

Heartfulness  
Through meditation, [achieve](#)



Sharing relaxation and meditation  
with your friends and family

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

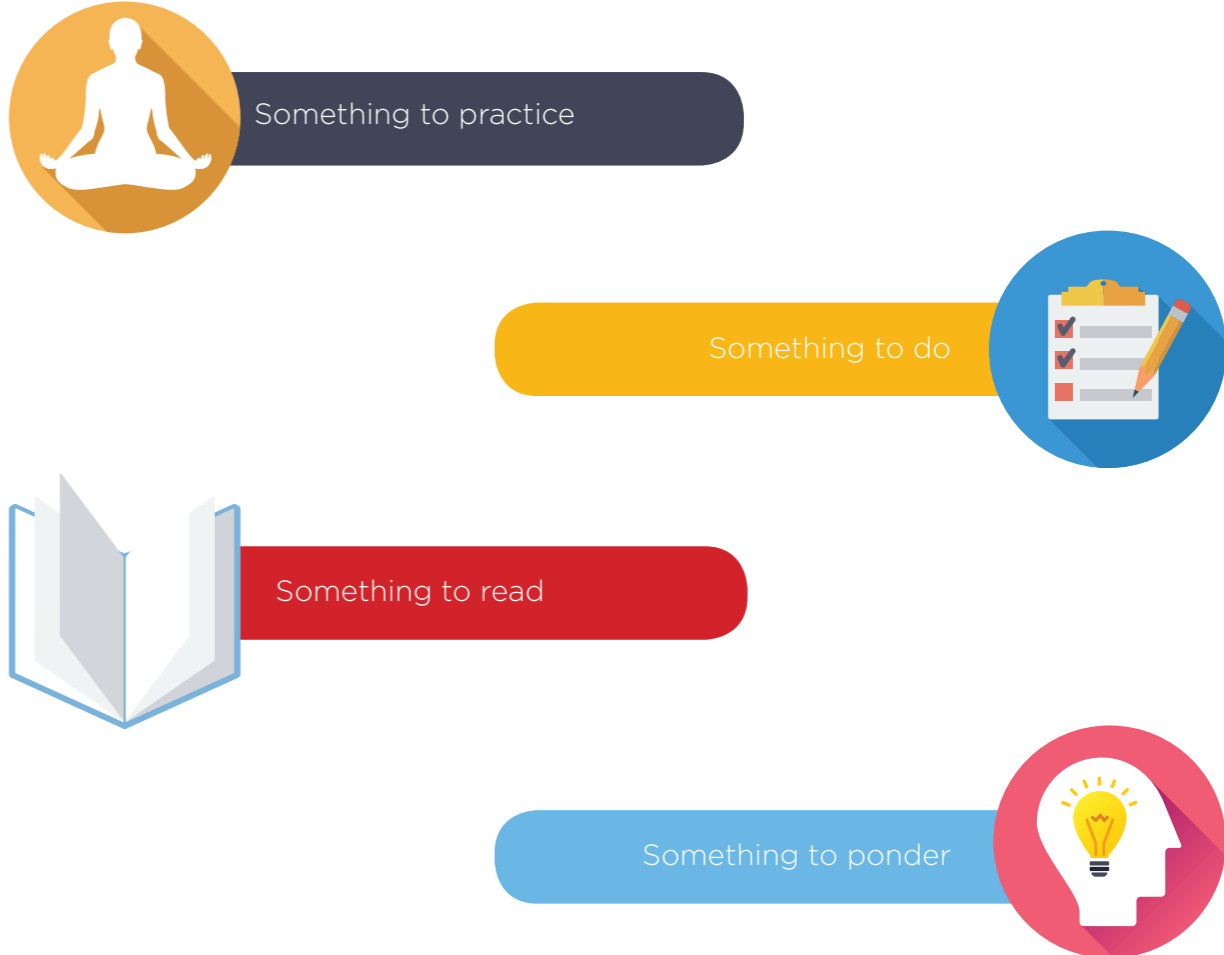
- 1 Heartfulness relaxation followed by meditation with transmission
- 2 Why the heart?
- 3 How to deal with thoughts in meditation?
- 4 What is transmission?
- 5 Teaching others to relax
- 6 Deepening meditation by the practice of rejuvenation
- 7 Deepening meditation by connecting with your source
- 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 9

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:



# SHARING RELAXATION AND MEDITATION WITH YOUR FRIENDS AND FAMILY



## Guided Relaxation With Others

Sharing what you have learned with others.

Choose 5 people you know. Think about how you will share the relaxation and meditation with them.

What will you share with them first?

How will you show them how to do relaxation and meditation?

During the week, write your experiences of this project:

Dotted lines for writing.



## Heartfulness Relaxation Followed by Meditation With Transmission

(See guided script from Activity 1)



## What did I experience during meditation?

Dotted lines for writing.

Handwriting practice area with 20 horizontal dashed lines.



**YouTube videos to watch:**

How do you know that there is a change due to Heartfulness meditation?

[https://www.youtube.com/watch?v=NzeNM9al\\_-w](https://www.youtube.com/watch?v=NzeNM9al_-w)

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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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[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)

Contact numbers: **Canada & USA** 1 844 879 4327 | **India** 1 800 103 7726 | **Australia** 02 8004 6547

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