

Heartfulness  
Through meditation, [achieve](#)



Conscious living: how to change?

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

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## 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 14

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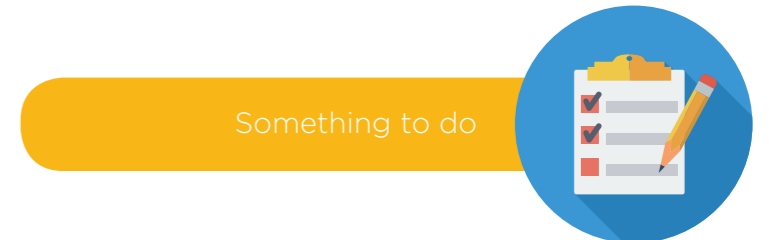
These stages of practice are for self-assessment and self-development. Use them for yourself, to track and develop your personal journey. The benefits of these activity are directly proportional to your interest and commitment to yourself.

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:



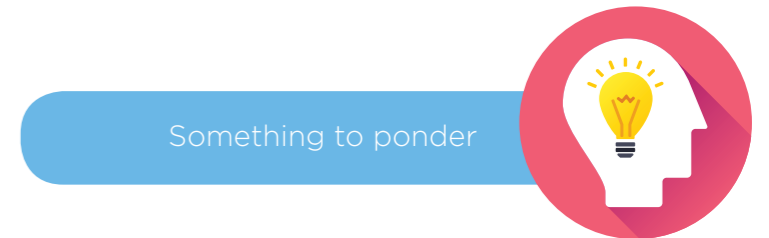
Something to practice



Something to do



Something to read



Something to ponder

## CONSCIOUS LIVING: HOW TO CHANGE?



### A story: The TWO WOLVES Within

Once upon a time, a boy came to his grandfather full of anger at a friend who had done him an injustice. His grandfather said to him, "Let me tell you a story."

"I too, at times, have felt very angry at those that have taken so much or have been unjust, with no regret for what they do. But hate wears you down. It does not hurt your enemy. It is like taking poison yourself and wishing that your enemy would die. I have struggled with these feelings many times."

He continued, "It is as if there are two wolves inside me. One is good and loving and does no harm. He lives in harmony with all around him, and does not take offence, he is able to forgive and he realizes that in this way he takes care of his own heart. He will only fight when it is right to do so, and in the right way."

"But the other wolf is full of anger! The littlest thing will set him into a temper. He fights all the time, for no reason. He does not forgive, and this hurts his heart. Sometimes he cannot think because his emotions are so great. It is useless anger, for his anger will change nothing."

"Sometimes, my dear son, it is hard to live with these two wolves inside me, for both of them try to dominate my spirit."

The boy looked intently into his Grandfather's eyes and asked, "Which one wins, Grandfather?" He replied, "The one that I feed."



### Speak with Love

We spend so much time communicating with each other – with our loved ones, friends, work colleagues, neighbours and the strangers who serve us in shops and offices, pass us on the street, or sit next to us in the bus or train. We are a social species, so communication is critical for our survival.

There are many layers and levels of human communication that we will explore together in future issues; from body language to listening, and from the way our energies resonate with each other to silent heart-to-heart communion.

In this issue, we explore the way we speak. The spoken voice is the transmission of sound from one being to others. It therefore is an expression of our inner being. Here are some tips from three wise men throughout the ages.





## SOCRATES

470 - 399 BCE



One day an acquaintance met the great philosopher Socrates and said, "Do you know what I just heard about your friend?"

Socrates said, "Before you talk to me about my friend, take a moment and filter what you're going to say.

"The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man said. "Actually I just heard about it."

"Now, how about the second filter, the filter of goodness? Is what you are about to tell me about my friend something good?"

"No, on the contrary."

"So," Socrates continued, "you want to tell me something bad about him, but you're not certain it's true.

There is one filter left: the filter of usefulness. Is what you want to tell me about my friend going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if it is not necessarily true, not good and not even useful, why tell me at all?"

Second, right speech through the eyes of the Buddha.



## BUDDHA

Between the 6th and 4th centuries BCE



Right speech always consists of five characteristics:

It is spoken at the right time.

It is true.

It is sweet.

It is useful and helpful.

It is kind and compassionate.

If we cannot perform right speech, it is better not to speak. Right speech brings happiness, harmony and wisdom to life.

Speak only those words by which we would not torment ourselves nor harm others.

Speak only pleasant words, which are acceptable to others.

Third, the human voice as the manifestation of the very vibration of our existence, from the great 19th-20th century Guru, Ram Chandra of Fatehgarh.



## RAM CHANDRA (LALAJI)

1873 - 1934



Sound is the manifestation of consciousness.

Let the flow of your conversation be a current that is even and in tune with the current of Reality. In this way, you will touch the hearts of those people listening.

How?

Remove all sharpness, so that your speech doesn't carry any kind of weight, like a current of still air.

It should be soft, cultured, smooth and balanced. A person whose tongue is cultured and polite has a large, pure and noble heart.

Be free of anger and free of emotional outbursts in speech. The heart is so tender that it begins to wilt even with the slightest disturbance.

To develop such softness, create extreme humility in temperament, so that you are filled up with such a feeling of love that you have no inclination to hurt anybody's heart, and your words will not hurt anybody's heart.



List 5 things that I want to change about myself. They can be small details or large life-changing things. Choose things that I can change.

01

02

03

04

05







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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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or email us at [info@heartfulness.org](mailto:info@heartfulness.org)

Contact numbers: **Canada & USA** 1 844 879 4327 | **India** 1 800 103 7726 | **Australia** 02 8004 6547

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