

Heartfulness  
Through meditation, [achieve](#)



## Teaching others to relax

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

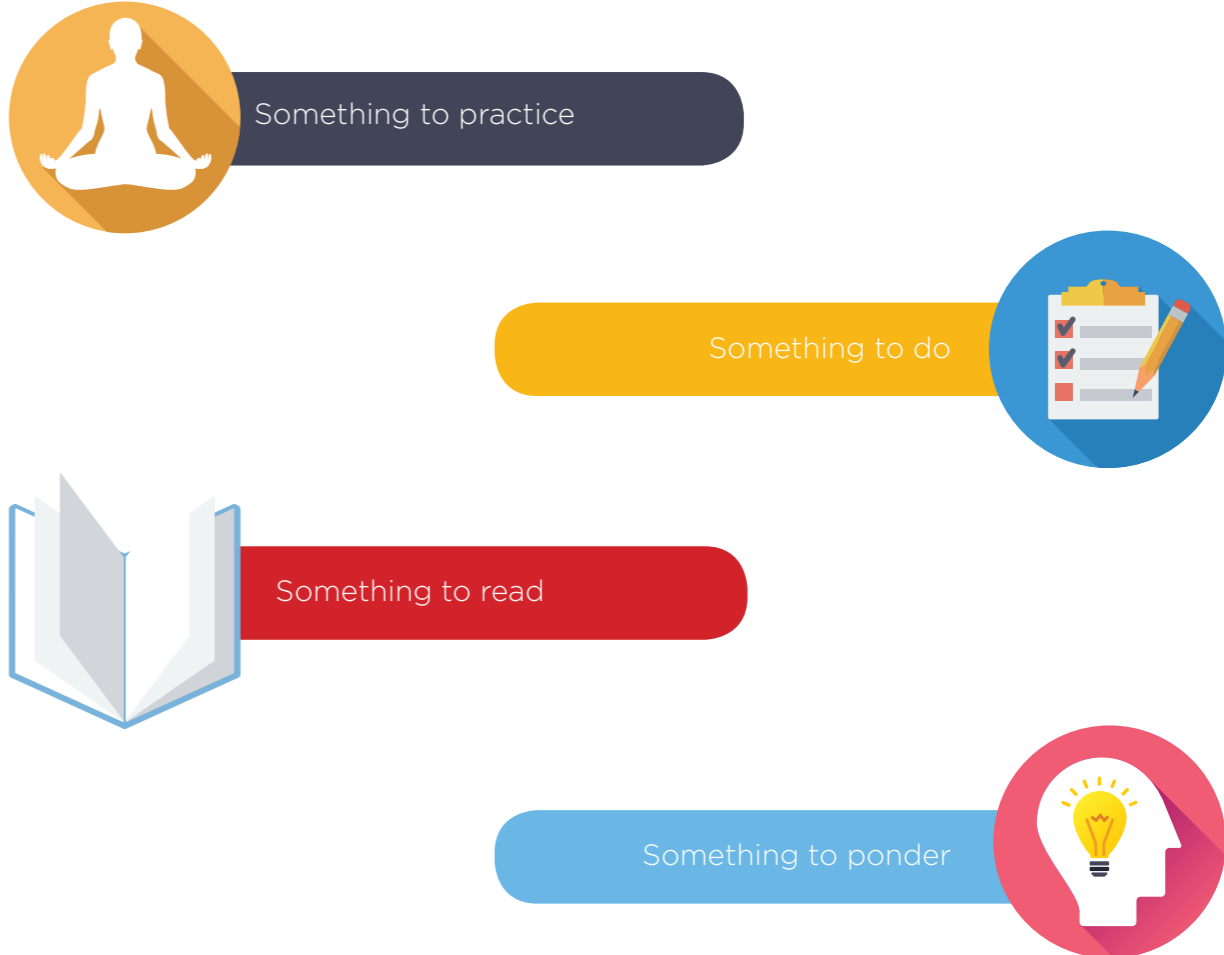
- 1 Heartfulness relaxation followed by meditation with transmission
- 2 Why the heart?
- 3 How to deal with thoughts in meditation?
- 4 What is transmission?
- 5 Teaching others to relax
- 6 Deepening meditation by the practice of rejuvenation
- 7 Deepening meditation by connecting with your source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

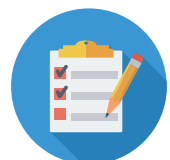
These stages of practice are for self-assessment and self-development. Use them for yourself, to track and develop your personal journey. The benefits of these activity are directly proportional to your interest and commitment to yourself.

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:



# TEACHING OTHERS TO RELAX



## Guided relaxation with others

Take turns to conduct the relaxation for each other for around 5 minutes each. Use the script below as a guide for the activity, but let it be very natural and connected with the heart rather than a mechanical reading of the script:

Sit comfortably and close your eyes very softly and very gently.

Let's begin with the toes. Wiggle your toes. Now feel them relax.

Relax your ankles and feet. Feel energy move up from the earth... up your feet to your knees relaxing the legs.

Relax your thighs. The energy moves up your legs ... relaxing them.

Now, deeply relax your hips ... stomach ... and waist.

Relax your back. From the top to the bottom the entire back is relaxed.

Relax your chest ... and shoulders. Feel your shoulders simply melting away...

Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up to your fingertips.

Relax the neck muscles. Move your awareness up to your face. Relax the jaw ... mouth ... nose ... eyes ... earlobes ... facial muscles ... forehead ... all the way to the top of your head.

Feel how your whole body is now completely relaxed.

Move your attention to your heart. Rest there for a little while. Feel immersed in the love and light in your heart.

Remain still and quiet, and slowly become absorbed in yourself.

Remain absorbed for as long as you want, until you feel ready to come out.



## What was my experience while conducting the guided relaxation?

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## Heartfulness Meditation With Transmission

(See guided script from Activity 1)



## What did I feel during meditation?

# 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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