

# Sahaj Marg

The Practice of Meditation



Daaji

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Published under licence by  
Heartfulness Education Trust,  
Kanha Shanti Vanam, Kanha Village,  
Ranga Reddy District, Telangana 509325, India

First Edition, 2020, as Simple Heartfulness Practices  
Abridged Edition 2022

Printer: Siriarts, Hyderabad

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# Welcome

Dear friends,

A very warm welcome to Sahaj Marg, also known as Heartfulness, the way of the heart.

This booklet is a reference to the practices, and I invite you to verify these practices through direct experience. When you experience for yourself the principles and concepts that are being offered, you will appreciate how they can change your life.

What will bring these practices alive? The keys to success are your own interest and enthusiasm. The information in this booklet is a reference, a companion— it cannot replace the understanding that will come from your own practice. It is an exciting journey of discovery where you are your own experiment, you are the experimenter, and you are the outcome, and I hope that you will be as inspired by the results as I continue to be every day, even after 40 years.

As well as summarizing the core practices of Heartfulness, this introductory booklet also has other micro-practices that are very useful for newcomers and seasoned practitioners alike. Let it be a reference, and hopefully an inspiration.

Once again, welcome to Heartfulness. We are here to serve and support you on your journey.

All the best,  
Daaji



# Contents

THE HEARTFULNESS PRACTICES	07
About Heartfulness and the Sahaj Marg Practices	08
Heartfulness Relaxation	16
Heartfulness Meditation	18
Heartfulness Cleaning	20
Heartfulness Prayer	22
SESSIONS WITH A CERTIFIED TRAINER	24
DETOX PRACTICES	27
Krodha (Anger) Detox	28
Fear Detox	29
Stress Detox	29
STAY CONNECTED	30
ABOUT THE AUTHOR	34



*The journey of a thousand miles  
begins with one step.*  
—Lao Tzu

# The Heartfulness Practices

Heartfulness offers four core practices, which you can learn and incorporate into your life at your own pace.

They are:

Relaxation  
Meditation  
Cleaning  
Prayer

# About Heartfulness and the Sahaj Marg Practices

Heartfulness is a heart-centered approach to living, where you learn to live each moment by the heart, which becomes enlightened and refined through spiritual practice. These qualities include simplicity, humility, purity, compassion, sincerity, contentment, truthfulness, forgiveness, generosity, acceptance, and most of all, love. The Heartfulness approach to life is supported by the Sahaj Marg practices, and from the very first day these practices reveal the heart-based qualities in us.

Our heart is our conscience. It is there to guide us at every moment. The roots of our thoughts and emotions lie in the heart; likewise, the condition of our heart determines our mental, emotional, and spiritual states. When the heart is clear, so is the mind. When the heart is at peace, the mind is at rest.

The practices of Sahaj Marg are unique, including *pranahuti* or yogic Transmission, which elevates our approach in a very



lively, dynamic, and joyful way. The practices evolved out of the ancient tradition of Raja Yoga. To learn more about the connection between Sahaj Marg and Raja Yoga, you can read the book *Efficacy of Raja Yoga* by Shri Ram Chandra of Shahjahanpur (Babuji).

It was Babuji's teacher, Shri Ram Chandra of Fatehgarh (Lalaji), who rediscovered the forgotten method of *pranahuti* or yogic Transmission, which is the most essential and vital feature of Heartfulness. Lalaji began training others in the 1880s, and his lineage and methods continue today, benefiting countless Heartfulness practitioners worldwide.

Behind every religious and spiritual tradition, there is a nameless, formless Reality. In the Heartfulness way, we approach that Reality directly. This method is therefore universal, transcending name and form, and is practiced by people from all walks of life, cultures, and belief systems. It resonates with all other path that leads toward the Ultimate.

We often use the terms "Heartfulness" and "Sahaj Marg" interchangeably. To be precise, Sahaj Marg is the name of the practices that were first offered to the world by Ram Chandra in the mid 20th century. Heartfulness is the heartfelt approach to this practice, to ourselves, to others, and to life itself. Simply put, Heartfulness is the way of living that results from the Sahaj Marg practices.



Heartfulness takes us on a journey. At the outset, we may be happy to experience greater levels of relaxation, calm, emotional maturity, and focus. This is the aspect of stress management and emotional intelligence. As we proceed, we start to develop higher aspirations and our goals continue to expand. As the mind becomes regulated, and our thinking, intellect and identity are refined, we embark upon a life of balance, excellence, and higher aspiration, toward loftier ideals.

We receive bountifully throughout this journey. There are innumerable stages and conditions of being – peace of mind, joyfulness, lightness, subtlety, expansion of consciousness, egoless-ness, humility, simplicity, purity, a sense of liberation from within, the state of God Realization, and so on. Yet, over time we start to appreciate that the journey is not about getting or achieving anything. Instead, it is about entering into a simple and pure relationship with the Source within.

What qualifications or requirements are necessary to start the Sahaj Marg practices? There is only one requirement, and that is your interest. Interest and willingness are the keys to success in anything.

Can a person from any tradition practice Sahaj Marg? Yes. The practices are based on direct perception and science rather than on religious beliefs. So, anyone from any traditional or religious background can benefit from these practices.

In fact, Sahaj Marg will deepen your connection with your religious or spiritual tradition by enhancing your experience of its underlying truth. Truth must be realized practically, and meditation is an effective means to do that. Realizing the truth for yourself, you will no longer need belief. To put it in another way, your beliefs are now backed by experience.

Please feel free to conduct your own experiment with these practices. It is best to adopt a systematic approach. First, meditate on your own, using a method you already know or would like to try, including Sahaj Marg Meditation if you wish, but do it on your own without the assistance of a trainer. Then, when you feel ready to experience the effects of yogic Transmission, you can meditate with a trainer. This will allow you to verify that yogic Transmission is the catalyst for the transformation experienced through the Heartfulness way of life. You may feel the effects of yogic Transmission instantly. In fact, our research would indicate that roughly 90% of people feel its effects in the very first meditation session with a trainer.

Over time, there are a few indicators of progress:

Your system will become more relaxed and less stressed, as you learn how to remove tension from all parts of your body through Relaxation.

Your sleep patterns will improve.

Your mind will be more centered, more regulated, and you will be able to let go of mental tension and ignore superficial thoughts. You will also go beyond thoughts to the deeper level of feeling and intuition, and then deeper still to more profound states of being, expanding your consciousness to realize your full potential. This happens through the practice of Meditation.

You will feel lighter within yourself; more carefree and more joyful. The heavier emotional burdens and complexities are removed from your heart and mind, layer by layer, through the practice of Cleaning. The removal of old habits and tendencies results in greater purity, simplicity, and emotional intelligence.

Through the practice of Prayer, you will learn to connect with the Source and listen to your heart, letting it guide your life.

Are there any fees? No. The Sahaj Marg practices are always free of charge. As Babuji used to say, “God is not for sale. And if God were for sale, how much would you pay? And if you could afford to buy God, then why would you need God?”

The Heartfulness Institute and affiliated organizations run on donations and grants and are registered as charitable non-profit organizations. Some special certifications and accredited programs such as Yoga and Continuing Medical Education

have fees to defray costs and facilitate reinvestment. For the last 75 years, the Heartfulness movement has been based on a gift ecology model, where volunteers offer their time, labor, and monetary donations with love. There is no compulsion to donate. It all depends on means and willingness.

These practices are designed to complement each other, but some people find it easier to learn them one at a time rather than all at once, and that is also okay. We encourage you to learn the practices in person from a Heartfulness trainer, using the instructions in this booklet as a reference.

Just as a tree requires water and sunlight at every stage of its lifecycle, these four practices nourish us at every stage of our journey. There are also some supplementary practices that your trainer will give you at the right moment, and trainers will also share with you some lifestyle tips to help you derive the benefits of the four fundamental practices more effectively.

I encourage you to keep a journal, as it fosters attentiveness and will help you appreciate the effects of the practice. Over time it will become a record of your progress. Often we have experiences that we do not fully understand, so if we note them in our diary, we may find that a day comes when we can make sense of them and better understand the journey thus far. It is a good idea to note your observations after each meditation. All your observations are valid. Even if you feel nothing, that is a valid observation to note down. Taking interest in recording



your daily experiences will make you more attentive to your ever-changing inner landscape. It is also helpful to write about your emotional state during the day as well as any dreams that you notice.

If you have a mental health condition, especially if you are on medication, please discuss your situation with a Heartfulness trainer and your healthcare professional before starting, or write to [care@heartfulness.org](mailto:care@heartfulness.org) so that the practices can be tailored to your needs.



# Heartfulness Relaxation

Relaxation can be done for yourself, and you can also guide others to relax. 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 very useful before 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 Mother 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 Mother 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 distractions, preferably at the same place and same time daily. Turn off your phone and other devices. Sit comfortably with your back upright but not rigid. Initially, try to meditate for at least twenty minutes daily. Then you may gradually increase the time up to a maximum of one hour as you find your rhythm. When you meditate regularly at the same time every day, it will soon become your habit!

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 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 entertain them. Let them be, while simply reminding yourself that you are meditating on the Source of Divine 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.



<https://hfn.link/meditate>



## Heartfulness Cleaning

Practice the Cleaning at the end of your day's work for twenty to thirty minutes, preferably around sunset and not too close to bedtime. Cleaning will rejuvenate you and purify your system of any accumulated heaviness. There are a few steps to the process, so it is best to learn them in the following sequence:

Sit comfortably 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 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.



<https://hfn.link/cleaning>



## Heartfulness Prayer

The Heartfulness Prayer is offered at bedtime, as a way of connecting to the Source before sleeping. It takes around ten to fifteen minutes. It is also offered before meditation in the morning.

At bedtime, sit comfortably, gently close your eyes, and relax. Silently and slowly repeat the words of the prayer below. Meditate for ten to fifteen minutes over their true meaning, feeling the words resonate in your heart rather than trying to analyze them. Let the meaning surface from within. Try to get lost in it. Go beyond the words and let the feeling come to you.

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 be 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.



<https://hfn.link/prayer>

## Sessions with a Certified Trainer



The main purpose of having sessions with a trainer is to receive yogic Transmission. You can determine for yourself whether a trainer is beneficial or not by conducting a simple experiment. Meditate on your own without a trainer, and when you are satisfied that you have fully understood that experience, meditate with a trainer and receive yogic Transmission. Compare the two experiences. Only by conducting such an experiment will your heart be convinced.



There are various ways to connect with a trainer, including:

### Heart-In-Tune App

Connect with a trainer and change your life with just 15 minutes of meditation every day. Check out the simple guided practices on the Heart-In-Tune free meditation app.

App Store: <https://hfn.link/heartintune>

Play Store: <https://hfn.link/heartintune>

<http://www.heartintune.org>



### Connect 1 to 1

Sessions with personal trainers are currently conducted online only. You can learn more at

<https://hfn.link/connect1to1>

or write to [connect1to1@heartfulness.org](mailto:connect1to1@heartfulness.org)



Please see the section, Staying Connected, for more ways to connect with the Heartfulness Community.



# DETOX PRACTICES

As well as the four core Heartfulness practices, there are a series of Detox modules that use simple Heartfulness methods to overcome some of the most common emotional patterns and compulsive habits we experience today. They are Fear Detox, Stress Detox, and Anger (*Krodha*) Detox. You can pick and choose those practices that work best for you. They are available as guided video practices at <https://heartfulness.org/en/heartfulness-practices/>.

## Fear Detox

Fear is one of our fundamental emotions. It arises out of the perception of danger or separation and results in the “fight or flight or freeze” response. This survival response continues to play a critical role in shaping our lives and personalities. It is wired into our autonomic nervous system. Learn to use the experience of fear in the most constructive way by practicing the Fear Detox techniques.



<https://hfn.link/feardetox>



## Stress Detox

Life is a continuous process of facing and solving problems and challenges. Our bodies and minds sometimes get stressed. These Stress Detox techniques help us to master our responses to stress, so that we can solve problems and prevent the accumulated effects of stress.



<https://hfn.link/stressdetox>

## Anger (*Krodha*) Detox

These techniques teach us to master anger and its effects, removing negative tendencies and filling the heart with peace and joy.

As you practice these detox techniques for fear, anger, and stress, you will start to develop self-acceptance.

If you have any underlying medical or psychological conditions, please use these techniques as complementary methods in discussion with your treating physician.



<https://hfn.link/angerdetox>

# Stay Connected



Meditate with Daaji every  
Sunday at 9 a.m. IST

Tune in for a live  
meditation with Daaji every  
Sunday at 9 a.m. IST on  
Youtube.

Join us here at  
<https://hfn.link/youtube>



Meditate with the  
Heart-In-Tune App

This app is the starting  
point of many good things  
in life. Change your habits  
with just 15 minutes of  
meditation every day. Check  
out the simple guided  
practices on the Heart-In-  
Tune free meditation app.

App Store and Play Store:  
<https://hfn.link/heartintune>

<http://www.heartintune.org>





## Daaji's masterclasses – Mastering Being

In these online masterclasses, Daaji shares his wisdom, knowledge, and experience as a lifelong student of meditation and spirituality. His approach is scientific and practical. There are three classes, each one focusing on a core Heartfulness practice. No prior meditation experience is needed to join and feel the benefits for yourself.

Watch the masterclasses  
FREE at

[https://hfn.link/  
hfnmasterclasses](https://hfn.link/hfnmasterclasses)



## Connect with your local Heartfulness community

Visit a Heartfulness Center near you, where the practices are offered to the public free of charge by volunteer certified trainers. These Heartspots are found in most countries around the world and are open to all who are interested to learn the practices and become a part of our community. Find your local Heartspot at

<https://hfn.link/heartspot>





## Meditate with a trainer

Our certified Heartfulness trainers are available to guide you and mentor you through the practices, answer your questions, and provide ongoing support. These free meditation sessions are currently being conducted only online, one-on-one.

If you have any questions, please write to [connect1to1@heartfulness.org](mailto:connect1to1@heartfulness.org)

For more info go to <https://hfn.link/connect1to1>



## Heartfulness Webinars

The Heartfulness Institute offers regular webinars, offering helpful tips for relaxation and meditation, wellness, healthy living, and creative solutions to life's problems. Upcoming webinar information is available at <https://heartfulness.org/webinar/>







## Heartfulness Retreats

Have an immersive experience of Heartfulness by choosing from our range of retreats, including corporate retreats, Yoga retreats, wellness retreats, and meditation retreats in various parts of the world. For more information, go to <https://heartfulness.org/en/retreats/>



## Heartfulness Magazine

An international lifestyle magazine, in which our authors and artists explore all aspects of well-being, bringing you inspiration and creativity from around the world, as well as practical tips on how to realize your potential. You are currently subscribed to the digital community platform and will receive emails about the monthly editions and online articles. If you prefer to read the print magazine you can subscribe at <https://www.heartfulnessmagazine>



# About the Author

Known to many as Daaji, Kamlesh Patel has been a student of spirituality all his life. He is interested in sharing his personal experience on the path of Heartfulness, along with his knowledge of both science and spirituality.



Daaji practiced pharmacy in New York City for over three decades before being named the successor in a century-old lineage of spiritual masters. He is the fourth and current Heartfulness Guide, fulfilling the duties of a modern-day teacher of yogic meditation and purposeful living.

As a silent changemaker, he extends his support to spiritual seekers everywhere, sharing yogic Transmission with one and all, so that even novices can experience the effects of meditation. Transmission is a special feature of Heartfulness, which gives this system its effectiveness. He also devotes much of his time and energy to research in the field of consciousness and spirituality, approaching the subject with scientific methodology – a practical approach that stems from his own experience and mastery in the field.

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