Heartfulness

Through meditation, achieve



Attitude for meditation

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 12

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:



ATTITUDE FOR MEDITATION

Dive Deeper Activity 12

Meditation is INTERESTING

Heartfulness is a word that has life in it. Even if you take the word 'heart' by itself, what does it evoke in you? Take a few moments to observe yourself and write down whatever you discover.

So, why not try an experiment tomorrow morning. First meditate in a neutral, mechanical way for five minutes, just as if you were following a set of instructions to make a cake. Make a note of how thats feel in your heart?

Then feel enthusiastic and joyful about the idea of meditating and meeting your higher Self during meditation, discovering a new aspect of your being. Make a note of how that feels. Is there any difference? Again note down your experience.

Some people experience longing, or gladness, or wonder, or welcome home to your higher Self, or just relaxed and calm. Yours is your own experience.

If you observe naturally during meditation and afterwards, even if your experiences are subtle, fleeting or faint, the more interest you will have in the whole process. This kind of interest will keep you motivated as you discover progressively how each meditation builds on the previous ones, how different or similar they are, and how they affect your life.

'There is a quiet light that shines in every heart. It draws no attention to itself though it is always secretly there. It is what illuminates our minds to see beauty, our desire to seek possibility and our hearts to love life... This shy inner light is what enables us to recognise and receive our very presence here as blessing.¹

¹Anam Cara: Spiritual Wisdom from the Celtic World, John O'Donohoe, Bantam Paperback, April 1999.



During the week, observe how your attitude to meditation and your enthusiasm affect the quality of the meditation.

Do this as an	experiment. Write a summary her	e:	

Attitude for meditation Attitude for meditation





Heartfulness Relaxation Followed by Meditation With Transmission

(See guided script from Activity 1)

What interested me today in meditation?



YouTube videos to watch:

Practising Heartfulness meditation regularly. https://www.youtube.com/watch?v=Ee7FVUy5Kmg

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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

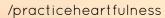


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/heartful_ness



