

Heart Connect: Reconnecting with Self, Others and Nature  
Welcome to PEARL Series!



heartfulness



# heartfulness

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/>

# heartfulness

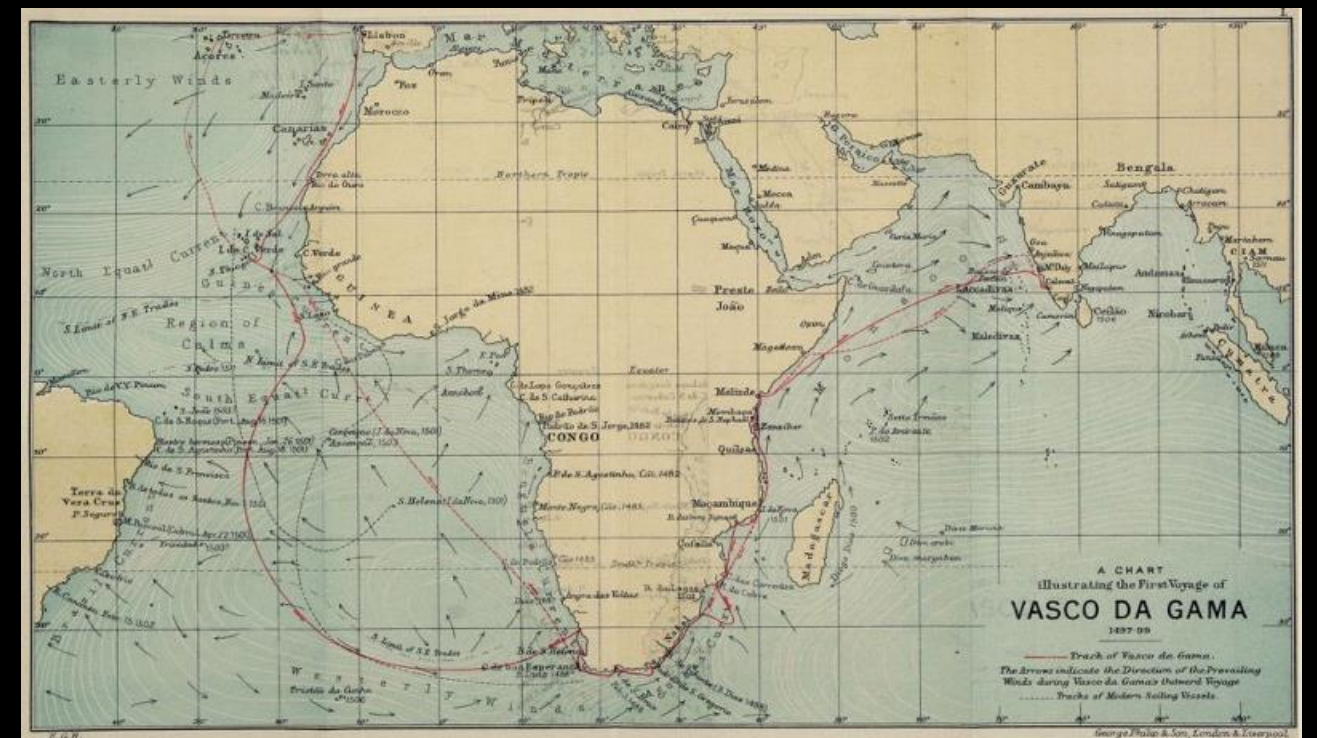


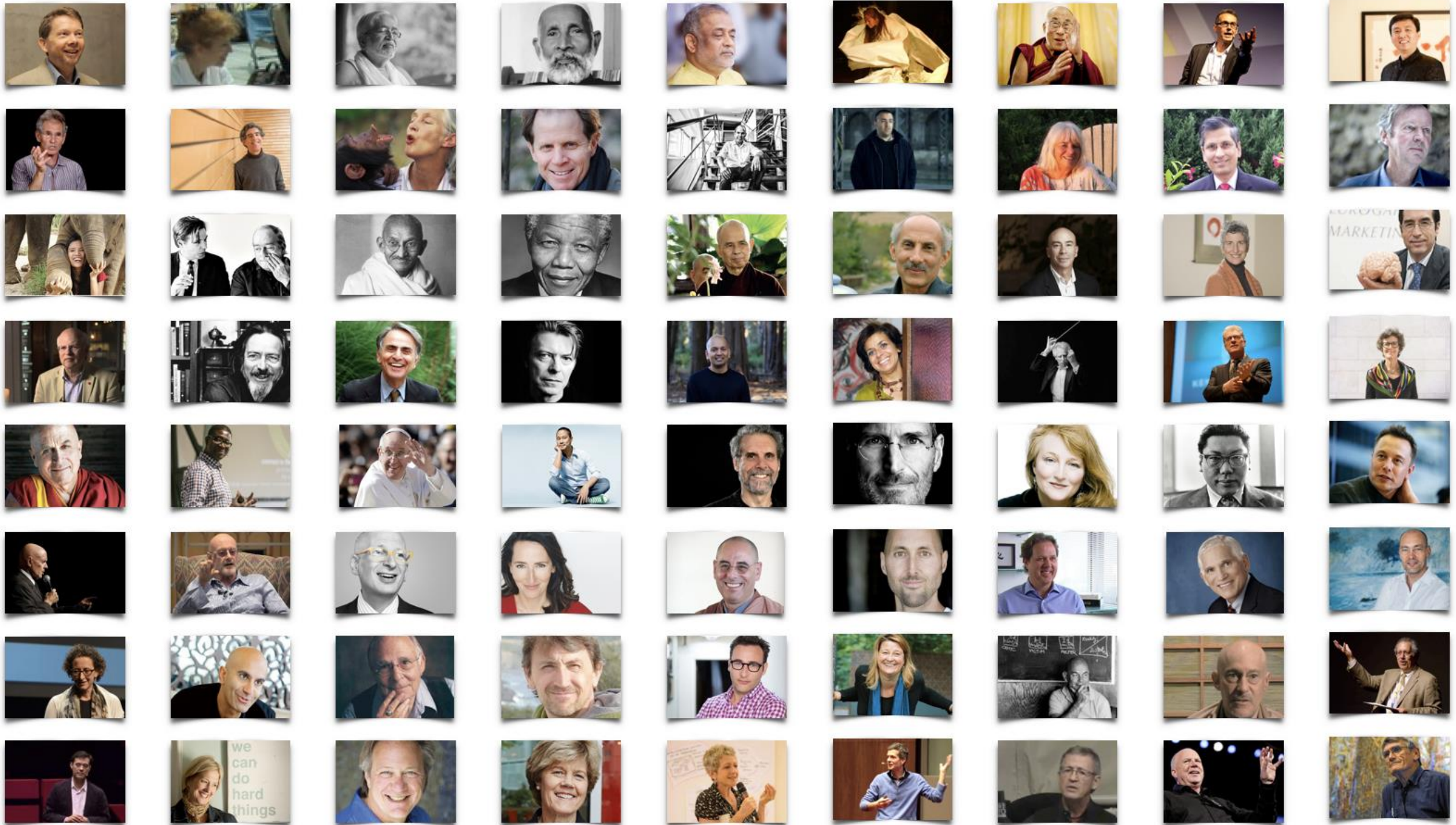
@heartfulnesswebinars  
@practiceheartfulness

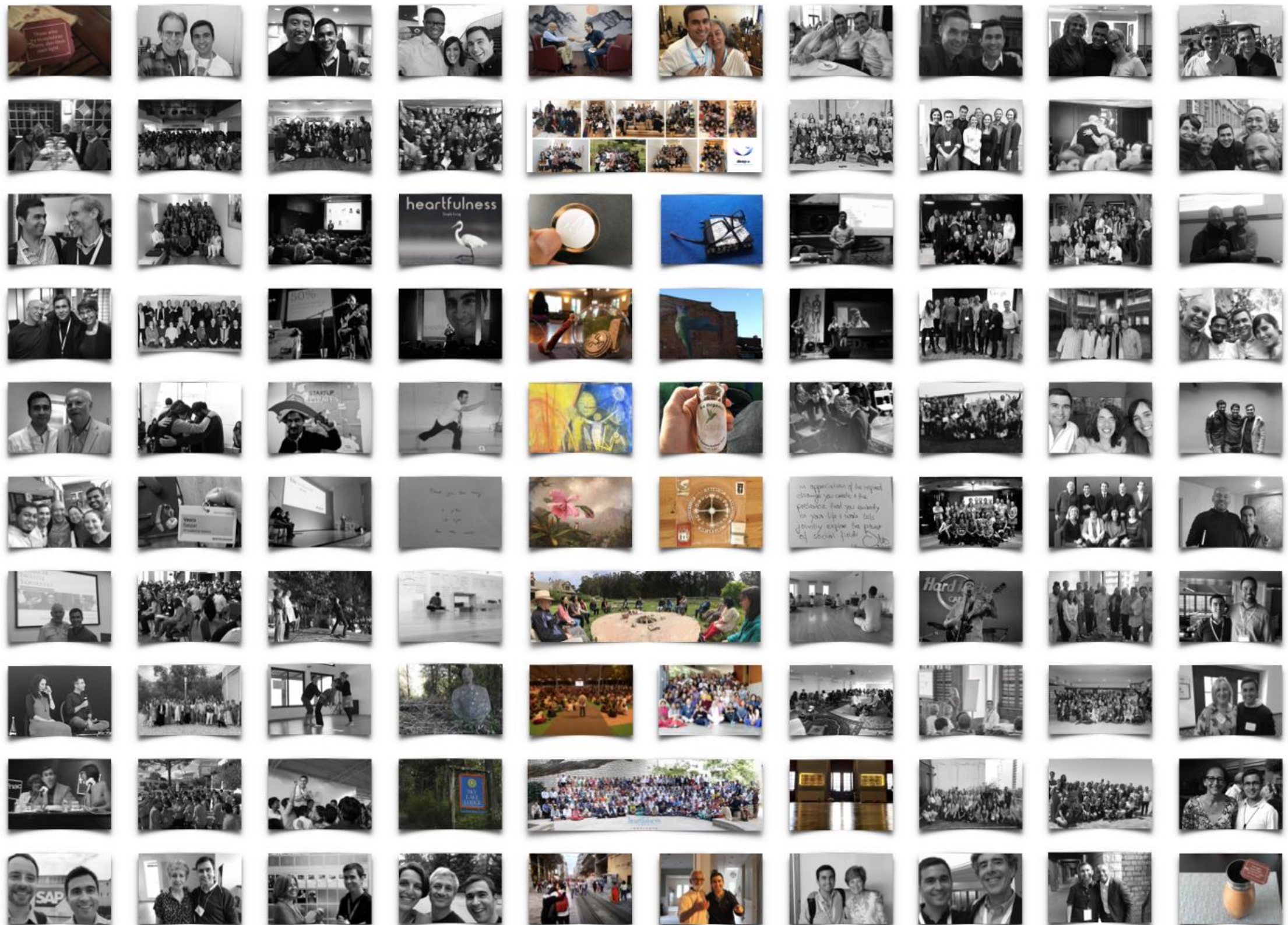




**Check-in**









accenture

Aon

edp

ERICSSON

CATOLICA  
LISBON  
BUSINESS & ECONOMICS



NESPRESSO



CASCAIS

JASON  
ASSOCIATES

anf

FUNDAÇÃO  
CALOUSTE GULBENKIAN

MIND+SOURCE

Search Inside Yourself  
Leadership Institute



mg Mendes  
Gonçalves



imatch  
CreativeCollaboration



ECS | CAPITAL



Millennium  
bcp

TEDx



Heartfulness  
Institute

REN





A changing World...



An old world  
that is dying...



V.U.C.A.







LATE FOR WORK  
by [5secondfilms.com](http://5secondfilms.com)

# Ecological Divide

SELF  $\neq$  NATURE



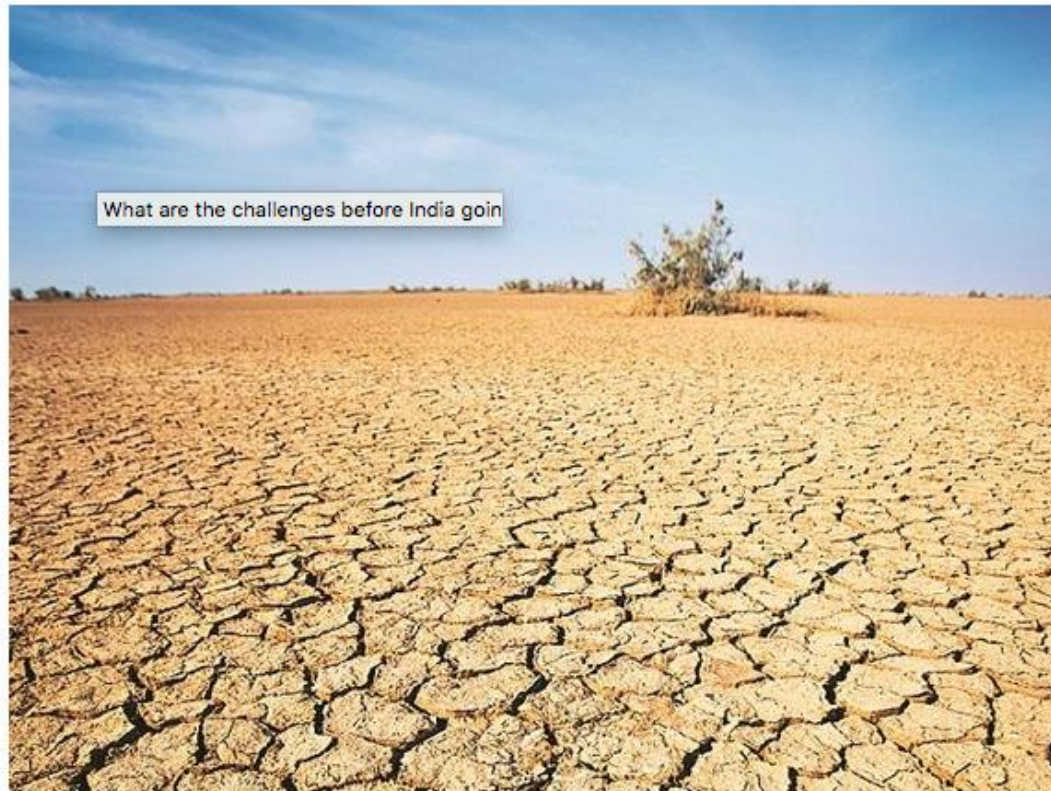
1.75

# 600 million people at risk: Climate change may soon turn critical in India

Climate change is likely to make rainfall erratic, lead to rising seas and make extreme weather events, such as droughts, floods and heat waves-like the one currently sweeping large parts of India

Disha Shetty | IndiaSpend  
Last Updated at June 24, 2019 07:03 IST

f 4.6K t in + 18



Source: Business Standard



Source: The News Minute



Source: Nature

Ecological Divide  
Self ≠ Nature

Social Divide  
Self ≠ Other



1.75

8



Ecological Divide  
Self ≠ Nature

Social Divide  
Self ≠ Other

Spiritual Divide  
Self ≠ self



1.5

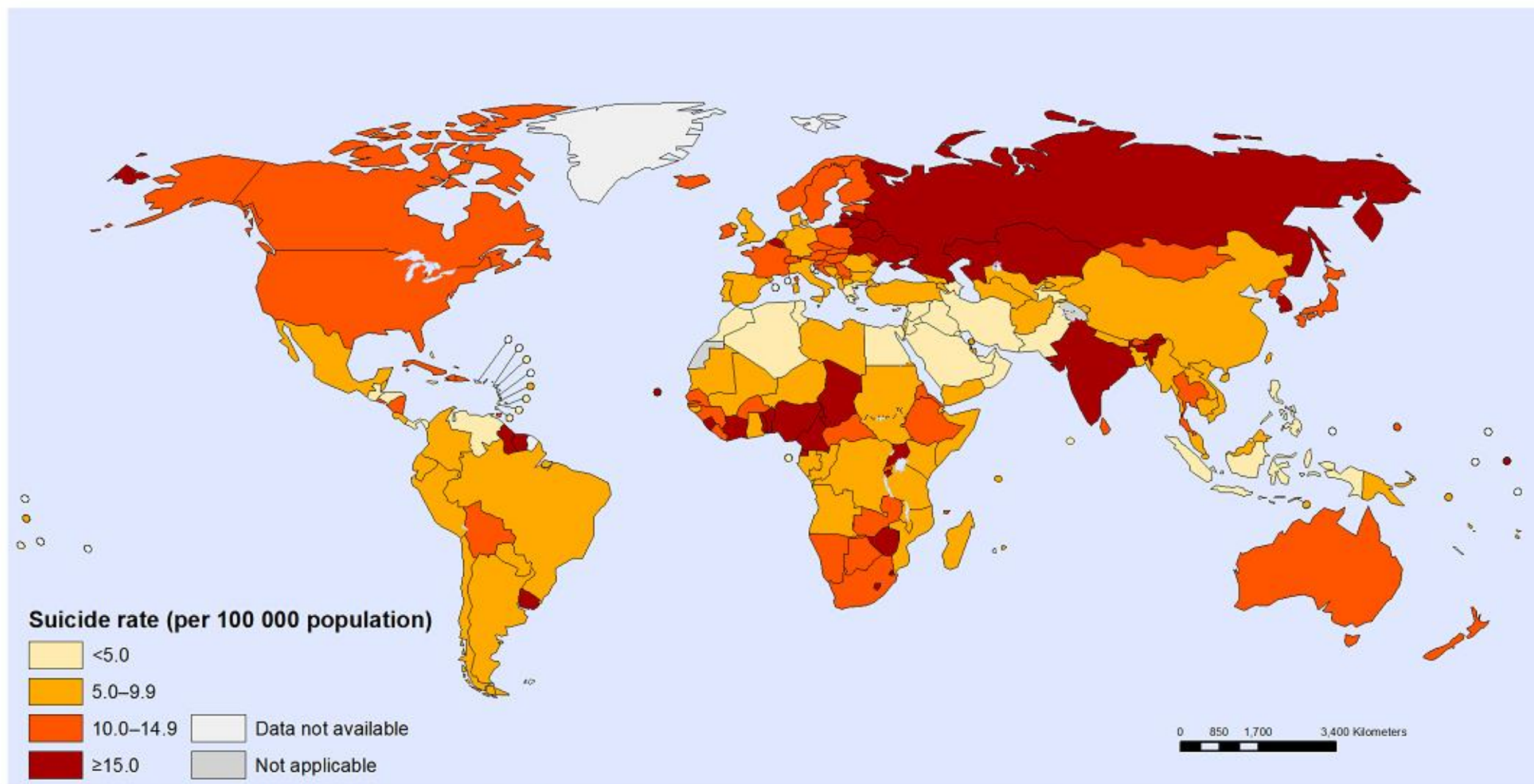
8

800K

40s




## Age-standardized suicide rates (per 100 000 population), both sexes, 2016



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

Data Source: World Health Organization  
Map Production: Information Evidence and Research (IER)  
World Health Organization

A low-angle photograph of a bright sun setting or rising behind a line of trees, with grass in the foreground. The sun is a large, glowing orb in the center, casting a warm, golden light across the scene. The trees are silhouetted against the bright sky, and the grass in the foreground is in sharp focus, showing individual blades. The overall mood is peaceful and hopeful.

...and a new world  
waiting to be born.

A view of Earth from space, showing the curvature of the planet and a bright light source on the horizon, possibly the sun or a rocket launch. The text is overlaid on a blue rectangular box.

# **5** REASONS TO BE OPTIMISTIC ABOUT THE STATE OF THE WORLD...



An HIV positive man in London  
has become the second person  
ever to be cleared of virus after  
stem cell transplant

The Happy Broadcast



Global suicide rate has dropped by  
38% from its peak in 1994, saving  
over 4 million lives

The Happy Broadcast



Malawi female Chief comes to power,  
annuls over 1500 child marriages,  
makes it illegal and sends young  
girls back to school

The Happy Broadcast



Seven eggs from the world's last two  
remaining Northern White Rhinos  
have been successfully fertilized.  
This may save the species!

The Happy Broadcast



This man in India planted a tree every day for 35 years and created a forest larger than Central Park

The Happy Broadcast



Scientists found an edible mushroom that eats plastic, and it could clean our landfills

The Happy Broadcast



Sea turtles are making a huge comeback, with their populations increasing by 980%, thanks to the Endangered Species Act

The Happy Broadcast



Norway decides NOT to drill for oil (worth an estimated €53 billion) in the Lofoten Islands to protect its ecosystem

The Happy Broadcast

# What to do?

# Reconnect

Ecological Divide

SELF WITH NATURE

Social Divide

SELF WITH OTHER

Spiritual Divide

SELF WITH SELF



“We scientists don’t know how to do that”

“I used to think the top environmental problems were biodiversity loss, ecosystem collapse and climate change.

I thought that with 30 years of good science we could address those problems.


But I was wrong.  
The top environmental problems are selfishness, greed and apathy...

...and to deal with those we need a spiritual and cultural transformation

- and we scientists don't know how to do that.”

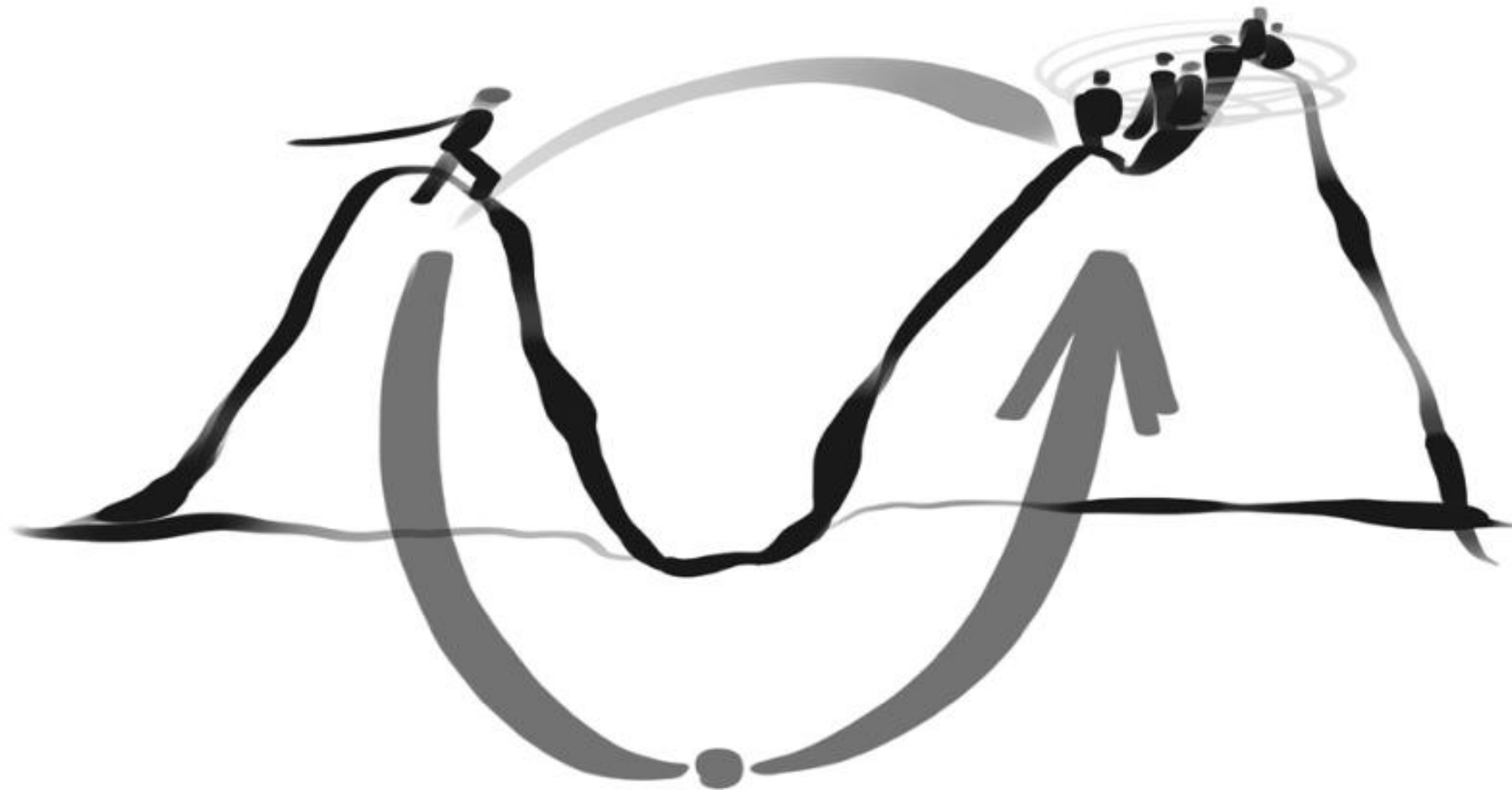
*Gus Speth*



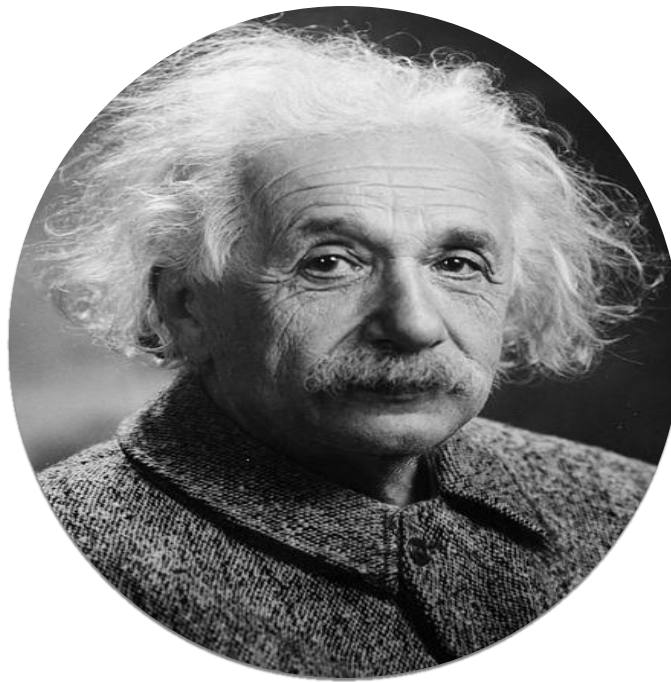


Learning from the Past

# Learning from the Future



# Elevating the level of consciousness







# 3 Movements

Observe,  
observe,  
observe...  
(sensing)

Act in  
an instant  
(creating)

Retreat &  
Reflect  
(presencing)

Downloading  
(past patterns)

suspending

Seeing  
(with fresh eyes)

redirecting

Sensing  
(from the field)

letting go

OPEN MIND  
(suspend Voice of Judgment)  
CURIOSITY

OPEN HEART  
(suspend Voice of Cynicism)  
COMPASSION

OPEN WILL  
(suspend Voice of Fear)  
COURAGE

Presencing  
(connecting to Source)

Who is the Self, What is my Work?

Performing  
(by operating from the whole)

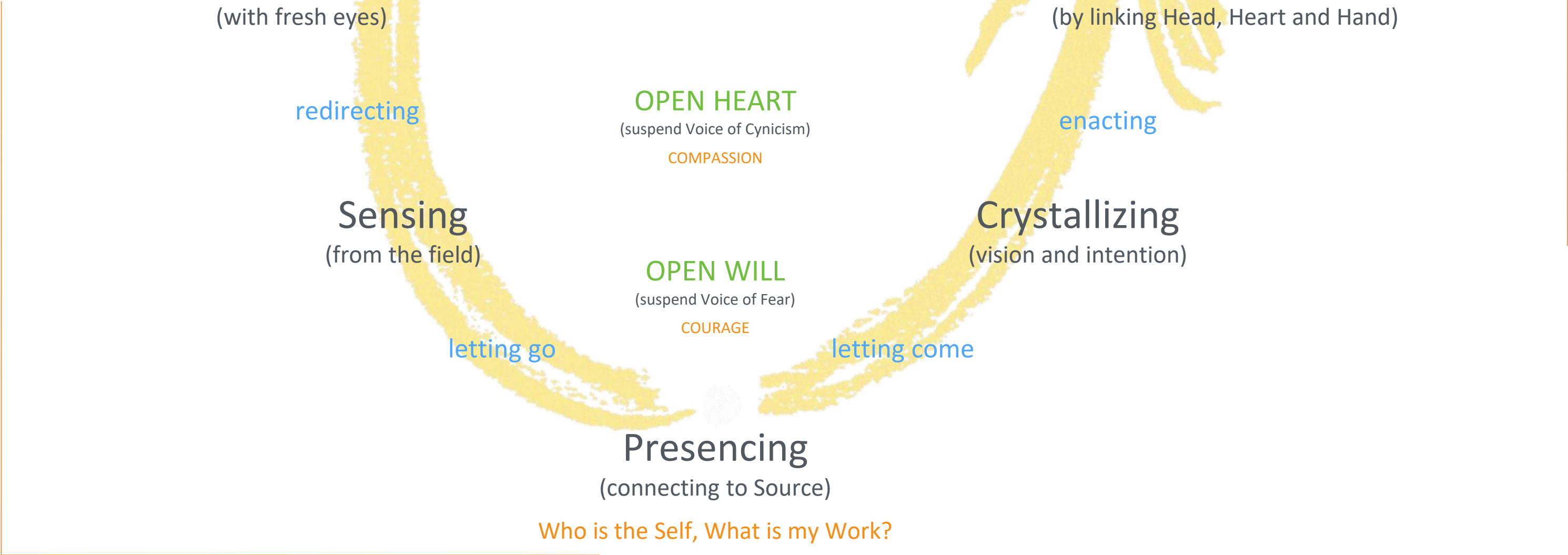
embodying

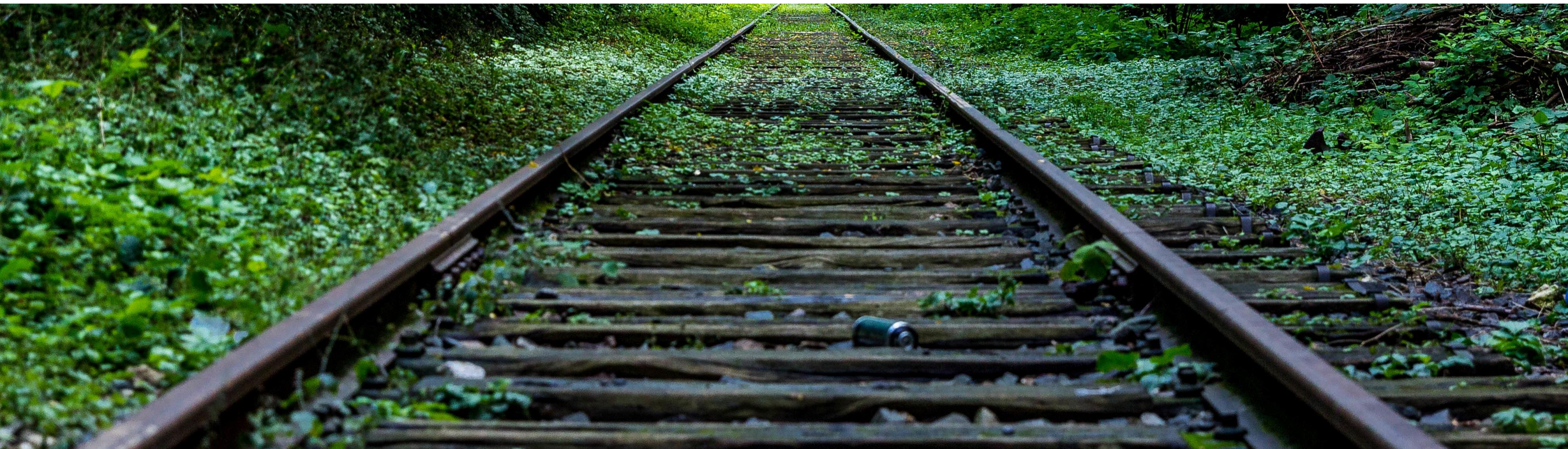
Prototyping  
(by linking Head, Heart and Hand)

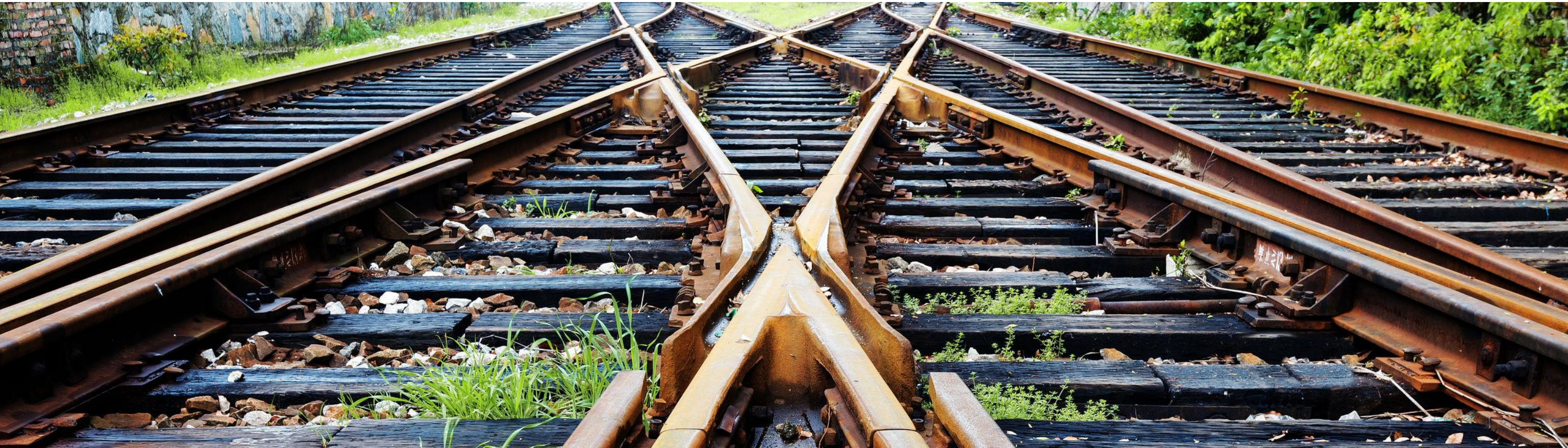
enacting

Crystallizing  
(vision and intention)

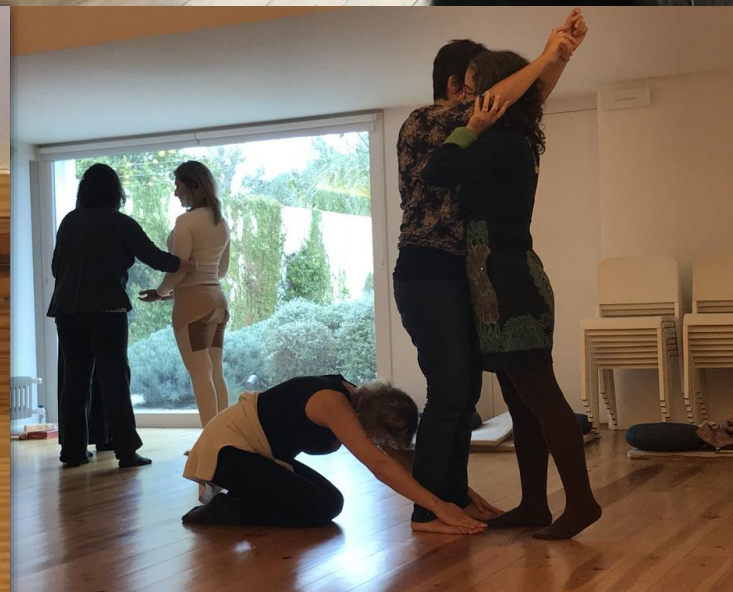
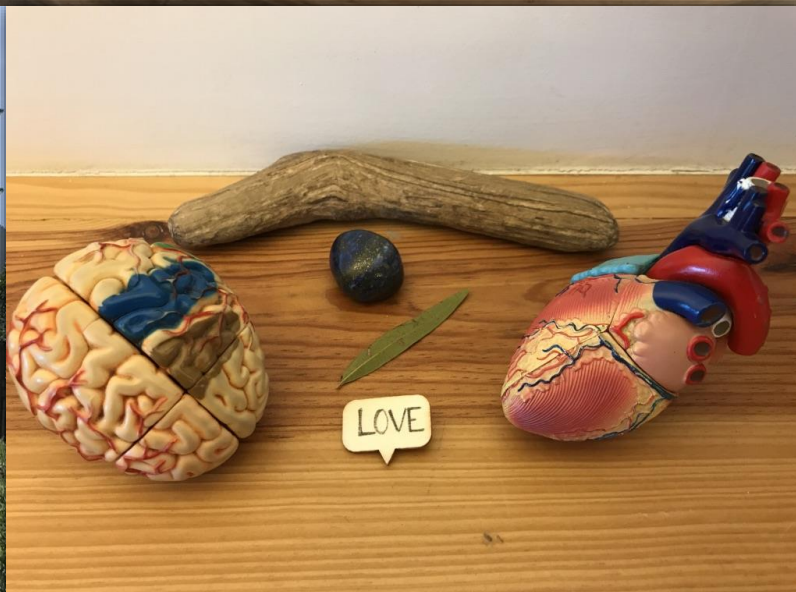
letting come















“The most efficient and inspiring orientation of existence that I was given and that I am forever thankful for.”

Cristina Sousa Uva | Jul 2018



“It was one of the strongest experiences of my life, and I am 73 years old.”

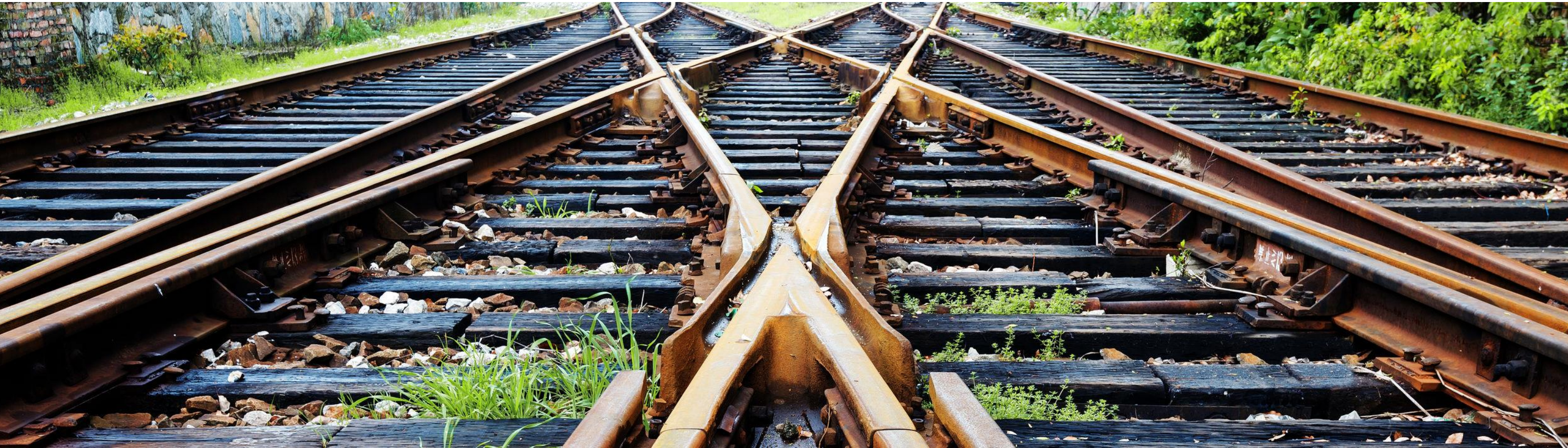
Jean-Jacques Maurice | Nov 2017

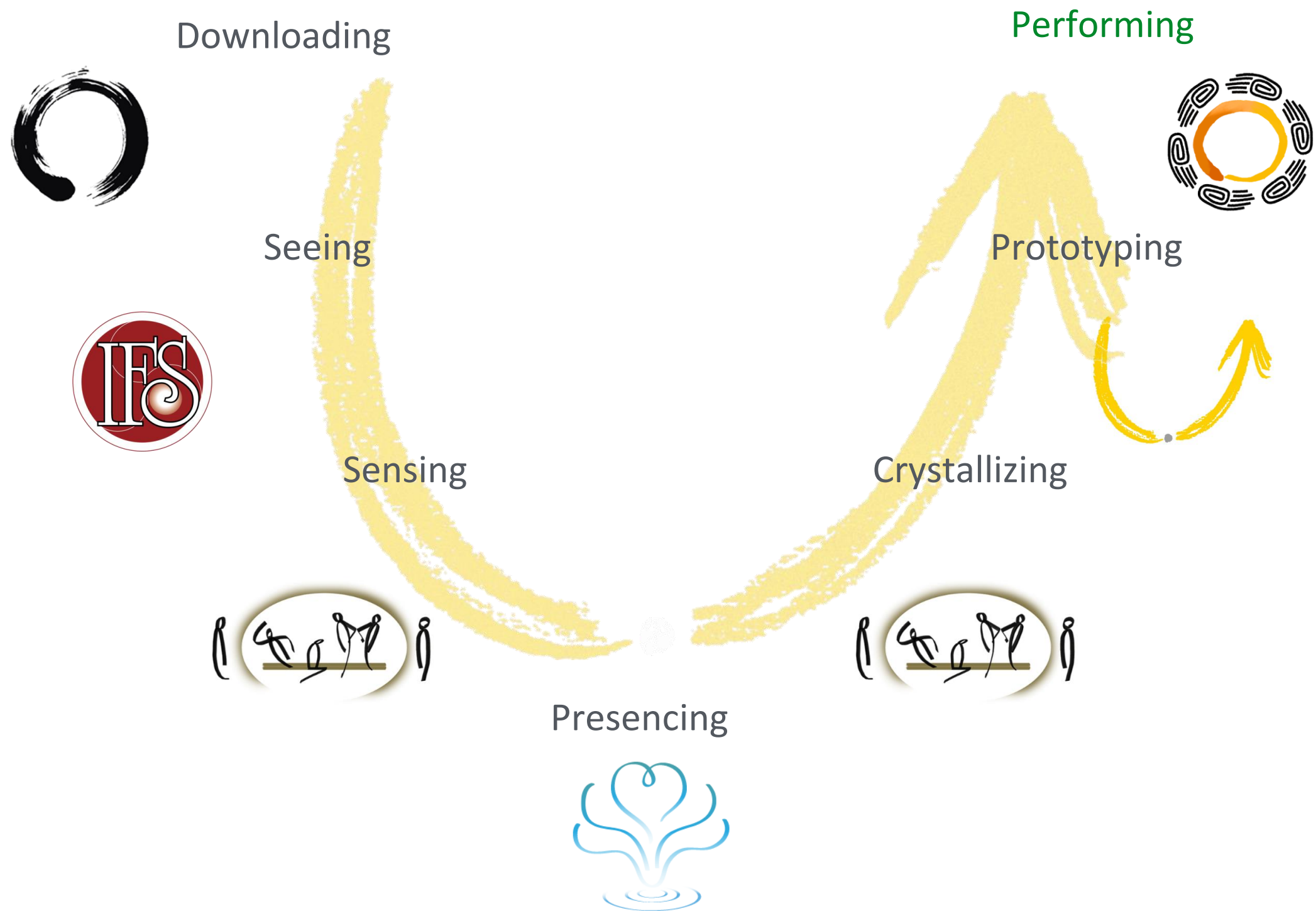


“It was wonderful, very enriching in consciousness and clarity of who we are, where we are and where we are heading, and how we want to go for it.”

Anabela Garrido | Feb 2018







# Reconnect

Ecological Divide

SELF WITH NATURE

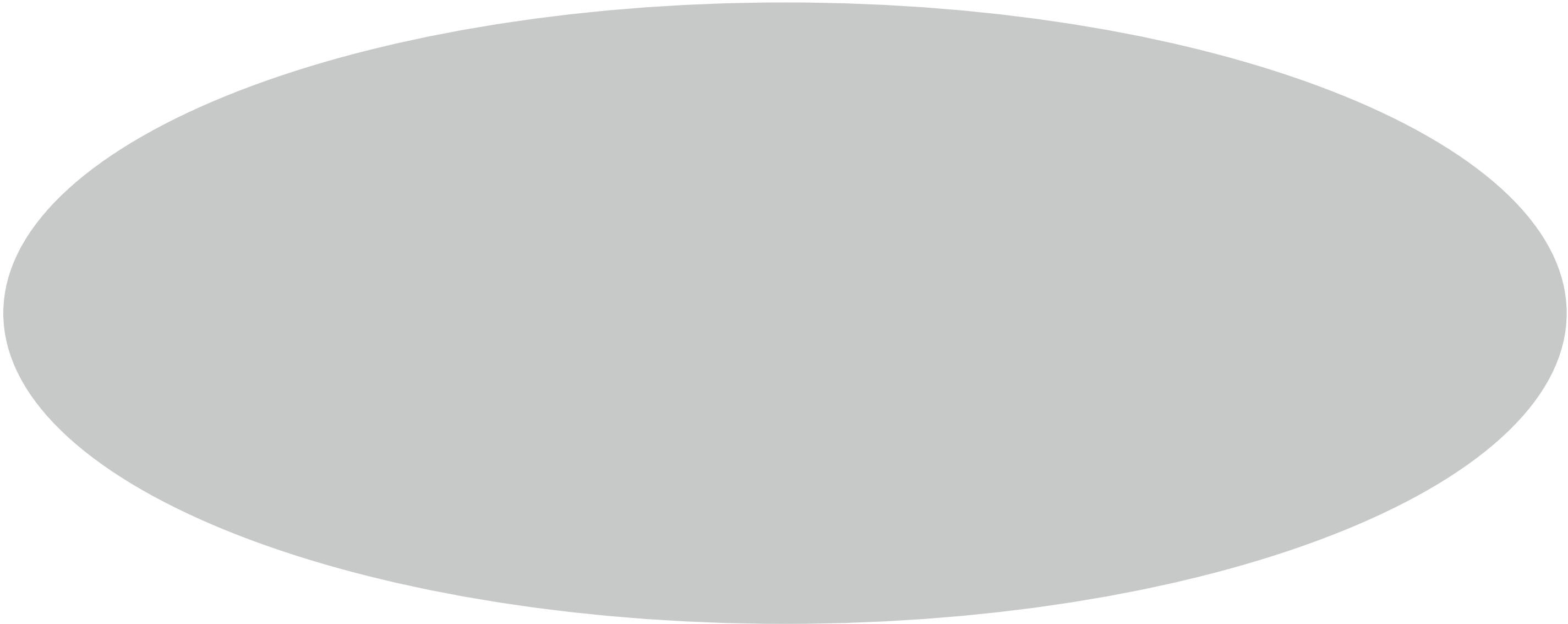
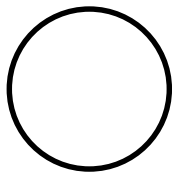
Social Divide

SELF WITH OTHER

Spiritual Divide

SELF WITH SELF

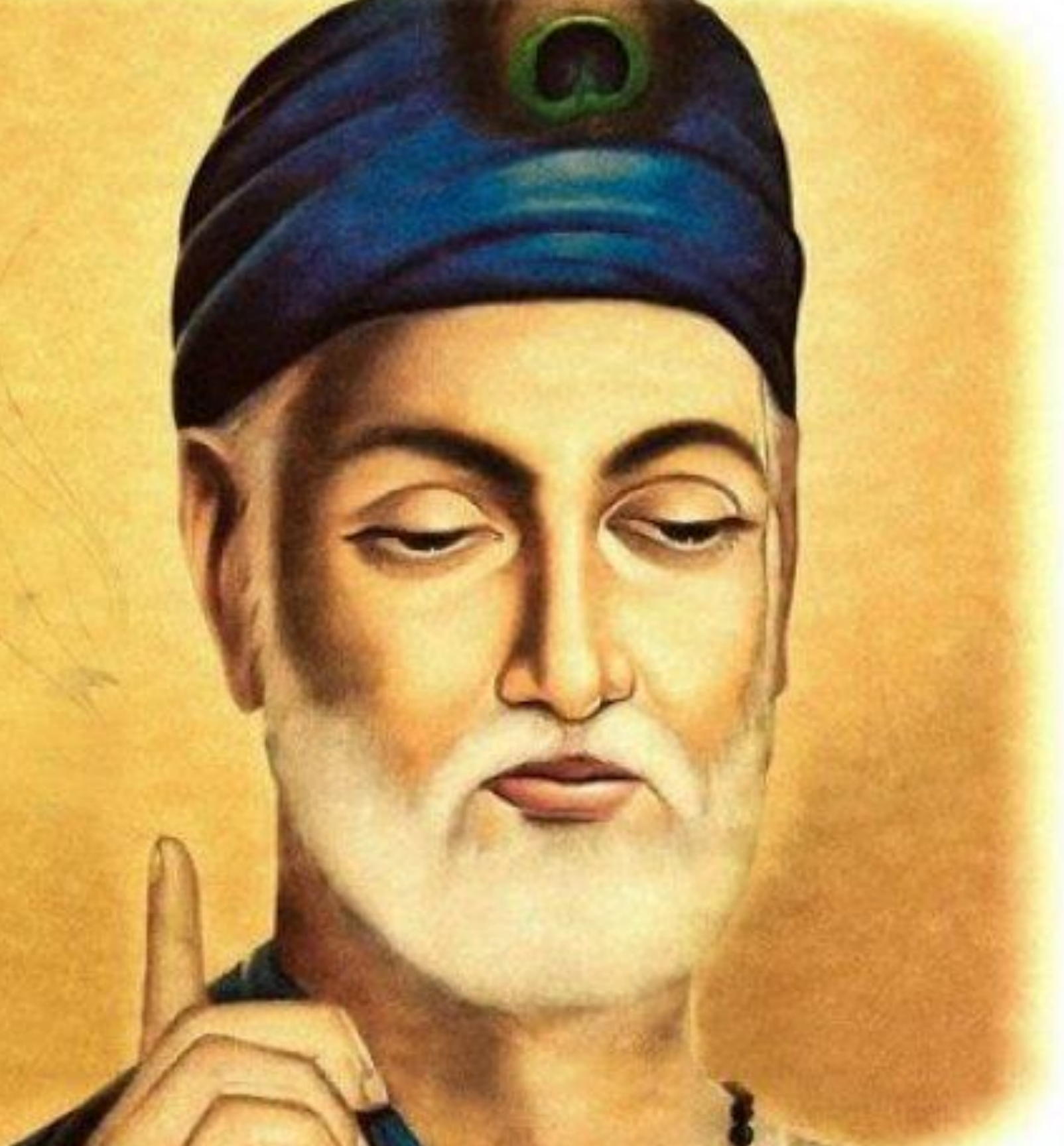






“All know that the drop  
merges into the ocean,  
but few know that the  
ocean merges into the drop”

Kabir (1399-1448)



SURRENDER



A close-up photograph of an elephant's head and trunk, partially obscured by dense green foliage. The elephant has large, dark, wrinkled ears and two prominent, yellowish, curved tusks. Its trunk is thick and textured, extending downwards. The background is a lush, out-of-focus jungle with various shades of green leaves and branches.

Thank you...

# Jane Goodall

...for the inspiration

Thank you!



heartfulness

# heartfulness



## 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

# heartfulness

## Q / A S E S S I O N

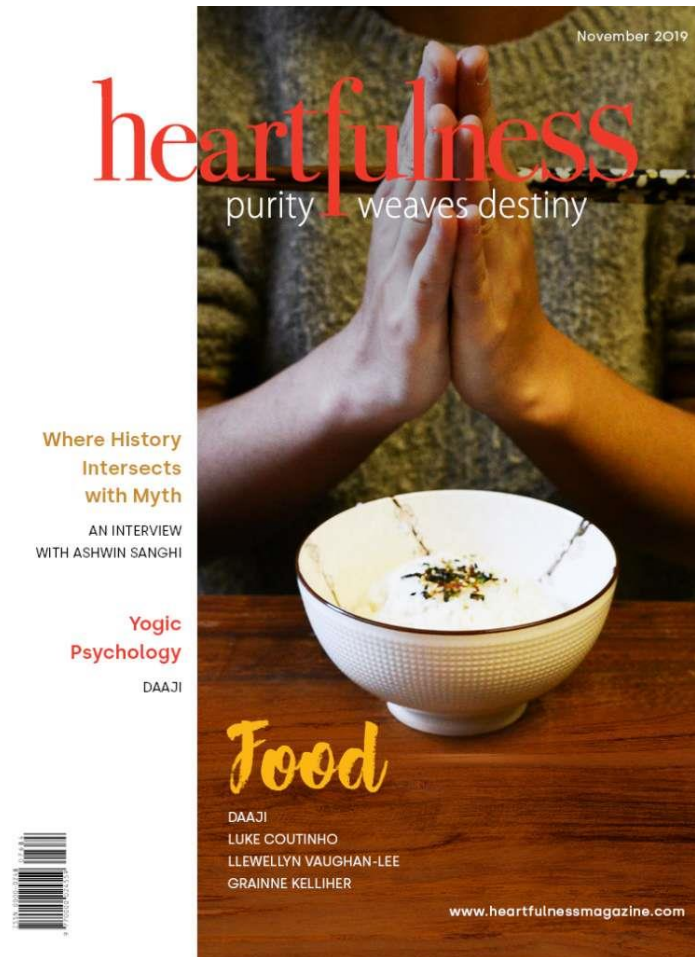
Please type your  
question in the Fb  
Live comment box.

T H A N K Y O U !



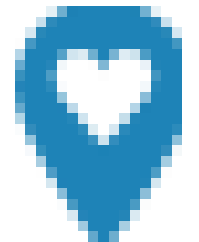
<https://heartfulness.org/webinar/> | [pearl@heartfulness.org](mailto:pearl@heartfulness.org) | [webinar@heartfulness.org](mailto:webinar@heartfulness.org)

# heartfulness



[www.heartfulnessmagazine.com](http://www.heartfulnessmagazine.com)

Stay connected:



To find your closest  
Heartfulness trainer visit:  
<http://heartspots.heartfulness.org/>

Canada/USA: 1 844 879 4327

India: 1 800 103 7726

Email: [Info@heartfulness.org](mailto:Info@heartfulness.org)

# heartfulness

## Meditation and the **Evolution of Consciousness**

A Heartfulness and Udemy Video Series



Limited – time offer : 50% discount

ENROLL NOW! <http://daaji.org/udemy/>

# heartfulness

INCREASES  
EMOTIONAL STABILITY  
and balance

WWW.BRIGHTERMINDS.ORG



CONTACT@BRIGHTERMINDS.ORG



To find the closest Brighter Minds centre in  
you city:

<https://www.brighterminds.org/learning-centers/>

# heartfulness

## THANK YOU!

[heartfulness.org/webinar/](https://heartfulness.org/webinar/)  
[pearl@heartfulness.org](mailto:pearl@heartfulness.org)  
[webinar@heartfulness.org](mailto:webinar@heartfulness.org)

