

Heartfulness
Through meditation, [achieve](#)



Deepening meditation by
connecting with your source

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

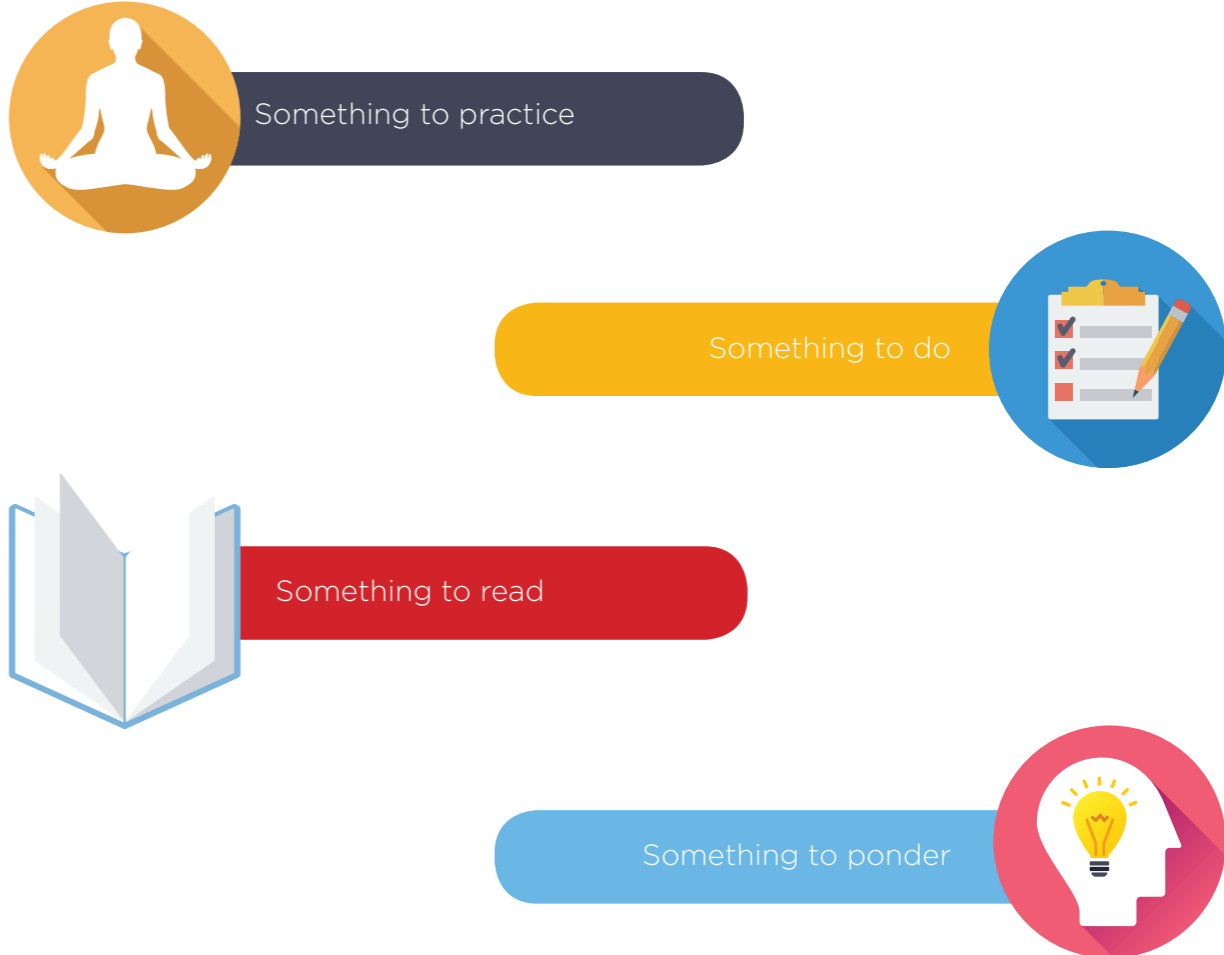
- 1 Heartfulness relaxation followed by meditation with transmission
- 2 Why the heart?
- 3 How to deal with thoughts in meditation?
- 4 What is transmission?
- 5 Teaching others to relax
- 6 Deepening meditation by the practice of rejuvenation
- 7 Deepening meditation by connecting with your source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

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 CONNECTING WITH YOUR SOURCE



Feeling CONNECTED

We are used to the idea of prayer as asking for something, or even as a kind of entreaty towards a Higher Power.

But, in Heartfulness, prayer simply reminds us of the relationship with the deepest part of us, our Self.

We are a part of a great whole and we long to feel connected with this great whole. So in prayer we bring our heart increasingly into this feeling.

The words of the prayer remind us of the many ways that distractions pull our awareness away from the permanent source within. These words are a statement of our human, everyday situation.

The feeling behind the words is a gesture of authentic humility in the face of the vast and extraordinary creative force at the base of our universe.

In this prayer, we dissolve and expand into this feeling or gesture and it stays as a resonance in our being. It allows us to feel really connected.



Guided Prayer

Sit in a comfortable position, gently close your eyes and relax.

With a feeling of humility and love, mentally repeat the prayer slowly and gently:

My Lord!
Thou art the real goal of human life.
We are yet but slaves of wishes
putting bar to our advancement.
Thou art the only God and Power
to bring us up to that stage.

[Repeat the words again]

Meditate for ten to fifteen minutes over its true sense.

Try to get lost in it.

Let the feeling behind the words come to you.

Allow yourself to melt into this prayerful feeling.



Heartfulness Relaxation Followed by Meditation With Transmission

(See guided script from Activity 1)



What did I experience during meditation?

Lined writing area for notes on page 8.

Lined writing area for notes on page 9.



What was my experience of the prayer? How did it affect the meditation that followed?

Lined writing area for reflection on prayer and meditation.



YouTube videos to watch:

Benefits of prayer for next day's morning meditation

<https://www.youtube.com/watch?v=YHu20K9hJZM&feature=youtube>

Prayer and benefit for the collective consciousness

<https://www.youtube.com/watch?v=iCeuyMdV8g4&feature=youtube>

When is the best time to pray?

<https://www.youtube.com/watch?v=1d3gbZns1Go&feature=youtube>

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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



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