



Heartfulness Rejuvenation

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. This technique is practiced at the end of the day and removes the heaviness we have accumulated so as to create space and lightness in the heart. You will feel the difference when you meditate the next morning.

Sit in a comfortable position. Close your eyes and feel relaxed.

You are mentally cleaning complexities and impurities from your system.

Settle down with the thought that all complexities and impurities are going away. Think that they are going out of your whole system, through your back, from the top of your head to your tailbone.

Mentally suggest that the impurities and complexities are going out of your system from your back in the form of smoke or vapor.

It is an active yet gentle process. Do not dwell on specific events or things you want to get rid of. Simply brush them off.

Gently accelerate the cleaning with confidence, and apply your will as needed.

If your attention drifts, and you find yourself involved in other thoughts, gently bring your attention back to the cleaning process.

[Pause]

When complexities are gone, you are feeling simple. Impurities are gone and you are feeling pure.

Feel a current of lightness entering your system from the front. This current of lightness is entering every cell, every corner of your body. It is flowing throughout your system, carrying away any remaining complexities and impurities.

As the impressions are leaving from the back, you will start to feel lightness in your heart. Your whole body is feeling lighter.

[Pause]

Finish with the conviction that you have now returned to a simpler, lighter and more balanced state.