

Heartfulness
Through meditation, [achieve](#)



What brings happiness

Note: You need to attend the 3 Heartfulness masterclasses or have 3 meditation sessions with a trainer before going further. In case you have not, **[please click here](#)**



Heartfulness
STAGES OF PRACTICE

LIST OF ACTIVITIES

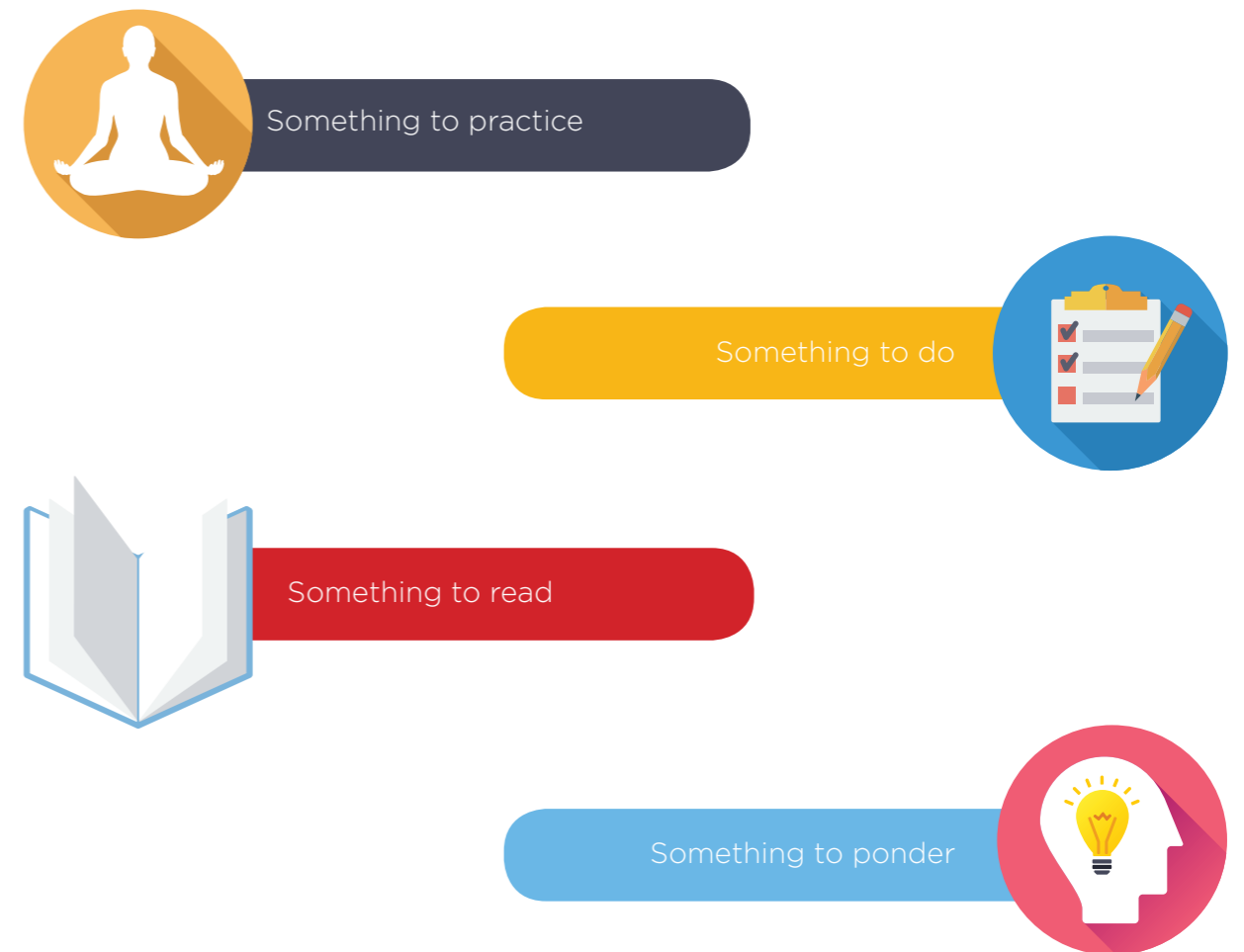
- 1 Heartfulness relaxation followed by meditation with transmission
- 2 Why the heart?
- 3 How to deal with thoughts in meditation?
- 4 What is transmission?
- 5 Teaching others to relax
- 6 Deepening meditation by the practice of rejuvenation
- 7 Deepening meditation by connecting with your source
- 8 Individual meditation at home
- 9 Sharing relaxation and meditation with your friends and family
- 10 What brings happiness
- 11 Daily routine
- 12 Attitude for meditation
- 13 Experience: observing and sharing
- 14 Conscious living: how to change?
- 15 How to stay centred and not react to difficulties?
- 16 Getting a good night's sleep
- 17 Excel in whatever you do
- 18 Observe yourself and write a diary
- 19 What have you discovered about yourself?

Dive Deeper - Activity 10

These stages of practice are for self-assessment and self-development. Use them for yourself, to track and develop your personal journey. The benefits of these activity are directly proportional to your interest and commitment to yourself.

You can begin by setting personal goals. Try to attain those goals by the time you complete the program, and then to develop beyond. There are weekly activities, including articles, video links and questions, to allow you to delve deeper and gather the best experience.

The activities are of four types:



WHAT BRINGS HAPPINESS?



The Science of HAPPINESS

by Kamlesh D. Patel

The German philosopher Schopenhauer asked the question, "How can we determine whether a man is happy or unhappy?" He defined true happiness as the complete satisfaction of all desires. You could say that the happiness of a person can be described mathematically as:

$$\text{HAPPINESS} = \frac{\text{Number of desires fulfilled}}{\text{Total number of desires}}$$



So if you have ten desires and five are fulfilled, you have fifty percent happiness. If ten are fulfilled, you have one hundred percent happiness. The more desires you have, the harder it will be to fulfil them all, and so the less happy you will be. Happiness is inversely related to numbers of desires.

What happens when you have no desires at all? The denominator becomes zero. Anything you divide by zero is infinity. If you have zero desires, limitless will be your happiness.

In this desireless state, we don't expect anything. When we don't expect anything, we don't play games with ourselves and others. We don't manipulate others because we don't expect anything from anyone.

How do we destroy our inner condition and our humanness? It is mentioned in the Bhagavad Gita, in chapter two, that when desires are not fulfilled there is disappointment. Disappointment leads to anger, anger makes us lose our balance, and once we lose our balance, our mental equilibrium, we are destroyed and lose our humanness.

Ram Chandra of Shahjahanpur spoke about, "More and more of less and less." What is he talking about? He is talking of desires: more and more of less and less of desires. When you look at it in a mathematical way, you see so much wisdom in that simple statement. If you want to have infinite happiness, infinite bliss, then minimise your desires, from more and more to less and less and finally to zero! Make peace with yourself. "My Lord, whatever you have given me and you continue giving me in the future, I am happy." Does that mean you should not have an iPhone? You think about it.

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What brings me happiness?

Lined writing area for the activity 'What brings me happiness?' consisting of 20 horizontal dashed lines.



Heartfulness Relaxation Followed by Meditation With Transmission

(See guided script from Activity 1)

Lined writing area for the activity 'Heartfulness Relaxation Followed by Meditation With Transmission' consisting of 15 horizontal dashed lines.



YouTube videos to watch:

Gratitude by Louis Schwartzberg

<https://www.youtube.com/watch?v=gXDMoiEkyuQ>

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Connect with us



Contact a trainer

I want to **dive deeper** at my own pace but with periodic assistance from a **certified Heartfulness trainer**
(I'm aware that there are no charges applicable)



Go further myself

I want to **dive deeper** and **practice on my own**



Gift Heartfulness

I would like to **share the gift** of Heartfulness with family, friends or at my workplace



Subscribe

I would like to **receive** literature and audio-visual material from time to time

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