

Heartfulness
Through meditation, [achieve](#)



Deepening meditation by the practice of rejuvenation

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

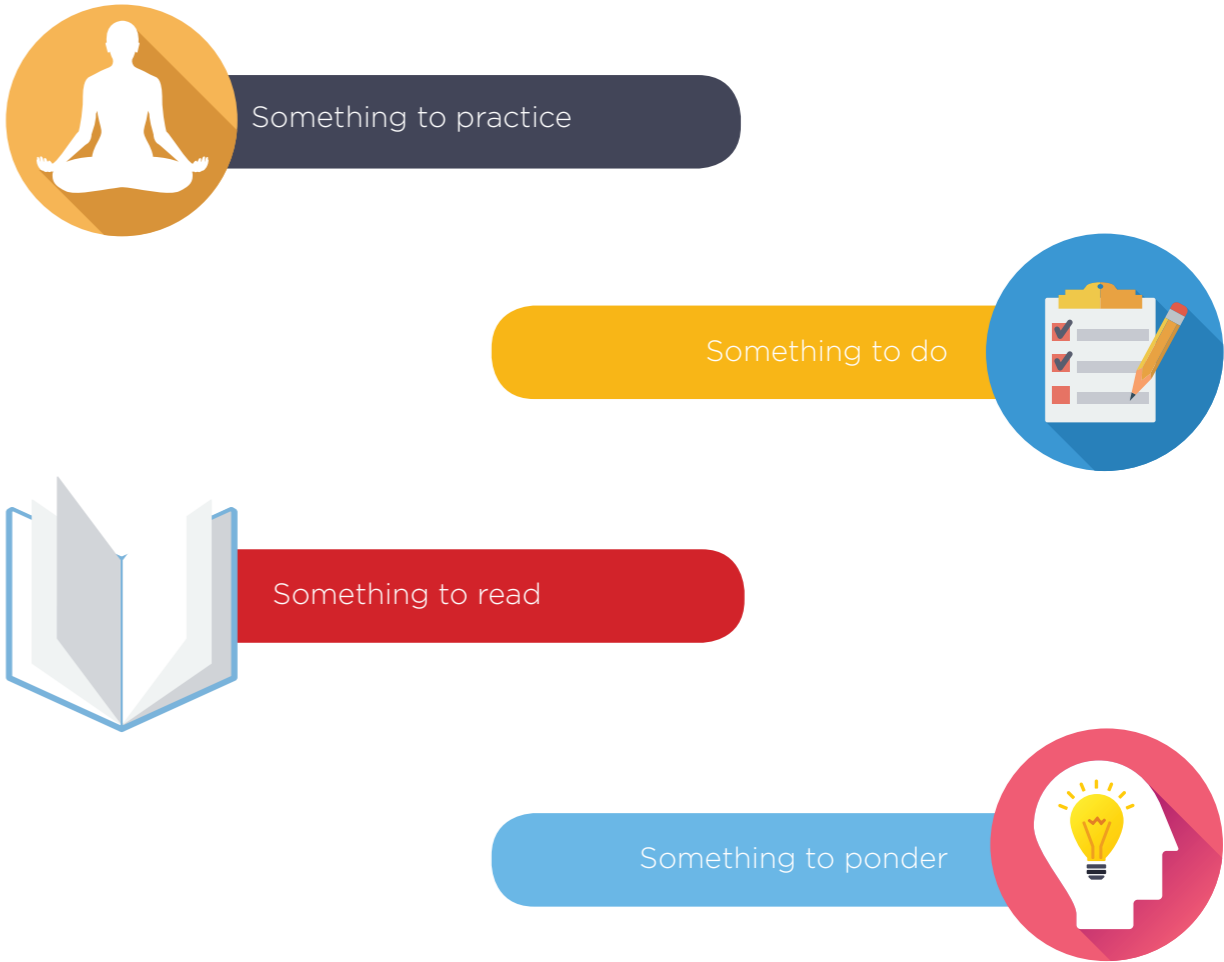
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- 16 Getting a good night's sleep
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- 18 Observe yourself and write a diary
- 19 What have you discovered about yourself?

Dive Deeper - Activity 6

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:



DEEPENING MEDITATION BY THE PRACTICE OF REJUVENATION



IMPROVE your morning MEDITATION

We start on this journey of the heart quite unaware of the path ahead. It is like someone telling you, "Follow this path and you will discover fantastic scenery after a few turns." But you cannot see it yet.

There may be no feeling at all, no experience, and maybe you do not even see the path.

You could compare it to a path in nature that has not been used for a long time, which is hidden and blocked by stones, leaves and trees that have fallen. We pay so much attention to the outside world that the path to the heart is sometimes hidden in the same way, and the impressions that we accumulate during the day also block our access.

We have to clear the way to rediscover the heart.

There is a technique in the Heartfulness system that does this. It is called rejuvenation and is practised at the end of the day. It helps you to unwind and remove the heaviness you have accumulated so as to create space and lightness in the heart. You will feel the difference during the evening, when you sleep, and when you meditate the next morning.



What are IMPRESSIONS?

By the end of the active part of any day, you sometimes feel tired and weighed down from all that has unfolded during the day.

Images and thoughts of things that happened keep repeating in your awareness. Have you ever wondered about this? Why do some days feel heavier than others? This sense of being weighed down reflects how much you have become involved in the day, whether positively or negatively.

Responding with thoughts, words and actions creates impressions, like traces that hang around in your field of awareness as the day comes to a close. Thoughts are the most powerful cause.

Once these impressions have formed, they are hard to undo and they will influence your responses to similar situations in the future. You may find yourself pre-judging new situations according to past impressions and this can prevent you seeing things clearly and objectively.

In this way, you keep recreating and deepening the same impressions, like tracks that become fixed into paths with constant use. This is how we all create repeating patterns. Our reactions become habitual and rigid.

The evening rejuvenation technique removes the heaviness and habits. Use the power of suggestion and willpower to remove these impressions when they are still on the surface and have not had time to settle deeper.

Rejuvenation will leave you fresh and light for the rest of the evening, and also prevents you from carrying today's complexities over into tomorrow.

When your day is over and you reach home, take half an hour to 'reset' yourself by rejuvenation. After greeting your dear ones, let them know that you need thirty minutes quiet time by yourself to remove the heaviness from the day, so that you will be better able to relax with them in the evening. This time is for you, so switch off your phone.



Guided Rejuvenation



YouTube videos to watch:

Guided Rejuvenation

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

This practice is to be done in the evening, at the end of your day's work It will take between 20 and 30 minutes.

Sit in a comfortable position with the intention to remove all the impressions accumulated during the day.

Close your eyes and feel relaxed.

Imagine all the complexities and impurities are leaving your entire system.

They are going out the back, from the top of your head to your tailbone.

Feel they are leaving your system as smoke.

Remain alert during the entire process, like a witness to the clouds passing in the sky.

Gently accelerate this process with confidence and determination, applying your will as needed.

If your attention drifts and other thoughts come to mind, gently bring your focus back to the rejuvenation.

As the impressions are leaving from your back you will start to feel light in your heart.

Continue this process for up to approximately twenty minutes.

(Wait)

Experiencing inner lightness means you are connected with the Source. Feel a current of purity coming from the Source and entering your system from the front.

This current is flowing throughout your system, carrying away any remaining complexities and impurities.

You have now returned to a simpler, purer and more balanced state. Every cell of your body is emanating simplicity, lightness and purity.



What did I feel during rejuvenation?

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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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