

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.