

Heartfulness  
Through meditation, [achieve](#)



What is transmission?

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

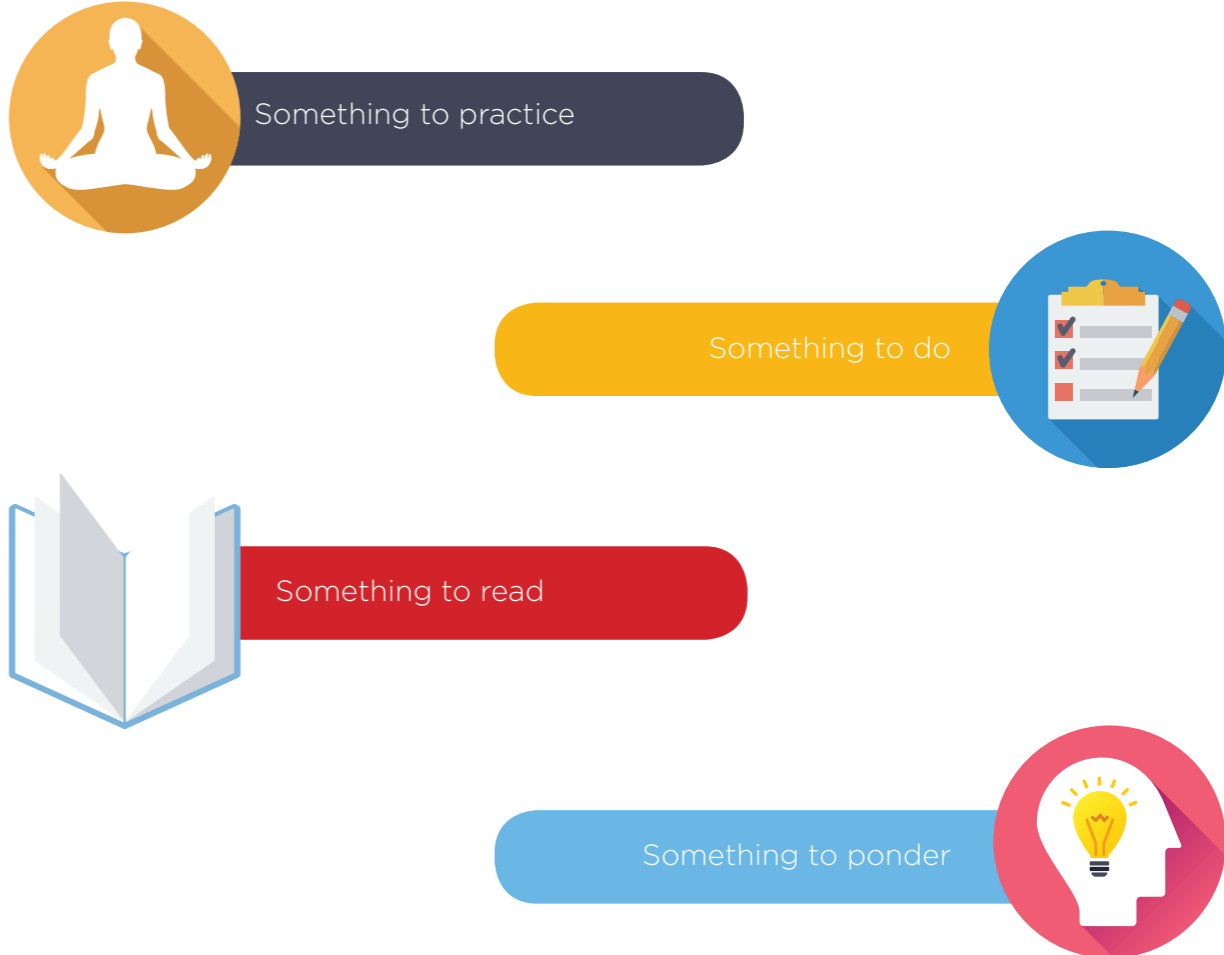
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# Dive Deeper - Activity 4

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:



# WHAT IS TRANSMISSION?



## PLACE and TIME for MEDITATION

### Place and posture

It is easier to relax and slip into meditation if you have one particular place to meditate. It could be a specific chair or a cushion on the floor in a particular place in your home. If you keep meditating in this place, an atmosphere develops that is conducive to meditation. You will also associate that place with meditation and this habit helps.

Sit upright, in a comfortable position. There is no formal yoga position (asana) needed, although it helps to sit with your legs crossed, either on the floor or a chair. The inward turning of the body is then in sync with the inward turning of the mind. Lying down is just too relaxing. If you are finding any tension during meditation, move your limbs to a more comfortable position, so that you can be unmindful of your body.



### EXPLORATION

Make your own special environment for meditation. Notice any change in the time it takes you to relax and keep your attention on your heart.



## Time

Try to fix the same time to meditate every day. We are sensitive to daily rhythms and routines, so if you meditate at the same time each day, your biological clock will become used to it. It becomes part of your regular daily pattern in life.

The ideal time to meditate is in the early morning, before dawn. This is a beautiful time of stillness in nature so it is easier to feel that same stillness within. If this is not possible for you, then try to meditate at the same time each day, whatever it may be.

When you meditate on the Source of Light in your heart first thing in the morning, the effect can affect your whole day in a very positive way.



### EXPLORATION

Fix a time for meditation and practice at that same time every day during the week. See if you can integrate meditation into your daily routine.



### What is my experience of fixing a time and place for meditation

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### What is TRANSMISSION?

In order to understand the concept of transmission, let's take a little detour to the subject of nutrition. To nourish our physical body we consume food. As far as possible, if it is a balanced diet it is great – vitamins, protein, fat, carbohydrates and fibre that nourish our physical body.

Then we go on to the second aspect of our existence: mental enrichment. How do we nourish that? And please don't let it stop with the end of school. Let it continue, and don't let it rust. Education should never be stopped. Otherwise, as they say, "If you don't use it, you lose it."



### Physical Enrichment

Balanced diet - vitamins, protein, fat, carbohydrates and fibre that nourish our physical body.  
Our body has its limitations at a genetic level.

### Mental Enrichment

Mental nourishment and enrichment happens through learning, education, reading and using the mind wisely.  
Growth at the mental level, it is not as restricted but it is limited.

### Spiritual Enrichment

Pranahuti or transmission is food for the soul. Calmness and peace develop as a result.  
There are no limitations to the spiritual realm. The possibilities are infinite.

## Pranahuti or TRANSMISSION

The nourishment of the soul or the *Atma*

And we also have a third body we call the soul or the atma. Did you ever think about how we can enrich that soul? Is there any food for that? When a baby is hungry and eats something, without realising that it is food, if it satisfies the baby's hunger he is happy. The baby does not need to say, "This is my food." When we are thirsty, without knowing the name water, the water still quenches our thirst. And when we are so desperate for knowledge, it really does not matter from where we gather our knowledge, it just impresses our heart so much that we are lost in that knowledge. We are somehow in a state of joy when we learn something new.

It is similar with this inner being, the soul, though we do not know how it feels hungry or not. Through some process, somehow it is satisfied. It remains at peace, it derives immense calmness that it has never experienced before, and so then you can say, "Yes, something is all right. I am being fed." That is what I call pranahuti. The people who receive it feel it, and that is what we offer to you.

Our body has its limitations at a genetic level – if you are going to grow to five feet five, you will only grow to five feet five, maybe five feet six if you keep on exercising. A five-footer cannot dream of becoming a six-footer. There are enormous limitations imposed at a physical level, restrained by the genes that we have inherited from our parents.

If you go to the next level, growth at the mental level, it is not as restricted. It is not genetic. If my father is a farmer, I have the possibility of becoming a PhD. A son or daughter of a rickshaw puller can still become a PhD but not all can become like Einstein. There is limitation there too, but there is greater flexibility than at a physical level.

Going to the spiritual realm, there are no limitations. The possibilities are infinite. You can go on expanding and growing infinitely in the spiritual field, because now you are merging with God. And if God is infinite and your merger is in the Infinite, your growth must be infinite. So there is a greater possibility through meditation.

If you like it, continue with it. Once you like it, make it a commitment to yourself. It is not that you are going to satisfy your parents by sitting quietly with closed eyes and becoming a saint. You are not even here to satisfy God; you are here to satisfy your existence. **The very purpose of existence is to excel in whatever you do.** After many years of interaction within myself I have come to this fundamental conclusion that this life is given to us so that we excel in whatever we do. It is as simple as that.



### Heartfulness Relaxation Followed by Meditation With Transmission

(See guided script from Activity 1)



### How would I describe my thoughts during meditation?

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YouTube videos to watch:

**Light during Heartfulness meditation.**

<https://www.youtube.com/watch?v=VUnO1OyiA1g&feature=youtube>

# Heartfulness

Through meditation, **achieve**



## 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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[Heartfulness Magazine](#)  
[Speaking Tree](#)  
[You Tube](#)

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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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