

Peace, Happiness & Wisdom

ONE HEART AT A TIME

SHRI RAM CHANDRA MISSION



Message from
Daaji



What is
Heartfulness?

Kanha
Shanti Vanam



Forest By
Heartfulness



Heartfulness
Education
Trust



The
Heartfulness
Learning
Centre



Heartfulness
Yoga



Heartfulness
Wellness

Landmark
Events



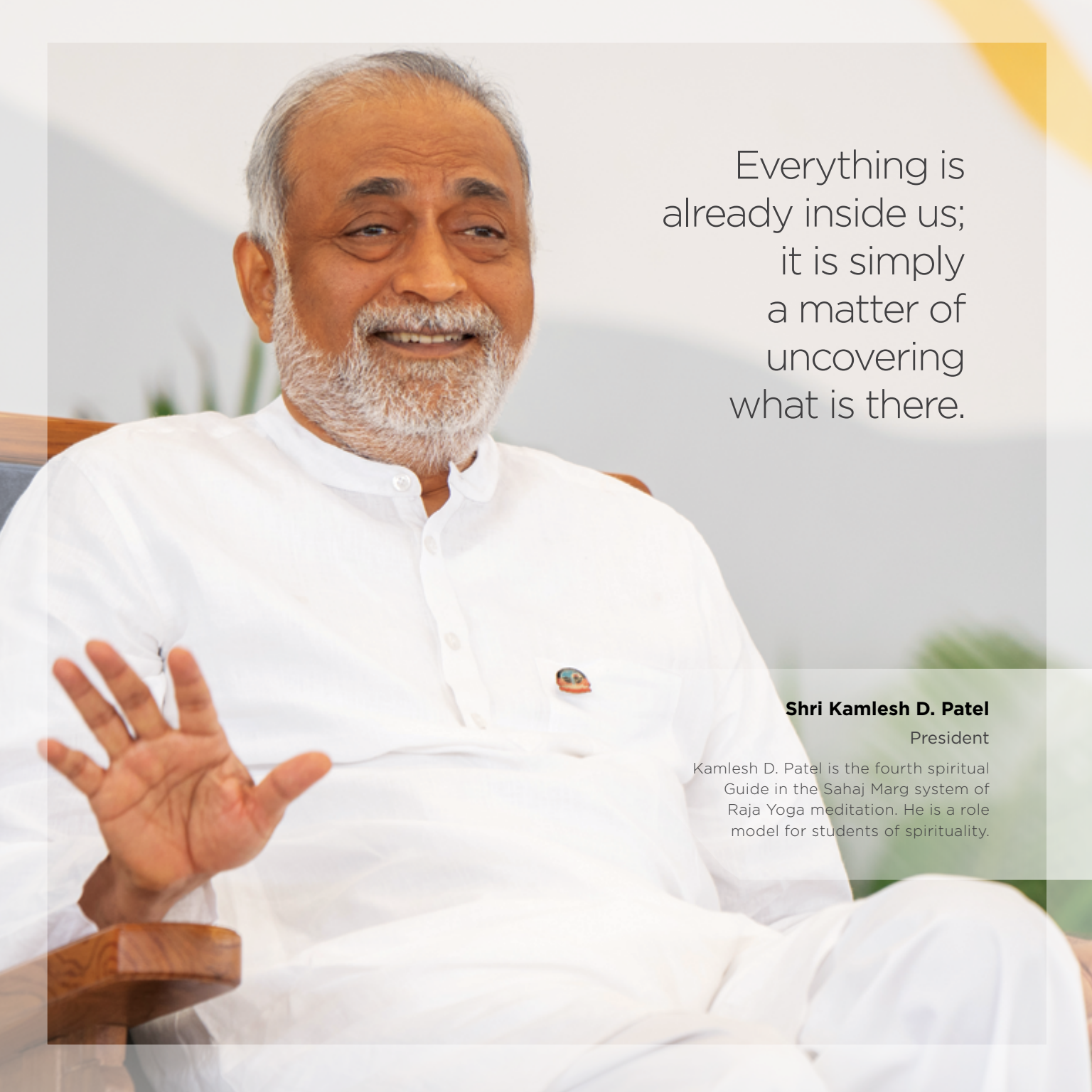
The green
RE-EDUCATE
program



Awards
and
Achievements



About
Heartfulness
Institute



Everything is
already inside us;
it is simply
a matter of
uncovering
what is there.

Shri Kamlesh D. Patel
President

Kamlesh D. Patel is the fourth spiritual Guide in the Sahaj Marg system of Raja Yoga meditation. He is a role model for students of spirituality.

Message from Daaji

Dear friends,

We are living at a most profound time in human history where science and spirituality are naturally coming together into an integrated world view. Heartfulness is a simple, practical, scientific approach to spirituality, where we experience the inner states by being the observer, the experimenter, and the experiment. Our heart is our laboratory. Through the practices our consciousness expands and awakens into realms that were previously unavailable to us. We open up more and more of our potential and human capacity. We especially begin to notice the change in the heart-based qualities of love, courage, enthusiasm, compassion, empathy, generosity, benevolence and humility. Also, the ability to listen to the heart, discern and make wise choices. A third area is the ability to accept life as it comes, respond

with poise and balance, and chart our way through day-to-day existence with calmness and joy.

Try it for yourself, using a scientific approach to your own inner development.

I would like to thank our partnering organizations. Their cooperation has meant we have introduced a few million students around the world to these practices.

Heartfulness is a journey full of wonder and expansion of knowledge. I invite you to join us on this magnificent journey of self-discovery.

All the best,
Kamlesh

Daaji



What is Heartfulness?

Heartfulness is a heart-centred approach to life, supporting you to live each moment naturally, in tune with the noble qualities of a heart enlightened and refined through spiritual practice. These qualities include simplicity, humility, purity, compassion, sincerity, contentment, truthfulness, and forgiveness; attitudes such as generosity and acceptance; and the heart's fundamental nature, which is love. The Heartfulness approach to life is supported by four basic

practices. From the very first day, the practices of Heartfulness start revealing these qualities in us.

Known in Sanskrit as 'Sahaj Marg' or 'the natural path', Heartfulness has evolved from the Raja Yoga system of meditation and was founded at the turn of the twentieth century. It was formalized in India into the Shri Ram Chandra Mission in 1945. The Heartfulness practices are offered free of charge.



Heartfulness Practices

Relaxation

Heartfulness Relaxation can be done at any time. It is useful if you are stressed or feeling panicked, if you are having trouble sleeping, or if you cannot relax into meditation easily. It generally takes between 5 and 7 minutes.

Cleaning:

Heartfulness Cleaning is done at the end of the working day for 20 to 30 minutes. It removes the build up of impurities and complexities that create mental heaviness and emotional turbulence, resulting in lightness, simplicity and purity.

Meditation

Heartfulness Meditation is done in the early morning in silence with closed eyes. A gentle suggestion is given that the source of light in the heart is attracting you from within. Meditation is enabled by yogic Transmission, and is practised for 30 to 60 minutes.

Prayer

Heartfulness Prayer is practised at bedtime as a way of connecting to the centre of existence before sleeping. It is done for 10 to 15 minutes to create a deep prayerful inner state that induces relaxing and refreshing sleep.

Heartfulness Presence

The Heartfulness practice has:

**Over
4 Million**

practitioners
worldwide

**More than
5000**

Heartfulness
centres, known
as Heart Spots

**Over
280**

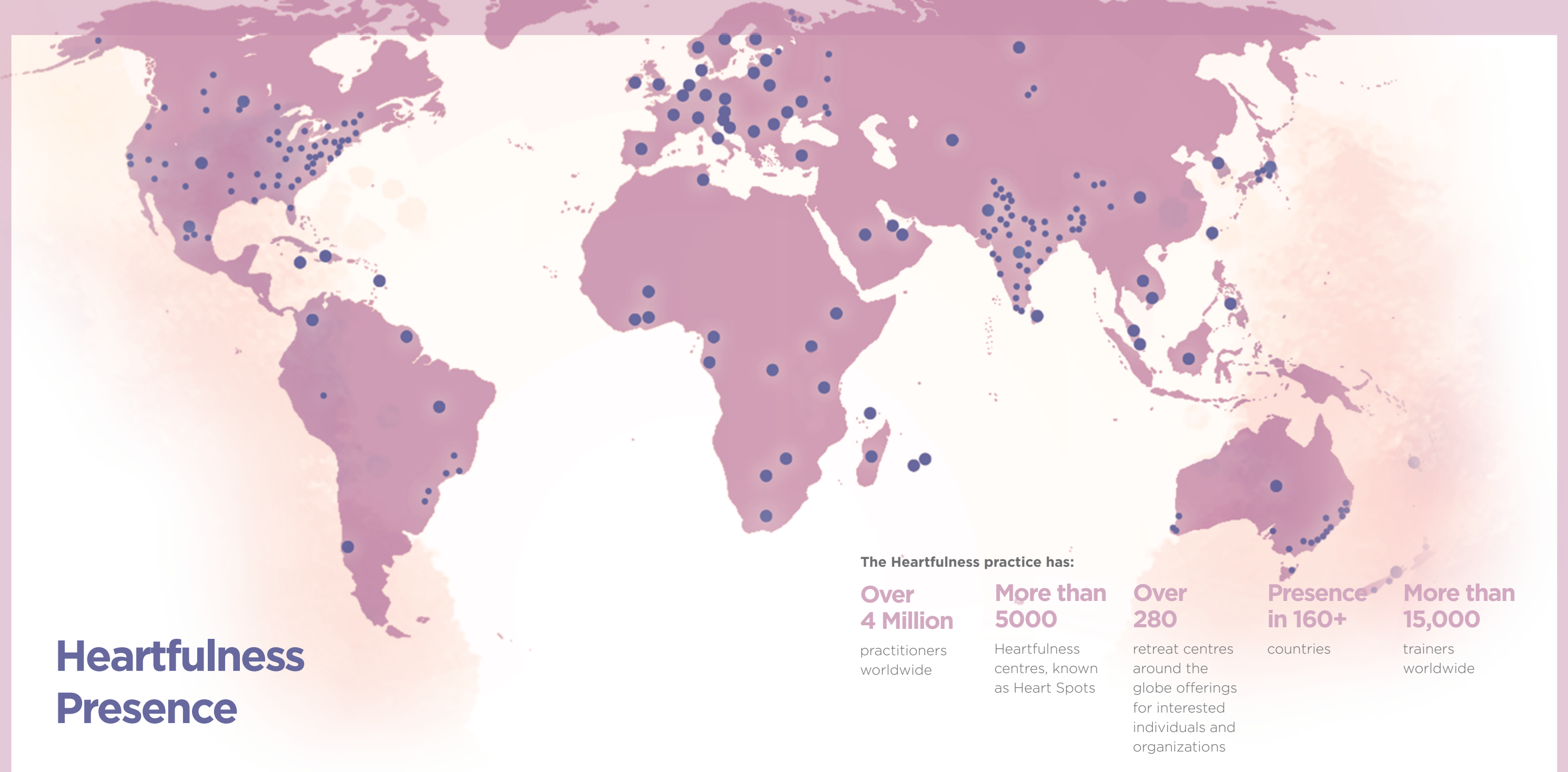
retreat centres
around the
globe offerings
for interested
individuals and
organizations

**Presence
in 160+**

countries

**More than
15,000**

trainers
worldwide





Kanha Shanti Vanam Headquarters, Heartfulness Institute

Located on the outskirts of Hyderabad, India, Kanha Shanti Vanam is the world headquarters of Heartfulness Institute. This ashram is an ecological paradise and a location for spiritual retreat, where you can experience the benefits of meditation, yoga, and other lifestyle practices that will help you to balance the benefits of Kanha's outer nature with your own inner nature. Kanha Shanti Vanam offers spiritual training through meditation and yoga, along with interactive programs that promote overall wellness and opportunities to learn and contribute.

Prior to 2015, Kanha was largely barren and dry. Massive plantation drives were

undertaken with special emphasis on planting local and endangered species. Over the years, the green cover has steadily increased and the landscape has transformed to what it is today.

In 2019, Kanha was awarded 'The Pride of Telangana' by Round Table India & Times of India. That same year, Kanha also received the Indian Green Building Council (IGBC) Platinum Award for following worldclass environmentally friendly practices, becoming the first meditation centre in the world to achieve this.



Forest By Heartfulness

Forests by Heartfulness is an initiative committed to planting at least 30 million native and endemic trees across India by 2025. In order to achieve this goal, a team of forestry, agro-forestry and climate experts are guiding the project and will continue to do so for the next 5 years. As a first step, nurseries are being developed in 18 cities across the country under their guidance. Saplings of carefully selected tree and plant species are raised in these nurseries during non-plantation season every year between October and May.

Mass plantation of these saplings takes place every year between June – September (monsoon) and January - February (late winter). These plantations are carried out by Heartfulness volunteers, farmers, NGOs, school children, and the general public.

Planted saplings will be effectively monitored and nurtured by providing optimum conditions for growth to ensure high survival rates. In 2019, FBH conducted a successful mass plantation drive, covering 64 cities and planting 64,000 trees in one day through its volunteers and partnering organizations.



The Heartfulness Education Trust

Heartfulness Education Trust has been working towards providing educational services across India for people from various walks of life like teachers, principals, HODs, school students, junior colleges, universities, DCOs, leadership training and more. Since 2005, the Shri Ram Chandra Mission has partnered with the United Nations Department of Public Information to celebrate International Day of Youth. Each year, Heartfulness Institute hosts an all-India essay competition. Over one million students at up to 14,000 schools have participated in the contest; many of these schools have now introduced Heartfulness practices to their students.

Today, there are thousands of certified Heartfulness volunteer trainers serving people in over 160 countries.

This program offers:

- Scholarships for students from all continents to attend Heartfulness training programs in India
- Cutting edge research on the effects of meditation.
- Conscious Living skills programming teaching heart-based values and life skills
- College and university programs, Corporate and government programs.
- Free medical clinics.
- Programs for villagers and tribal communities.



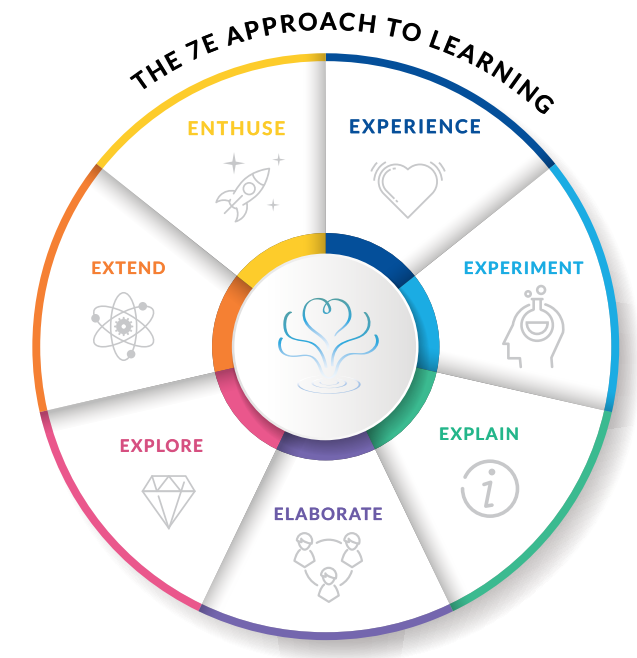


The Heartfulness Learning Centre

The Heartfulness Learning Centre is a school within the beautiful grounds of Kanha Shanti Vanam. It offers a joyful environment for learning through inner reflection and observation.

Founded on the principles of unconditional and universal love, The Heartfulness Learning Centre promotes and inspires education for life, with emphasis on hands-on experiences and the cultivation of heart-based values and life skills.

Foundation & Approach





Heartfulness Yoga

Heartfulness Yoga is a complete science that teaches you how to live life with more confidence, clarity of mind, health, and happiness. Heartfulness has a meditative approach to yoga, allowing physical, mental, emotional and spiritual well-being to flourish in an integrated way. Yogic Transmission is at the heart of the practices. There are programs for all levels, from beginners to adepts, children to the elderly.

01. Yoga for Unity : Yoga for Unity strives to unite all authentic yoga institutions to promote and preserve the ancient practices and philosophies of yoga, and to make them easily available to people around the globe.

02. Virtual Yoga Village: Our online Yoga Village unites different yoga schools on one single platform, providing easy access to different forms of yoga.



Wellness

The Wellness Centre at Kanha Shanti Vanam offers a number of treatment modalities, and the consultants meet regularly to decide the best treatment modes for patients. With relaxing accommodation, the centre offers ayurvedic treatments, physiotherapy, acupuncture, Bach Flowers, therapeutic massage, Heartfulness polarity, and more.

Other initiatives include:

HELP: The HELP Program is equipping students of grades 10-12 with skills and tips to reduce stress and anxiety, improve concentration and memory, create a balanced state of mind, emotional and social intelligence, improved self-esteem and motivation.

Healthcare By Heartfulness: Launched during Covid, the Healthcare by Heartfulness

App provides online consultation and tele-medicine support anywhere in the world, 24x7, 365 days a year.

Polarity: Heartfulness Polarity is a simple method to fix the energy field, when the healthy pattern is compromised. It is often practised within the family, as it brings harmony. It is free of charge.

Voice That Cares Helpline: This Public Helpline provides psychosocial counselling support on a wide range of mental health matters including anxiety, fear, panic attacks, guilt, grief, loneliness, anger, exam stress, pandemic induced psychological issues, stigma, etc, and first aid support for suicidal tendencies, depressive disorders, substance abuse, obsessive-compulsive disorder (OCD) and other mental health concerns.



The green RE-EDUCATE program

Human society has evolved with intelligence, but has lost touch with the natural world and the interconnectedness with Nature.

Re-educating and re-shaping the mindsets of children and communities is the need of the hour.

Heartfulness programs include:

1. Green immersion camps/school
2. Nature walks
3. Understanding circadian rhythms and going with the flow of Nature
4. Practices that help nature evolve with us
5. Using nature's medicines
6. Green clubs

7. Green conferences
8. Community green practices
9. Consume less (along with recycling)
10. Green internships and research
11. Practical lessons from Mother Nature

Soil practices: Blending traditional and modern technology for regenerating soil - practices like biochar, panchagaya, deep root irrigation.

Water practices: Efficiently capturing every drop of water. Practices like ponds, rainwater harvesting and reviving wells.

**Global HQ of Heartfulness
Institute, Hyderabad, India**

Inauguration of Kanha
Shanti Vanam by the Hon'ble
Former President of India,
Shri Ram Nath Kovind.

“It is reassuring to
see that Heartfulness
Institute is continuously
expanding its outreach
for the benefit of
world community.”



Landmark Heartfulness Events at Kanha Shanti Vanam



SHRI RAM CHANDRA MISSION



Former President of India Shri Ram Nath Kovind at Kanha Shanti Vanam

“Inner self through development practices of Sahaj Marg and Heartfulness learning will help in bringing about individual and collective transformation across the globe.”



Valedictory Address by Shri PM Modi to celebrate 75 years of Heartfulness

“Heartfulness program along with Yoga is like the beacon of hope for the world. Heartfulness is inspiring the world towards leading healthy life.”



Kishan Reddy

Hon'ble Union Minister of Tourism, Culture and Development of North-East



Mohan Bhagwat

Chief, Sarsanghchalak, RSS



Narendra Singh Tomar

Hon'ble Union Minister of Agriculture



Parshottam Rupala

Hon'ble Union Minister of Fisheries, Animal Husbandry and Dairying



Gajendra Singh Shekawat

Hon'ble Union Minister of Water Resources (Jal Shakti)



Dr. Ichak Adizes

Leading management expert



Paul Luu

Executive Secretary, 4 per 1000 initiative



Pullela Gopichand

Chief National Coach for the India national badminton team



P. V. Sindhu

Indian badminton player

A few of the eminent dignitaries who have visited Kanha Shanti Vanam

Our Impact initiatives have been covered on:

Daaji



A few organizations where Heartfulness initiatives are underway:



A few of the institutions across the world which are Heartfulness enabled:



Heartfulness working unitedly with one and all

Heartfulness has touched

6000+ companies,
25,000+ colleges,
100,000+ schools,
200+ NGOs,
100000+ villages,
National and state governments
and armed forces...

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Awards and Achievements



About Heartfulness Institute

Affiliate of Shri Ram Chandra Mission:

Global non-profit organization, associated with United Nations DPI, with a 75-year history.

Offers the simple effective practices of Relaxation, Meditation, Mental Detoxification, and Inner Connection to support balanced living, inner calm and well-being, and spiritual growth.

Presence spans 160 countries with over four million practitioners, 15,000 trainers and 280 retreat centers worldwide.

Heartfulness practices are offered free of charge globally.

Pursuant to the organization's vision and values, it serves humanity in areas of Education, Environment, and Wellness.

Learn more:

Toll free India: 1 800 121 DHYANA (3492)
info@heartfulness.org
www.heartfulness.org

Bringing sustainable change among communities and societies



Brighter Minds

An educational initiative committed to enhancing cognitive functioning amongst children to encourage intellectually, socially, and emotionally brighter minds.

The Heartfulness Learning Centre

Committed to nurturing children to become balanced and inspired, and to develop the right attitude with the loving guidance of heart-centred teachers.

Teacher Training

Educational opportunities to foster continued learning in teachers through heart-based pedagogies to promote socio-emotional learning.

Schools Programs

The Heartfulness Way curriculum for students in grades 1 to 9, and the HELP program for students in grades 10 to 12 have touched the hearts of hundreds of thousands of students.

Global Essay Event

The largest and longest-standing essay event designed to promote authentic self-expression amongst children and youth.

Legal Community

An opportunity for lawyers and legal personnel to learn how to apply Heartfulness techniques to their roles.

Science & Spirituality Clubs

Youth clubs focused on the science of spirituality across colleges/education institutions.

Universities

Curricula developed specifically for college students focused on Heartfulness Meditation, socio-emotional skills relevant to their generations, and leadership development programs.



Heartfulness Green

Plantation of over 1M+ trees at Kanha Shanti Vanam, Hyderabad. Ex- situ conservation center.

Forest By Heartfulness

Conservation and afforestation of native and critically endangered species.

Heartfulness Blue

Innovative models and technology transfer for water conservation, water recycling, ground water recharge, etc.

Free Medical Services

A state-of-the-art on-site hospital, wellness centre, and telemedicine support.

Covid Relief

Medical supplies and support, free food, PPE, and a helpline for psycho-social wellness throughout the pandemic.

Kaushalam

Tailored workshops for leaders and managers with experts in pristine and serene Heartfulness centres.



Villages

Skill development for livelihood using community building based on meditation and life skills.

NGOs

Collaborations with non-governmental organizations to offer Heartfulness tools and practices to empower youth.

Health

CME programs, Divya Janani, Family and Relationships, Wellness Centre

Yoga

Research, revival, and proliferation of yogic wisdom, including an International Yoga School.

Governments

Meditation, Conscious Living, leadership development programs, and retreats for government employees.

Workspaces

Meditation and contemplation-based leadership retreats across India for public and private sector leaders.



heartfulness
advancing in love

www.heartfulness.org