

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.