

Heartfulness
Through meditation, [achieve](#)



Observe yourself and write a diary

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 18

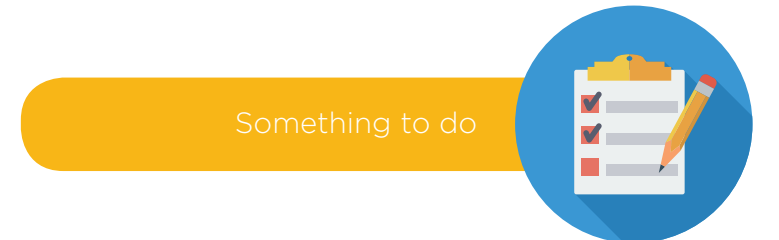
These stages of practice are for self-assessment and self-development. Use them for yourself, to track and develop your personal journey. The benefits of these activity are directly proportional to your interest and commitment to yourself.

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:



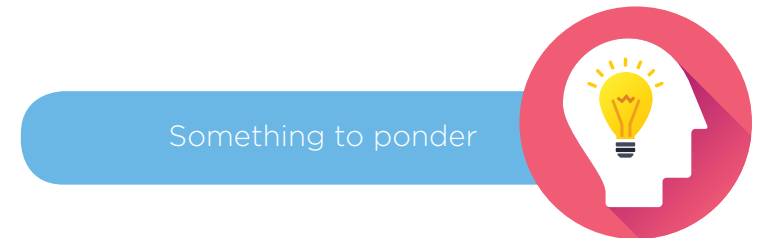
Something to practice



Something to do



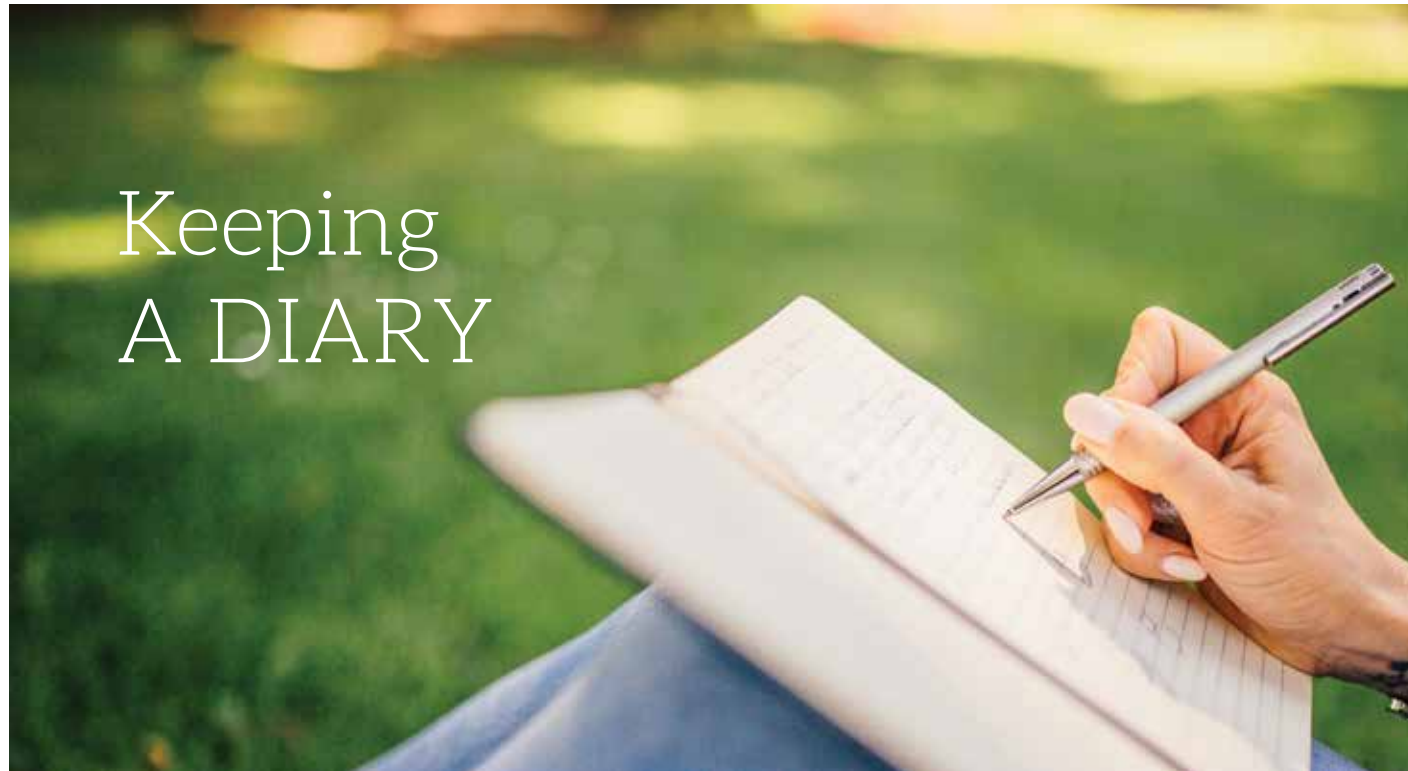
Something to read



Something to ponder



Have a special notebook that you carry with you



1. BE HONEST

Be honest about events and thoughts that you have. It is like a mirror.

This helps us accept ourselves as we are, while showing areas if change for our next steps.



2. WRITE DOWN

Write down observations or experiences that occurred during the meditation.

Psychologists have found that memory is related to the state of consciousness in which the experience occurs, so if we write down straight away we are more likely to remember it.

When to write?

Any time you feel like it, you can do so.

Have your diary on hand whenever you meditate, to write how you feel directly after meditation or what you experienced during meditation.

Some people like to write in the early morning, so that they also record their dreams.

What should I write?

With experience, you will learn to select what you want to write in this notebook.

Start writing and experience will teach you.

You only need one notebook for Heartfulness sessions and everything else.

Write in your own words. No one is going to read it, no one else has to understand it, so you can use poetic language and images that talk to you.



Practise writing:

Note down 5 things you experienced during the week for which you are grateful. Take your time and focus on the people and situations that inspired you to gratitude.

01

02

03

04

05



Heartfulness Relaxation Followed by Meditation With Transmission

(See guided script from Activity 1)



What did I observe and feel in meditation?

Dive Deeper Activity 18

Dive Deeper Activity 18

Heartfulness

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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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