

Heartfulness
Through meditation, [achieve](#)



Why the heart?

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

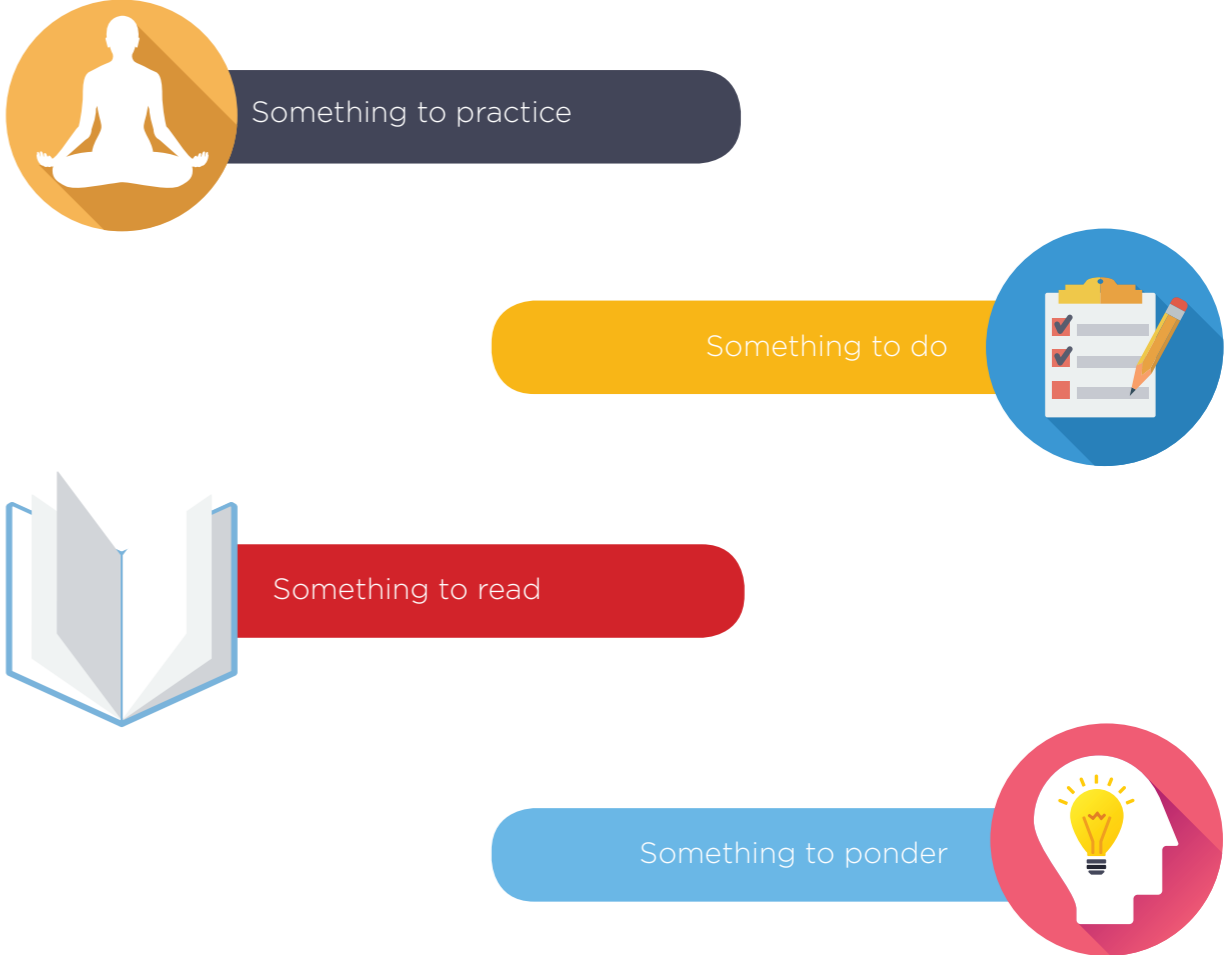
- 1 Heartfulness relaxation followed by meditation with transmission
- 2 Why the heart?
- 3 How to deal with thoughts in meditation?
- 4 What is transmission?
- 5 Teaching others to relax
- 6 Deepening meditation by the practice of rejuvenation
- 7 Deepening meditation by connecting with your source
- 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 2

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:





Why the HEART?

In Heartfulness meditation, our attention is on the heart. We meditate on the idea that there is Divine Light or the Source of Light in the heart.

Why the heart? What is my own experience so far?

Write whatever comes:

Horizontal dashed lines for writing.



After you have finished your own exploration, you can read the following ideas that have been proposed:

The heart is where our deepest feelings happen, where we feel profoundly moved, where we discover our intuition and wisdom. It is through the heart that we commune with our deepest Self and others.

In all languages, there are so many beautiful ways we find the heart described: he is close to my heart, let's have a heart to heart discussion, she is such a kind-hearted person, I have put my heart into this, they left with a heavy heart. All refer to a deep state of feeling, an involvement of the person at the deepest level.

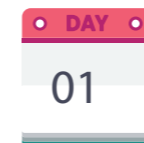
There are other reasons to have the heart at the centre of the meditation.

Religions and mystical traditions believe that the heart is the seat of the soul.

The heart beats and sends the blood to the entire body and reaches all the cells. Purifying the heart benefits the entire organism, physically, emotionally and spiritually. The heart is really the base of our response to situations.



DURING THE WEEK, observe: What do I find in my heart each day?



Horizontal dashed lines for daily observations, starting from the calendar icon.

DAY
02

DAY
03

DAY
04

DAY
05

DAY
06

DAY
07



What is DIVINE LIGHT or the SOURCE of LIGHT?

In meditation we start by gently holding one thought in our mind, and ignoring all the other thoughts.

In Heartfulness meditation we are meditating on the most beautiful and mysterious part of ourselves that is silent and hidden from view – the inner Self.

The only way to put that into words is to use the word 'light', as light has no apparent material qualities – you can't touch it, or see it, or taste it or smell it or hear it.

So we are asked to gently bring our attention to the Source of Light or Divine Light in the heart in meditation, without needing to see it.

With practice, we become aware of this light within our hearts. Just have the idea that there is Divine Light in your heart.

Assume that it is already present. Keep this suggestion as subtle as possible, naturally and without force.



YouTube videos to watch:

What is meditation?

<https://www.youtube.com/watch?v=UMkSPXHPG5E&feature=youtu>

Why meditate?

<https://www.youtube.com/watch?v=6p5sOi4nmak>

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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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