

Core
Heartfulness
practices

Heartfulness Relaxation

Read through these guided suggestions and try them on yourself or read them aloud to help guide others. This practice works best when you turn off your phone and other devices that might distract you. Relaxation can be done at any time, and is especially useful before beginning Heartfulness Meditation.

Sit comfortably and close your eyes very softly and very gently.

Begin with your toes. Wiggle your toes. Now feel them relax.

Feel the healing energy of Earth move up into your toes, feet and ankles.

Then up to your knees, relaxing the lower legs.

Feel the healing energy move further up your legs. Relax your thighs.

Now, deeply relax your hips, lower body and waist.

Relax your back. From your tailbone to your shoulders, feel your entire back relaxing.

Relax your chest and shoulders. Feel your shoulders simply melting away.

Relax your upper arms. Relax each muscle in your forearms, your hands and right to your fingertips.

Relax your neck muscles. Move your awareness up to your face. Relax your jaw, mouth, nose, eyes, earlobes, facial muscles, forehead ... all the way to the top of your head.

Feel your whole body completely relaxed. Scan your system from top to toe, and if there is any part of your body that is still tense, painful or unwell, feel it being immersed in the healing energy of Earth for a little while longer.

When you are ready, move your attention to your heart. Rest there for a little while. Feel immersed in the love and light in your heart.

Remain still and quiet, and slowly become absorbed within.

Remain absorbed for as long as you want, until you feel ready to come out.

Heartfulness Meditation

Choose a place where you can meditate without being distracted, preferably at the same place and same time daily. The most ideal time of day is before sunrise.

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 by doing the Heartfulness Relaxation.

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

Then, suppose that the Source of 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 but also do not entertain them. Let them be, while simply reminding yourself that you are meditating on the Source of Light in your heart.

Allow yourself to become more and more absorbed within.

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

Heartfulness Cleaning

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

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

When you feel light within, 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.

Heartfulness

Inner connection

Do this practice just before sleeping for 10 minutes.

Close your eyes and relax, with your attention drawn very gently towards the heart.

Think that “The source of light which is already present inside my heart is drawing my attention inward, it is pulling my attention inward.”

If thoughts do arise, gently remind yourself that we are in meditation, meditating on the source of light.

Rest your attention in the heart, feel the longing that is there in the heart to be one, and the highest you can be. Call upon this deepest Self for guidance. Try to go deeper within.

