

# heartfulness

## Core Practices



[www.heartfulness.org](http://www.heartfulness.org)

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## Meditation

*Choose a place where you can meditate without being distracted, preferably at the same place and same time daily. Turn off your phone and other devices. Sit with your back upright but not rigid.*

Sit comfortably. Gently close your eyes and relax.

If needed, take a couple of minutes to relax your body, using the Heartfulness Relaxation.

Turn your attention inward and take a moment to observe yourself.

Then, suppose that the source of divine light is already present within your heart, and that it is attracting you from within.

Gently relax into that feeling. If you find your awareness drifting to other thoughts, do not fight them and do not entertain them. Let them be, while simply reminding yourself that you are meditating on the source of divine light in the heart.

Allow yourself to become more and more absorbed within until you feel ready to come out of meditation.

Remain absorbed within this deep silence for as long as you want, until you feel ready to come out.



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## Cleaning

*Do the cleaning practice at the end of your day's work, preferably not close to bedtime. This process will rejuvenate you and purify your system of any accumulated heaviness. There are a few steps to the cleaning process, so in the beginning it is best to practise them in the following sequence:*

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

Close your eyes and relax.

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

Let them flow out from your back in the form of smoke, from the area between the tailbone (at the base of your spine) and the top of your head.

Remain alert during the entire process without brooding over the thoughts and feelings that arise. Try to remain a witness to your thoughts.

Gently accelerate this process with confidence and determination.

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

As the impressions are leaving from your back you will start to feel lightness within.

Continue this process for up to twenty to twenty-five minutes.

When you experience inner lightness, you can start the second part of the process.

Feel a current of purity coming from the Source entering your system from the front. This current is flowing into your heart and throughout your system, saturating every particle.

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

Finish with the conviction that the cleaning has been completed effectively.



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## Prayer

*This is a prayer that is offered at bedtime, as a way of connecting to the Source before sleep. This may take around ten to fifteen minutes. It is also offered once before meditation in the morning.*

Meditate for ten to fifteen minutes over its true meaning, feeling the words resonate in your heart rather than trying to analyse them. Let the meaning surface from within. Try to get lost in it. Go beyond the words and let the feeling come to you.

At bedtime, sit comfortably, gently close your eyes, and relax. Silently and slowly repeat the prayer:

O Master! 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.

Now silently repeat these words a second time and go even deeper into this feeling. Allow yourself to get absorbed in the feeling beyond the words. Allow yourself to melt in this prayerfully meditative state as you go to sleep.

In the morning, reconnect yourself by silently offering this prayer once before you start the Heartfulness Meditation.

