

Heartfulness  
Through meditation, [achieve](#)



## How to stay centred and not react to difficulties?

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 15

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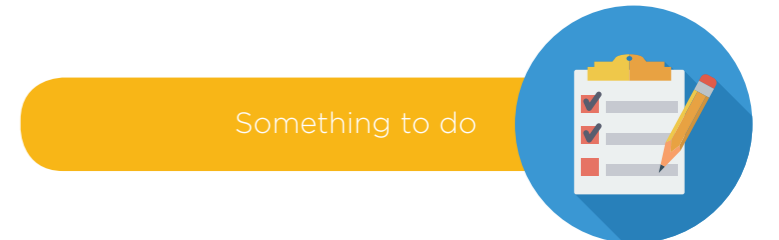
These stages of practice are for self-assessment and self-development. Use them for yourself, to track and develop your personal journey. The benefits of these activity are directly proportional to your interest and commitment to yourself.

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:



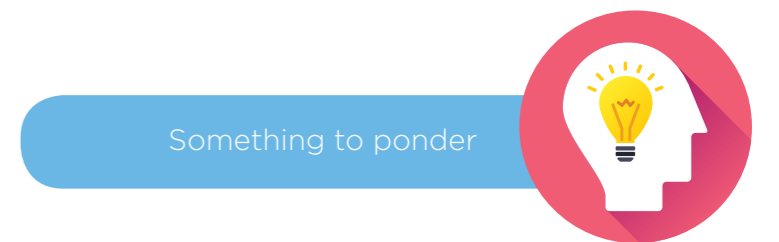
Something to practice



Something to do



Something to read



Something to ponder

# HOW TO STAY CENTRED AND NOT REACT TO DIFFICULTIES?



## 10 tips for solving conflicts

We are all connected. Any tension or conflict anywhere reverberates through the hearts of all of us. It is also stressful to have conflict, especially when people get hurt. Yet it happens all the time.

No matter whether we have caused the problem or are at the receiving end, there are a few things we can do to restore harmony:

**1 harmony** > In your heart, sincerely wish for harmony. Put harmony before being right.

Always see the other person as greater than yourself. Then you will try to understand their point of view; to understand means to 'stand under' < **2 stand under**

**3 meet in person** > Try to meet in person, and remember it is not easy to fix any conflict by email or text. It needs the human touch.

Be humble and openhearted. The attitude and thoughts you have are more important than the words you say. No use saying 'sorry' through gritted teeth! < **4 humble and openhearted**

**5 listen well** > Listening is always more important than speaking. Listening enables you to learn and understand what another person is feeling and why.

When you do speak, see if your voice can flow evenly, reflecting a balanced inner state, without harshness or sharp rise and fall. < **6 let your voice flow evenly**

**7 be patient** > Some conflicts will not resolve overnight, no matter how much you try. In fact, sometimes trying to fix it only makes it worse because you give it too much attention. Allow things to heal naturally and then act at the appropriate time. The other person also has to be ready to let go.

Consciously let go of resentment. See the situation as an opportunity to become a better person. < **8 let go of resentment**

**9 brothers and sisters** > Treat others as your brothers and sisters. Small siblings often fight, but ten minutes later they are hugging and playing, and no love is lost. Can you be like that?

At bedtime, close your eyes for a few minutes, go into your heart, and feel sorry for anything you have done to hurt anyone. There is no need to feel guilty. Promise yourself that you will not do the same again. You will feel light and sleep with a clearer conscience. < **10 go into your heart**

Reprinted from Heartfulness Magazine, Issue 1, heartfulnessmagazine.com



## Heartfulness Relaxation Followed by Meditation With Transmission

(See guided script from Activity 1)



## What did I experience during meditation today? How do I feel afterwards?

Dotted lines for writing on page 8.

Dotted lines for writing on page 9.

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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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[Speaking Tree](#)  
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Please contact one of our trainers at [heartspots.heartfulness.org](http://heartspots.heartfulness.org)  
or email us at [info@heartfulness.org](mailto:info@heartfulness.org)

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