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I would like to receive updates, literature and videos relating to Heartfulness.




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No

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Form area for contact details, consisting of four horizontal dashed lines for text entry.

Experience Heartfulness Relaxation

Please visit <http://heartfulness.org/en/video/>
to listen to the guided relaxation.

Heartfulness
Through meditation, relaxation



A simple and practical way to experience
the heart's unlimited resources



Learn to Meditate

version 20151009

What is Heartfulness?

Heartfulness is about feeling the lightness and joy of our true nature and experiencing it in our hearts. When we listen to the heart and capture the inspiration that comes from within, we can master our life. This exercise of integrating the heart and mind is done through meditation on the heart. Heartfulness meditation brings long-lasting change in behaviour and attitudes. It is simple, easy and effective, and can be done every day in the comfort of your own home.

Experience Sahaj Marg meditation

Gently close your eyes and think that Divine

Light is already present within your heart.

Rather than trying to visualize it, simply tune in to your heart and be open to any experience that you may have.

Do this for 30 minutes.

If your mind wanders, gently bring your attention back to your heart.

Heartfulness Relaxation

This practice is for those of you who are learning the Heartfulness relaxation without meditation, e.g. children up to the age of 15, and it is also for anyone wanting to do the relaxation on their own at any time. To relax, please do it sitting up. To sleep, you can do it lying down. Generally it will take between 5 and 7 minutes.

- Sit comfortably and close your eyes very softly and very gently.
- Let's begin with the toes. Wiggle your toes. Now feel them relax.
- Feel the healing energy of Mother Earth move up into your 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 the top to the bottom the entire back is relaxed.
- Relax your chest ... and shoulders. Feel your shoulders simply melting away.
- Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up 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 that your whole body is 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, immerse it for a while longer in the healing energy of Mother Earth.
- 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 in yourself.
- Remain absorbed for as long as you want, until you feel ready to come out.

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Kindly share your feedback