

Heartfulness
Through meditation, [achieve](#)



Excel in whatever you do

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 17

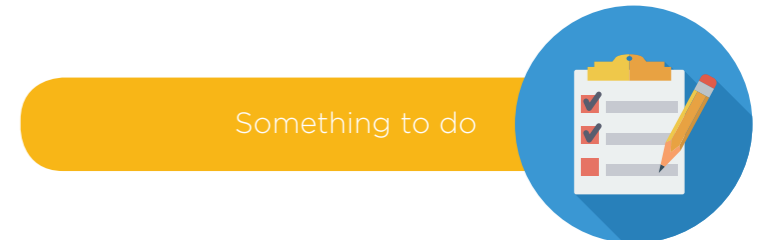
These stages of practice are for self-assessment and self-development. Use them for yourself, to track and develop your personal journey. The benefits of these activity are directly proportional to your interest and commitment to yourself.

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:



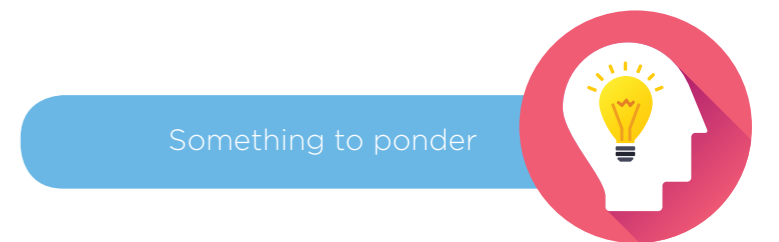
Something to practice



Something to do



Something to read



Something to ponder

EXCEL IN WHATEVER YOU DO



Excellence

Whatever we do, we must excel, and that has nothing to do with ego. When we paint, are we excelling in that? When we study, are we excelling in our studies? People say, "I will not excel. I want to be humble and non-egotistical." Don't have ego, but not at the cost of excelling. **The purpose of life is this: we must excel in everything that we do. Excel!** People say, "Oh, but my ego will go up." Ego will go up only when I repeatedly say, "Look at my work. It's so wonderful. I did it. You can't do it." Ego is not to be used to hurt others. It is to keep pointing the finger back towards myself saying, "Okay, I can do it better than I did last time." Ego can never be destroyed. People say, "I want to annihilate it completely and remain ego-free." It is not going to happen.

Kamlesh D. Patel

In character, in manner, in style, in all things,
the supreme excellence is simplicity.

Henry Wadsworth Longfellow

Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become.
Everything else is secondary.

Steve Jobs



What do I truly want to become?

Lined writing area for reflection with 15 horizontal dashed lines.



Heartfulness Relaxation Followed by Meditation With Transmission

(See guided script from Activity 1)



What is my inner condition after meditating?

Lined writing area for notes on page 8.

Lined writing area for notes 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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Please contact one of our trainers at heartspots.heartfulness.org
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