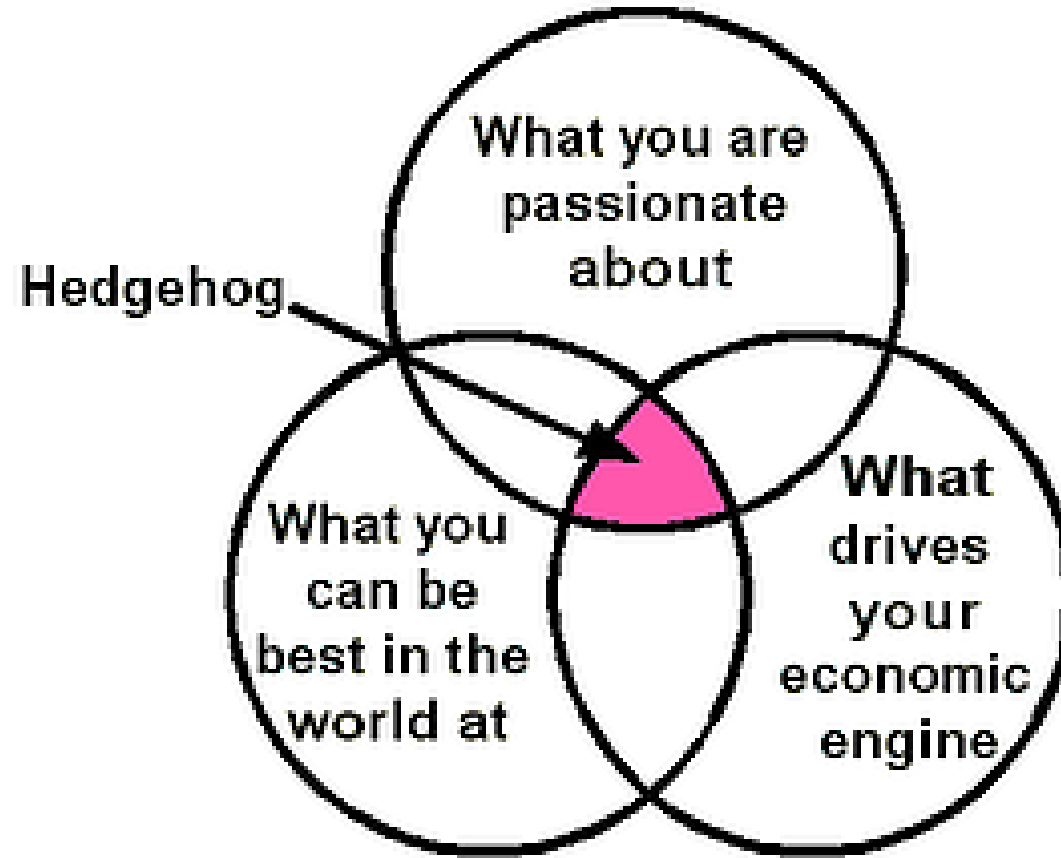
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The Fox and the Hedgehog



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Good to Great by Collins



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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 S E S S I O N

Please type your
question in the Fb
Live comment box.

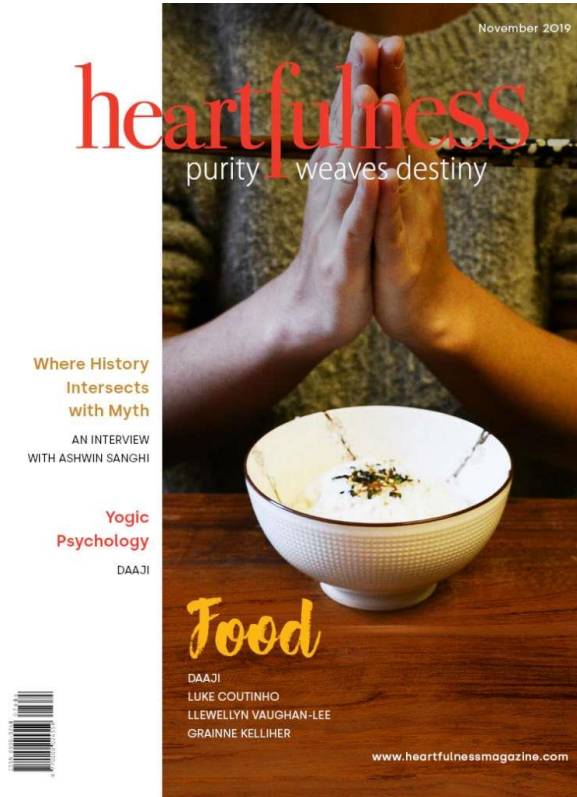
THANK YOU!



<https://heartfulness.org/webinar/> | pearl@heartfulness.org | webinar@heartfulness.org



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EMOTIONAL STABILITY
and balance

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