

simple
Heartfulness
practices



Daaji

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Welcome

Dear friends,

A very warm welcome to Heartfulness, the way of the heart.

This booklet is a simple reference to the essential 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 essential practices of Heartfulness, this introductory booklet also has simple answers to many common questions asked by newcomers. For those of you who are already practicing Heartfulness, it can function as a reminder, a reference, and hopefully an inspiration.

To experience the Heartfulness practices first-hand, please:

- Contact a trainer in one of our centers, known as **HeartSpots**, at <https://heartspots.heartfulness.org/>
- Download the **Heartfulness App**, and request a trainer online
- Follow the three introductory **masterclasses** online at <https://heartfulness.org/en/masterclass/>

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

All the best,

Daaji

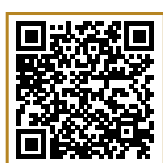
HeartSpots



Heartfulness
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Android



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Masterclasses



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

The Heartfulness Practices

Heartfulness includes four essential practices, which you may learn and integrate into your life at your own pace.

They are:

Relaxation
Meditation
Cleaning
Prayer



These practices complement one another. They are like ingredients, which when combined in proper proportion transform into a delicious dish. But some aspirants find it helpful to integrate the practices into their lives one-by-one, rather than all at once, and that is also okay. While these practices are best-received in-person from a Heartfulness trainer, they are provided in this booklet.

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 guidelines or maxims that will help you to derive the benefits of the 4 fundamental practices more effectively.

As you begin your Heartfulness journey, 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, but 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 in itself is an observation to be noted. Taking interest in recording your daily experiences will make you more vigilant to your ever-changing inner landscape. It will be good to write about your emotional state during the non-meditative hours as well as dreams that you notice.

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

For further information and to deepen your understanding of Heartfulness and its practices, please read *The Heartfulness Way: Heart-Based Meditations for Spiritual Transformation* by Kamlesh D. Patel & Joshua Pollock.



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 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.

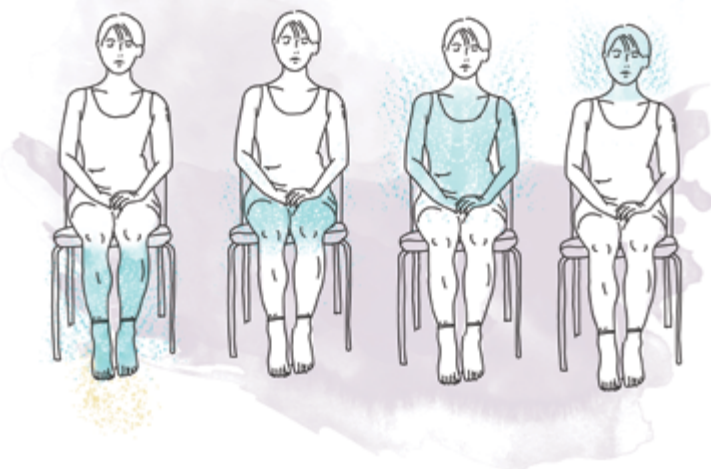
Relax your neck muscles. Move your awareness up to your face. Relax your jaw, mouth, nose, eyes, earlobes, facial muscles, forehead ... all the way to the top of your head.

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 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 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 fight them but also 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.





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 impurities and complexities 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 Prayer

This prayer is offered at bedtime, as a way of connecting to the Source before sleep. This may take 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 the 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.





Common Questions

In this section we answer common questions about Heartfulness, the practices, lifestyle, and how to receive support from Heartfulness trainers.

Whenever you have a question about the practices, or about your own experience, please first try asking the questions silently within your own heart, then introspecting (Q&I), to see what answer comes from within.



Questions on Heartfulness

What is Heartfulness?

Heartfulness is a heart-centered approach to life, where you will ideally be able to live each moment by the heart. It is to live naturally, in tune with the noble qualities of a heart, enlightened and refined through spiritual practice. These qualities include compassion, sincerity, contentment, truthfulness, and forgiveness; attitudes such as generosity and acceptance; and the heart's fundamental nature, which is love. The Heartfulness approach to life is supported by four basic practices. From the very first day, the practices start revealing these qualities in us.

Our heart is our very conscience. It leads us to the good, the unselfish, and the noble. By referring to the heart over and over again, we grant it a prominent position in our lives. It is there to guide us at every moment.

Often, people associate the heart with emotion and sometimes they wonder if a heartfelt approach to life can give true clarity. Consider this: the roots of our thoughts and emotions lie in the heart, and 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. Therefore, we start with the heart.

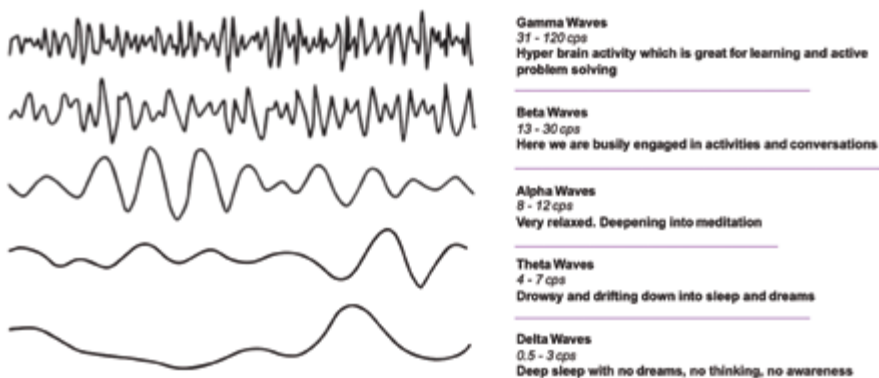
Heartfulness, in general, inspires us to live by the heart. More specifically, the practices of Heartfulness are unique, including *pranahuti* or yogic Transmission, helping us to elevate our approach in a very lively, dynamic and joyful way.

What is the role of science in Heartfulness?

Scientists have been studying meditation empirically for the last 60 years, and the impact of meditation on neuroplasticity, brain health and overall well-being has been established. We have sufficient proof that meditation improves stress management, sleep management, decision-making, emotional intelligence and relationship-building. Meditation has been shown to improve individual well-

being, and this in turn positively impacts communities and society in general. With the help of Transmission, Heartfulness accelerates this process of transformation by positively altering various brainwave frequencies associated with individual consciousness.

These states of consciousness are experienced every day by all of us, and can also be measured with an encephalogram (EEG), which is a test that detects electrical activity in the brain. Our brain cells communicate via electrical impulses and are active all the time, even when we are asleep. An EEG detects changes in brain activity. Brainwaves keep changing all the time based on how fast we are thinking. The faster the thinking, the more activity in the mind, and the higher the frequency of brainwaves. For example, when children have never-ending questions, the frequency can be very high. Here is a common categorization of the different types of brainwaves:



1. The alert, wakeful states are characterized by brainwaves of higher frequencies:

Gamma waves, 31-120 Hertz, occur with hyper brain activity such as learning and problem solving.

Beta waves, 13-30 Hertz, occur when we are active in conversation and other activities.

Alpha waves, 8-12 Hertz, occur when we are relaxed, contemplative, absorbed in a beautiful piece of music or when we are starting to meditate.

2. The dream state is characterized by Theta waves, 4-7 Hertz, and occurs when we are drowsy and drifting into sleep and dreams, as well as in deep subconscious states of meditation.
3. 3. The deep sleep state is characterized by Delta waves, 0.5-3 Hertz and also in the deepest states of meditation.

In the waking states, consciousness moves outward in search of knowledge, whereas when the brainwave frequencies slow down, it indicates that we are turning inwards and moving into deeper states of consciousness. The consciousness of the dream state is between the waking and deep sleep state. It is related to the inner world, the inner realms of the mind. In the deep sleep state, consciousness gravitates towards its Source, the soul.

In research studies, meditators experience Delta frequencies, normally found during deep sleep, the dream-like Theta frequencies, the relaxed Alpha states, and high-frequency

Gamma brainwaves, in patterns not normally associated with wakeful states. In fact, for yogis who meditate regularly, Gamma oscillations are found to be much more common and significantly greater in amplitude than those who do not. So the spectrum of brainwave frequencies expands in both directions as a result of meditation.

TerraBlue XT has been studying the effects of Heartfulness practices on the Autonomic Nervous System of trained practitioners, as well as on newcomers to the practices, for the last few years, using the company's wearable medical detection device. Here are some of the findings:

“Heartfulness Meditation has a balancing effect on the Autonomic Nervous System (ANS). Our studies on experienced practitioners have shown that Heartfulness practices enable them to exert great control over their ANS, leading to a better ability to manage stress and maintain homeostasis, that is, the state of balance, for greater lengths of time.

“The ANS is ‘a component of the peripheral nervous system that regulates involuntary physiologic processes including heart rate, blood pressure, respiration, digestion, and sexual arousal. It contains three anatomically distinct divisions: sympathetic, parasympathetic and enteric.’¹

¹ Waxenbaum, J.A. & M. Varacallo, 2019. Anatomy, Autonomic Nervous System. Treasure Island, FL, USA & StatPearls [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK539845/>.

“Activation of the Sympathetic Nervous System (SNS) leads to a state of overall elevated activity and attention, known as the ‘fight or flight’ response. The SNS is known to be the inducer of stress response in the human system. The Parasympathetic Nervous System (PNS), on the other hand, promotes the ‘rest and digest’ processes, helping restore the body to a state of calm.

“Heartfulness Meditation has been shown to increase the parasympathetic tone in practitioners and decrease sympathetic activation, leading to sustained levels of calmness.

“Our combined study of Heart Rate Variability (HRV) and Electrodermal Activity (EDA) provided useful insights about the physical and emotional states of individuals, especially in respect to their ANS.

“Some of the results are given here:

1. It takes between 2 to 5 minutes for an experienced practitioner to attain a state of calmness. We have seen newcomers also attain such states quickly, but they are not able to hold the states for longer durations, whereas the practitioners can.
2. A calming state of body and mind can be induced via meditative practices like Heartfulness Meditation. All participating trainers and meditators in one study

showed increased heart rate variability and decreased mental excitability, as indicated by their decrease in skin conductance response (SCR), an important component of electrodermal activity (EDA). The SCR is proportionally related to the number of sweat glands that are activated, meaning in essence that the more emotionally aroused an individual is the more the SCR amount is increased. It can also be inferred that the SCR amplitude is a suitable proxy of sympathetic nervous system activity.²

3. During deep meditation, experienced practitioners demonstrate a decrease in their sudomotor nerve activity (SMNA). SMNA is known to reflect sympathetic activity and to provide insight into postganglionic autonomous innervation.
4. Heartfulness Meditation leads to increase in Total Power (TP) of the heart, a component of frequency domain of HRV. This indicates better physiological and emotional regulation and adaptation.
5. Transmission shows a positive impact even on newcomers. In one study, High Frequency (HF) Power of the heart in the newcomers' group showed most statistical significance during Transmission, compared to controls. This increase in HF indicates a shift in sympatho-vagal balance toward the

² Benedek, M. & C. Kaernbach, 2010. A Continuous Measure of Phasic Electrodermal Activity. *Journal of Neuroscience Methods*, Vol. 190, 1: 80-91. doi:10.1016/j.jneumeth.2010.04.028.

parasympathetic side, implying a relaxed state of body and mind. It also led to lowering of the Low Frequency (LF) Power of the heart, indicating a decrease in stress response.”

Even if you have never meditated in your life, when you are exposed to Heartfulness Meditation with Transmission, your consciousness expands so that your body becomes relaxed, while your mind has heightened awareness and perception. You are not sleeping, but you are so relaxed that it is as rejuvenating as deep sleep.

And then you learn to take this same condition out into daily life with eyes open. The day will arrive when you will carry that deep meditative state with you all the time.

What will I achieve by practicing Heartfulness?

The path of Heartfulness has stages and destinations, but let's look at this from another perspective: are they things to be “achieved”? For example, suppose that a son stands to inherit the fortune of his mother. Should the idea of receiving the inheritance ever become his goal? Should that be his motivation for maintaining a good relationship with his mother? Receiving an inheritance may eventually happen as a result of the relationship, but it is not the basis of that relationship. The basis of the relationship is love and connectedness, which is beyond value. It is something sacred.

At the outset, we may be happy enough to experience greater levels of relaxation, calm, emotional maturity and focus. This is the aspect of stress management and emotional intelligence. As we incorporate more refined lifestyle choices, which are consistent with our evolution of consciousness, we start to develop higher aspirations. Our goals continue to expand. As our mind becomes regulated, and our thinking, intellect and identity are refined, we embark upon a new life of balance, excellence and higher aspiration, towards the loftiest ideals of enlightenment.

As wayfarers on the path of enlightenment, we receive bountifully throughout our journey. There are innumerable stages and conditions of being—peace of mind, joyfulness, lightness, subtlety, expansion of consciousness, egolessness, humility, simplicity, purity, a sense of liberation from within, the state of God Realization, and so on. Yet, if receiving those benefits were to become our goal or our motivation for continuing on the path, the path would somehow lose all of its meaning and beauty. We start to appreciate that the journey is not about getting or achieving anything. We could perhaps say that it is about entering into a simple and pure relationship with the Source within.

As a result of that state of deep connection or communion, all states and stages come to us automatically, and we become eligible for that spiritual inheritance. The path back to the Source is an infinite one, in which the path itself becomes

the destination, and moving along that path becomes the greatest joy.

In this way, we can say that the goal of Heartfulness is ever evolving and ever expanding, without limits or restrictions. The goal continues to grow as we grow. We are offered our highest potential as human beings in the Heartfulness way and this is one of the great wonders of Heartfulness—the journey continues infinitely.

We must make the choices that enable us to fulfill the deepest capacities of our real selves.

—Thomas Merton

Is meditation alone sufficient for self-improvement?

Meditation is a tool. The intention we make during meditation of “the Source of divine Light is already present within my heart, and is attracting me from within,” and the lifestyle we adopt in day-to-day life, will either be in sync or at odds. A conscious lifestyle and positive regenerative values will complement a meditative practice. When we adopt a positive lifestyle, including an interest in the evolution of our consciousness, Heartfulness practices become much more effective.

What qualifications or requirements are necessary to start the practices of Heartfulness?

There is only one requirement, and that is your interest.

If you do it because someone else wants you to, it will not be as successful. This is true of any endeavor. Interest and willingness are key to success in anything. There is a saying that you can lead a horse to water, but you cannot make it drink.

Can a person from any tradition practice Heartfulness?

Yes. Heartfulness is based on direct perception and science rather than on religious beliefs, although the founders of all the great religions also based their teachings on their own direct perception and experience. Hence anyone from any traditional or religious background can benefit from these practices.

Until you experience something for yourself, you will tend to doubt it. The practices of Heartfulness grant us the experience required to convince our hearts. Realizing the truth for ourselves, we overcome doubt, while transcending the need for belief. To put it in a different way—our beliefs are now backed by experience.

What makes Heartfulness unique amongst so many traditions and paths?

Comparison is not the only way to assess value. For example, before you can enjoy a mango, do you first sample five or six other pieces of fruit to conclude that the mango is good? No, you simply enjoy the mango. You are happy to eat it. Similarly, when your heart is convinced by your experience with a particular practice, is there a need to continue searching and comparing? We only search and compare when our hearts are not yet satisfied. When our hearts are content, we need no further proof.

At times, however, the mind requires its own confirmation. In that case, please feel free to conduct your own experiment in which you compare various approaches. 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 Heartfulness Meditation if you wish, but do it on your own, without the assistance of a Heartfulness trainer.

You can continue experimenting in this way for as long as you like with as many methods as you like. When you feel ready to experience the effects of Heartfulness with yogic Transmission, then meditate along with a trainer. This will allow you to verify the claim that yogic Transmission is the catalyst for the transformation experienced through Heartfulness.

Along with yogic Transmission, the other Heartfulness practices are also unique and have their own special value, but despite their uniqueness it is up to you to assess that value.

What is the origin of Heartfulness? Is it affiliated with any religious or spiritual tradition?

Behind every religious and spiritual tradition, there is a nameless, formless Reality. In Heartfulness Meditation, we approach that Reality directly. Therefore, this system is universal in its application, transcending name and form. It can resonate with any path that leads toward the Ultimate.

The approach followed in Heartfulness evolved out of the ancient tradition of Raja Yoga. To learn more about the connection between Heartfulness and Raja Yoga, you can read the book *Efficacy of Raja Yoga* by Shri Ram Chandra of Shajahanpur (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. In the early 1880s, while he was still a young boy, Lalaji began training others. His lineage and methods continue today, benefiting countless Heartfulness practitioners worldwide.

Are Heartfulness and Sahaj Marg the same?

We often to 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. It means "natural path." Today we use the term Heartfulness to describe the heartfelt approach to the practices and to life itself, as well as to describe the practices.

Are there any fees or donations required to learn or practice Heartfulness?

No. Heartfulness 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 mainly on donations and grants, and are registered as charitable non-profit organizations. Some special certification and accredited programs such as Yoga and Continuing Education have fees to defray costs and facilitate reinvestments. 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 your means and your willingness.

How long do I need to practice Heartfulness to feel the effects? What are the possible effects and how can I judge the efficacy of the practices?

The fastest response can be immediate. You do not have to wait five years or ten years or even until the next day. The effect can be felt instantaneously, right then and there. It is like sunlight; when you expose yourself to the sun, you immediately feel warm. When exposed to yogic Transmission, you may feel its effects instantly. But not all of us are the same, so some of us take longer to notice. The effects are surely there from the beginning, but it is fine if it takes longer to feel what is happening, as the process is still working in any case.

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 the Heartfulness 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 Heartfulness 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 Heartfulness Cleaning. The removal of old habits and tendencies results in greater purity, simplicity and emotional intelligence.
- Through the practice of Heartfulness Prayer, you will learn to connect with the Source and listen to your heart, letting it guide your life.



Questions on Meditation

What is meditation? What is the Source of divine Light upon which we meditate?

The essential principle of meditation is that you become what you meditate upon. You imbibe the qualities of that object of meditation. So what sort of object will lead us towards enlightenment?

The object of Heartfulness Meditation is union with the higher Self, the Source, and that is also the meaning and purpose of Yoga. Only like can unite with like. Oil cannot mix with water. So in order to unite with the Source, we first need to become pure like the Source. This is possible because we all share that same divine Source, which is the essential part of our being.

In Heartfulness, we meditate upon the Source of divine Light within our heart. On its own, the Source is so subtle that it is incomprehensible to us. Light from the Source is the closest idea that we can have to take as our object. But there is no need to see any light. We can call it "light without luminosity." Simply put, we meditate on the idea and not on the light.

Meditation is often defined as thinking continuously about one object of thought, however, this step is actually the prelude to meditation, not meditation itself. Meditation takes us deeper to experience the true nature of that object upon which we are meditating. Instead of only thinking about the Source, it will reveal itself to us. Such revelation does not come as a thought, but as a feeling, at least initially. Therefore, meditation is a process in which we evolve from thinking to feeling. It is a journey from complexity of the mind to simplicity of the heart. It is largely for this reason that we involve the heart in meditation.

Yet, even feeling has its limitations. In true meditation, we experience a state of oneness with the object of meditation and eventually this dissolves into absolute nothingness—a complete void of experience—and this is a sign of being in osmosis with the Source.

What is yogic Transmission?

The most fascinating aspect of Heartfulness is *pranahuti*, or yogic Transmission. Transmission has been defined as “the utilization of divine energy for the transformation of a human being.” Here we are not speaking of physical transformation, as our bodies are limited by our genetic makeup. When we speak of transformation, we refer to our personality or our mental intellectual and ego spheres. Eventually this transformation leads us into spiritual realms of existence. Transmission is the nourishment that allows such unlimited growth on the subtle, spiritual plane.

To conceive of Transmission as “energy” is not completely correct, as energy belongs to the manifested world—the physical dimension, whereas Transmission is not measurable as energy by the standard model of physics. A good analogy is an instance where the mystic poet Kabir refers to the sound of “unstruck” music, meaning the music that emanates from a string or a drum that has not been struck. What is the kind of sound to which Kabir refers? He speaks not of the manifest world, but of the un-manifest, the Origin from which we have all emerged. It is to this dimension that Transmission belongs, and its purpose is to uncover that same original, authentic state within each one of us that is at the Center of our being.

We use the word “Transmission” because this subtle energy is transmitted from the heart of the yogic trainer into the

heart of the aspirant. Transmission does not require any physical contact, but is activated by thought force, which is the essential instrument of training in Raja Yoga. As Swami Vivekananda wrote in his treatise, *Raja Yoga*, “Thought is a force, as is gravitation or repulsion. From the infinite storehouse of force in nature, the instrument called chitta (consciousness) takes hold of some, absorbs it and sends it out as thought.”

It is difficult to describe and understand the process of receiving Transmission. Words will never capture its essence. The attempt to grasp Transmission intellectually is like trying to mentally understand the taste of a mango or the fragrance of a jasmine flower. It must be experienced to be known. Let it be your own inner experience, whatever you feel. Why should you borrow someone else’s experience?

*Within you there is a stillness and a sanctuary
to which you can retreat at any time and be yourself.*
—Hermann Hesse

How can I handle the thoughts that occur during meditation?

The mind is our friend, not our enemy. Just as the eyes are for seeing and the ears are for hearing, the mind is for thinking. We cannot forcefully stifle its activity, nor should we. There is a reason for the rush of thoughts that sometimes occurs

during meditation. Think of what happens when you open a fizzy beverage. There is a rush of bubbles towards the surface. All the carbon dioxide, trapped inside, now escapes and the result is disturbance. If you leave the bottle standing for some time without its cap, there are no more bubbles. All the gas has escaped. Similarly, in meditation, when we keep our minds open, the thoughts and emotions that we have been harboring deep inside now find an avenue to come out. We experience their exit as a rush of thoughts.

While this can be disturbing, the after-effect is one of stillness – provided that we do not add to the disturbance by worrying about the rush of thoughts. Therefore, the best practice is to treat thoughts as if they are uninvited. Do not entertain them, but do not try to forcefully remove them either. Simply ignore them and, if necessary, remind yourself that you are meditating. If the disturbance is too great, you can open your eyes for a few seconds and look down, which will clear that condition.

When I meditate, I often feel like I fall asleep. What should I do?

Is it so easy to fall asleep in an upright pose in a matter of only a few minutes? We must understand that in deep meditation our condition resembles that of a sleeping person, and it is known as a *Samadhi*-like state. However, we can easily understand whether we have been sleeping

or meditating by observing how we feel afterward. If it were sleep we would feel groggy, whereas if it were deep meditation we would feel refreshed.

As we progress, we gain awareness within those deeper states of meditation. It is as if we are simultaneously awake and in a state of deep sleep. As this state develops further, we find that in wakeful daily life, our thoughts and actions proceed so naturally, lightly, and even automatically, that we do not feel that we are actively bringing them about as their doer.

Is it best to meditate in a specific posture?

The best pose is the one in which you are comfortable. In Patanjali's Yoga Sutras, he writes, "Posture should be that which is steady and comfortable." Your pose should be steady enough that you can hold it easily for the duration of your meditation. However, what Patanjali points out is that only a comfortable pose can truly be steady, otherwise you will fidget and be distracted by your discomfort.

That being said, a cross-legged pose facilitates deeper meditation—if that cross-legged pose is comfortable for you. You can even sit on a chair and cross your legs at the ankles.

It is also best to sit upright, but not rigidly so. It is also fine to rest your back, but do not rest your head or you will fall asleep. Above all, remember that this is meditation and not gymnastics. The main purpose of the meditative pose is to allow you to forget the body and go inward.

For how long may we sit in meditation?

The length of meditation is dictated by how you feel. If you are benefiting from meditation you will sit longer. If you are disturbed, however, it is a good idea to start with the Heartfulness Cleaning for 10 minutes, and then attempt meditation. If you are able to sink into deep meditation within a few minutes, then perhaps you only need to meditate for a short while. If it takes longer then sit for a longer period. There is no need to attempt to go into a state of deep absorption or *Samadhi*. Let it happen naturally without force. On some days you will achieve greater depth than others.

Initially, try to meditate for at least 20 minutes daily, consistently. Then you may gradually increase the time to an hour as you find your rhythm. The only strict guidance is that meditation should not exceed one hour in duration. Meditating for too long creates mental pressure. If you have the time and inclination to meditate a second time, however, please do so, provided that you give a gap of at least fifteen

minutes in between. There is no restriction on how many times a day you can meditate, as long as you do not neglect your duties.

Ultimately, our lifestyle becomes meditative. No matter what activity we are engaged in, we remain meditative and centered within. The act of meditation triggers an ongoing meditative state, which supports all our activities.

Is it best to meditate at any specific time of day?

Meditating with regularity, at the same time every day, makes meditation easy. It becomes our natural inclination at that moment – just as taking breakfast at the same time daily makes us naturally hungry at that time. With regularity of timing, we can sink into deep meditation from the very moment that we sit down. Regularity creates a biorhythm, establishing a biological clock within.

Traditionally, we are advised to take advantage of certain times of day, which are especially conducive to meditation. Those times are the meeting point of night and day – just before dawn and at sunset.

If we are unable to meditate at those times, we can meditate whenever possible. However, regularity is critical, no matter which time we choose for meditation.

Can children meditate?

Children from the age of 5 years can learn both the Heartfulness Relaxation and Heartfulness Prayer. Many children enjoy doing these practices, but there is also no need to force them.

Anyone who has completed 15 years of age can learn all the Heartfulness practices, including Relaxation, Meditation, Cleaning and Prayer.



Questions on Cleaning

What is being cleaned in the Heartfulness Cleaning practice?

Cleaning is a way to remove the emotional burdens that we carry on a daily basis. These burdens are the emotional content of our experiences, and the emotional residue that lingers from our past, our memories. In yogic terminology, these burdens are known as *samskaras*, or impressions. Over time, impressions harden into tendencies of thought and emotion, causing us to become habitual in our reactions and behavior. They prevent us from being free. With the daily cleaning practice, we remove these impressions in bulk, and become lighter day-by-day.

What is the deeper result? Space is created in the heart and this inner vacuity automatically attracts Transmission. This is the reason for the three introductory sessions you have with a trainer prior to commencing your individual Heartfulness practice. In those initial sessions, the trainer removes impurities and complexities from your system, creating more lightness within. Over time, you will experience greater vacuity and lightness, which will in turn direct the flow of divine energy towards you to a greater extent.

When can I do the cleaning?

Because cleaning removes the accumulated impressions of the day, it is best done in the evening, after you have finished the majority of the day's work. It is like coming home and immediately taking a shower before doing anything else.

Because cleaning requires alertness, it is best not to put it off until bedtime, when you are too sleepy to clean properly. Another reason not to postpone the cleaning is that it creates such freshness in us that if you do it too close to bedtime you may be too alert to sleep. Also, with the better state acquired after cleaning, your interactions with family members will witness many refined changes.

You can also do "spot" cleaning at any point of the day, as needed. If you spill ketchup on your shirt in the morning, do you wait till the evening to clean it? Similarly, if some occurrence destabilizes you during the day, you can take a few minutes and wash away its effects right then and there. It may be done sitting, standing, or walking, with eyes open or closed, depending on circumstances. Make the subtle suggestion to yourself that the impression is leaving from the back, restoring the heart and mind to its normal balanced condition. Then you will not have to carry around the heavy burden of that stain on your consciousness for the entire day.

Do I need to recall all the happenings of the day and then throw them out during the cleaning process?

Recalling daily events will only deepen their impact. The idea is to remove the impact created by events without recalling them.

Suppose I miss the cleaning routine in the evening, what can I do?

If you miss the chance to complete the cleaning in the evening, you can attempt it just before you go to bed.

Is it possible to clean away certain ailments?

It is recommended that you try the Heartfulness Relaxation. At the end of the process, revisit the affected organ and allow the energy from Mother Earth to flow there. Spend more time with that organ, and if necessary you can gently touch the same with your hands and allow the energy to comfort the organ or the region.

Also, during the cleaning, you may make the additional suggestion: “In addition to all impurities and complexities, I am also being relieved of this troubling ailment.”

Of course, this is not a substitute for regular health intervention by medical professionals.



Questions on Prayer

What is the purpose of prayer?

Prayer has been the natural response of humans to cope with difficult situations in life, such as poverty, petulance, sickness, death or disaster. Traditionally we pray to a higher power or God for things of necessity and want.

Prayer cultivates an attitude of humility and acceptance, and establishes our relationship with the Source in the right manner. It creates a feeling akin to that of a baby cradled in its mother's arms. Prayer should melt the heart. It is not to be offered by rote memorization, without feeling or understanding. It can take us beyond words, deep into the realm of sacredness. It is natural to share our sorrows during

prayer, but let us also share our joys in the same manner. To remain connected with God at all times in a state of humility and surrender is to have entered a state of prayerfulness. This prayerfulness resolves in deep meditation, where we transcend relationships and move toward infinite closeness, and even oneness. Prayer is an inner expression of immense gratitude.

In the Heartfulness Prayer, to what does the term “Master” refer?

Term “Master” refers to God—the Divinity within each of our hearts. But if the prayer is addressed to God, then why repeat the sentence, “Thou art the only God and Power to bring us up to that stage?” This question is worth pondering, and you will have to draw your own conclusion.

In fact, the entire Heartfulness Prayer is to be deeply considered. It is highly nuanced and is varied in its dimensions. For instance, you will notice that the prayer consists of three statements. It does not contain any requests. It would be worthwhile for every newcomer, as well as seasoned practitioners, to take a day or two and try to understand the prayer’s true significance and meaning. Take each line and contemplate over every word. Do not rush! New dimensions will open up every time.

When may we offer the Heartfulness Prayer?

Begin your morning meditation with a silent offering of the Heartfulness Prayer. Offer it once and start meditation. You may also offer the same prayer at night, just before going to sleep. At that time, repeat the prayer a few times, and allow yourself to become absorbed in the feelings that unfold within you. In this prayerful state, go to sleep. As a result, your sleep time becomes spiritually potent, and you will wake up already prepared for morning meditation. There is no need to repeat it at any other time you meditate during the day.



Questions on Lifestyle

Do I need to change my lifestyle if I practice Heartfulness?

Everything about our approach to spirituality must be *natural*. Many people find that their lifestyle automatically adjusts itself after some time due to the inner changes brought about by the practice. Many unwanted habits simply drop off.

Whenever you realize that you have a bad habit, however, and it is within your power to give it up, you can actively do so. It is in your best interests to root out imperfections of character. For this, remain receptive to your conscience and to criticisms from others. When you try to change yourself,

but there is inner resistance, there is no need to force that change. Instead, sit quietly at bedtime and heartfully pray for the removal of flaws. Often, your heart naturally begs for forgiveness. Tears during prayer are the sign of sincerity, and it is the sincere heart that invites transformation. When you can confidently resolve never to repeat that mistake again, the inner heaviness instantly disappears. It is okay to make mistakes in life, but try not to repeat the same mistake twice.

The environment in which you live, and the people with whom you associate, influence the way your personality is designed. Inner attitudes and habits also play a major role in designing your destiny. As you continue to do the daily Heartfulness practices, the ever-increasing simplicity and purity of the heart will start to mold your life.

How can I develop a regular habit of meditation?

Well begun is half done, yet half done is nevertheless incomplete. For Heartfulness practice to become a lifestyle, we need to develop it as a habit. Research shows that only 10% of people achieve their New Year's goals. When we start an aspirational and life-altering habit such as meditation, it is the regularity of practice that matters. Ram Chandra, one of the spiritual Guides of this system, suggested that we start with a determination to practice Heartfulness for three months, and see what magical things can happen.

Scientific evidence shows that a habit can be formed in 21 days. But for most of us a habit is formed over 60 to 90 days. So for a deep practice like Heartfulness, let's take 90 days. During those 90 days, try to practice Heartfulness Meditation, Cleaning and Prayer as prescribed every day, and use the Relaxation whenever you feel the need. If you keep a journal, you will be able to track the changes that occur.

Is Heartfulness compatible with normal family life and working life?

Most Heartfulness practitioners lead normal family lives, raising children and going to work. They are not extreme, in the sense that they don't go into the material world so much that their spiritual world suffers, and they don't go into the spiritual world so much that their material existence suffers.

Heartfulness advocates a balanced existence: balance within, balance in the surroundings, balance in the society. We want to strive towards excellence in all aspects of life. We may not be able to directly change the balance in our surroundings or in the society, however, hopefully one day many individuals will create the critical egregore needed to accelerate a shift in human consciousness, one heart at a time.

How can I balance the material and spiritual aspects of life?

Heartfulness does not distinguish between the material and spiritual aspects of life. A bird flies with both wings. When both wings are equally outstretched, the bird flies as straight as an arrow. If the bird leans towards one side, it flies in circles. Our life also has two wings. We can call them the material and spiritual wings. If we lean too far in either direction, whether material or spiritual, we become similarly unbalanced and go in circles.

Today's lifestyle is especially demanding. We have many responsibilities and worries. Our jobs pull us in one direction, our families in another, our dreams pull us one way while our anxieties pull us another. Sometimes, we are simply drawn towards certain activities, places, ideas or people without really understanding why. Is it possible for one planet to orbit so many suns? We have so many centers and goals in our lives. Some of these goals are not consistent with each other. As a result we get confused and become un-centered.

Trying to satisfy life's numerous demands, we sometimes go off kilter, becoming emotionally unbalanced and reactive, which in turn causes friction. Then we become worried and stressed. Our stress saps our energy and, sometimes, our health. In such a state, how can we handle the complexity

of life? Though we have so many centers, we have not found our true center, the universal center.

Through meditation, we approach and merge into that universal center, which lies within each and every heart, and is the commonality among us all. Then, balance starts to emerge in our lives.

A pearl necklace consists of numerous pearls and a single string. Which has more value – the pearls or the string? While the pearls may be more beautiful and expensive, it is the lowly string that keeps them all together. Without it, they would scatter on the floor and you would have to chase each one of them. When you direct your attention outward, you see only multiplicity and so you divide your life into multiple channels. You have your work life, your home life, your social life, and so many other lives. Uncentered, you chase each one of them, but when your attention is directed inward towards your center you find only unity. Your life becomes holistic, and you can no longer pigeonhole it into various segments. By going within and experiencing your heart, you find that it inspires and guides you to perfectly handle each role that you play in life.

The spiritual and material aspects of life are not separate from one another. They form an integrated whole. No activity is inherently spiritual or inherently materialistic. It is our approach to each activity that makes it spiritual

or otherwise. When we are centered within ourselves, our material life gains a spiritual orientation. Then the two wings become balanced and we become integrated. But don't forget the bird's tail! It is the rudder that guides its direction. That is the role of the heart.

With today's hectic lifestyle, how can I find time to meditate?

If you can lead a stressful lifestyle, you also have the choice to create a calmer lifestyle. If you want to feel peaceful and calm, meditation is key. Even if it takes an hour of meditation to achieve twenty-three hours of a good day, is it not a good investment of time?

Take the example of physical well-being: If you don't eat well or exercise regularly, what will happen to your body? Will you wait until you have diabetes, a heart attack or a stroke before making time to look after yourself? It is the same with your mental well-being. Will you wait until you are too stressed and depressed before making time to meditate? Vaccination fails once you have contracted the disease.

We have to arrive at what our priorities in life really are. And we have to consider which life skills we want to pass on to our children. Do we want them to live such hectic, stressful lives that they do not know how to be happy? Or

do we want them to have balanced lives in which they are able to pause long enough to listen to their hearts and make wise decisions?

How can I meditate if I am traveling?

Do you stop taking breakfast or lunch while traveling? When you are in a flight or traveling by train, if the heart is inclined to meditate there is no harm. Simply be careful of your individual possessions if you are alone, and ensure that the destination is not missed!

Can I meditate when I am ill?

If you can sit comfortably without being disturbed, feel free to meditate. The moment you begin to feel uneasy, there is no need to force yourself to meditate.

Is there a particular diet that is more conducive for meditation?

A vegetarian diet is best suited for a wayfarer on the spiritual path. If you are attached to chocolate, *laddus* or other sweets, and feel that the meal is not complete without them, even though it is vegetarian, it will create unpleasant ripples within. The partaking of a meal with gratitude somehow

evokes pious feelings and aids digestion and assimilation. If you are angry while eating, that state of mind sets in grosser vibrations in the system, regardless of whether you are the victim or the perpetrator. While under the spell of anger, the sympathetic nervous system dominates and, as a result, the parasympathetic nervous system is subdued to that extent. The parasympathetic nervous system manages the secretion of digestive enzymes and aids further assimilation.

If you are not in a position to quit meat, fish or eggs, there is no need to postpone the Heartfulness practices. The practice is more important. Let the spiritual practice naturally develop your consciousness and influence your daily habits. There is no need to force either the quitting or embracing of certain habits. Let your actions be natural. Otherwise, the mental gymnastics can create and add to the already existing negative ripples within.

Cooking, serving, partaking, and earning one's sustenance by pious means is so very beneficial. An impious way of earning a daily living creates guilt and much more in the process. One can only imagine the situation and then see the implication.

How will Heartfulness help me to resolve guilt?

Guilt is perhaps the heaviest of all the impressions we carry. Our thoughts, feelings and actions may create guilt, but our

inactions may create even worse guilt. Lost opportunities haunt us: “If only I had been kinder to my father before he left for work this morning,” or “If I had been more thoughtful and caring, perhaps my daughter would not have left home.” When we go to bed at night, the thoughts that come to mind first are often about those things we missed. Sometimes they wake us in the middle of the night. Things we don’t do create heavy impressions that turn to guilt.

To remove guilt, we need a commitment of a very high order. We need to face the guilt and expose ourselves. By opening our hearts, we can say to the Lord or to our Guide, “I have created all this. I will not do it again, but please help me remove this.” The important thing is to make a sincere resolve not to repeat the same thought or action again in the future. The best time to do this is before sleeping at night.

Will Heartfulness Meditation help me to sleep better?

Problems with sleep are endemic in modern urban society. Disciplining our sleep cycle changes our life, because how well and how deeply we sleep determines our state of mind throughout the day. Generally, it is better to sleep early to be in tune with natural cycles. Also, meditation will improve drastically, as we are not struggling with our consciousness. When we are fully alert in the morning, some beautiful conditions will be created in the heart when our consciousness is ready to receive them.

If we get the right amount of sleep, the sympathetic nervous system will automatically be active in the morning. Over millennia our systems have evolved in such a way that when the sun rises, certain hormonal patterns are triggered. When we are in tune with that rhythm, our health automatically improves. What happens to people who go to bed very late at night? When we go against the rhythm, when we are swimming against the current, our decline in health over time will speak volumes. Extensive studies have been conducted on people who work at night, and it has been discovered that, among other things, they age rapidly.

There are two very enlightening TED talks by Jeff Illif (“One More Reason to Have a Good Night’s Sleep”) and Matt Walker (“Sleep is Your Superpower”), in which they describe the importance of healthy sleep patterns. Heartfulness practices help us to become more in tune with natural cycles and thus regulate our sleep patterns. Here are a few key points from Matt Walker’s talk:

- Sleep is a non-negotiable biological necessity that is our life support system. The sleep-loss epidemic in our current world is catastrophic and one of the greatest public health problems of today. Sleep is the most powerful elixir of life.
- Human beings are the only creatures that deliberately deprive themselves of sleep for no

good reason. A lack of good sleep affects the health of both the brain and body significantly.

- Without sleep, the memory circuits of the brain cannot absorb new memories. These learning disabilities are related to the hippocampus in the brain. In people who have a good 8 hours of sleep a night, the hippocampus shows healthy learning activity; in sleep-deprived people there is no learning signal at all, because the short-term memories are not shifted to a long-term storage site within the brain. The disruption of deep sleep contributes to memory decline in aging people as well as those with Alzheimer's.
- The reproductive health of both men and women is improved with good sleep. The cardiovascular system and immune system are highly compromised by sleep deprivation, especially the natural killer cells. Lack of sleep is also associated with various forms of cancer.
- Short sleep predicts all-cause mortality, because a lack of sleep erodes the fabric of biological life itself – the DNA genetic code. Even a reduction to 6 hours of sleep a night has a negative effect: the immune system genes are switched off and the genes that promote tumors, chronic inflammation, stress and cardiovascular disease are switched on.

Here are some tips for getting a good night's sleep:

- Rise early in the morning and spend a few minutes out in the sun, as this will balance the hormones serotonin and melatonin, aiding in regular sleep patterns.
- Around sunset, or when you finish your day's work, do the Heartfulness Cleaning, so that you are able to let go of the worries and stresses of the day.
- Wind down in the evening for a couple of hours before sleeping, so your brainwaves slow down and you are able to naturally transition into sleep.
- At bedtime, first analyze what you could have done better during the day and let go of any wrongs you have done, vowing not to repeat them. Then do the Heartfulness Prayer so you sleep in a deeply open relaxed state, connected to your Center. You can also meditate while lying down after the prayer, so that you gently drift off to sleep.

If you still have trouble sleeping, here are some more useful tips:

- Wash your feet before going to bed.
- Try sleeping on your right side, as it activates the *Chandra Nadi*, helping you calm down.
- Imagine gentle cool water falling from above your head, calming you.
- Drink a glass of warm milk.
- Do the Heartfulness Relaxation lying down in bed.
- Listen to music that relaxes you. Some music that is particularly good for sleeping can be found at www.heartfulness.org/goodnightsleep. The time signature of this music is 5/4 so there are 5 beats in every bar. Breathe in on the first 3 beats and breathe out on the last 2 beats.
- Try fasting.
- Try sleeping on the floor or ground, preferably under a Peepal tree.



Questions on Trainers

Is it necessary to learn Heartfulness from a trainer?
Can I not do it on my own?

The main purpose of learning from a trainer is for them to impart yogic Transmission. As already proposed, you can determine for yourself whether a trainer is necessary or not by conducting a simple experiment. Simply meditate on your own without a trainer, and when you are satisfied that you have fully comprehended that experience, meditate along with a trainer, at which time you will receive yogic Transmission. Compare the two experiences. Only by conducting such an experiment will your heart be convinced.

You can reach out to a trainer either in person at our Heartfulness Centers, or from the comfort of your home

or office by logging into the HeartsApp and requesting an introduction to the practice.

Who are the Heartfulness trainers and what enables them to impart Transmission?

Heartfulness trainers are themselves practitioners of Heartfulness who have voluntarily taken up the duty of training others. To be a trainer is not a profession. Trainers are volunteers who earn their livelihood through other means; to be a trainer is a vocation. They are enabled to impart Transmission by a Guide of caliber—a personality who is dissolved in the Source to such an extent that they can distil its essence and transmit it to others. The trainers then become conduits for that Transmission, which they freely impart to all who wish to receive it.

Who is this Guide at the center of the Heartfulness practice?

The current Heartfulness Guide is Kamlesh Patel, known to many as Daaji. Born in Gujarat, India, in 1956, his own journey with Heartfulness started in 1976, while he was still a pharmacy student in Ahmedabad. After migrating to the USA, he raised a family and started a successful pharmacy business in New York City. In 2011, he was announced as the fourth in the century-old lineage of Heartfulness Guides, a role he inherited in 2014.

What is the role of the Guide?

At first, our relationship is with the practice, and there is no guide or guru involved. If we come to a point where our heart longs to know who is behind the effectiveness of the practice, we will observe that the guru has been at work all along, silently and anonymously. We will observe that he works in the background, ensuring the spiritual progress of committed practitioners.

The relationship between the Guide and disciple isn't necessarily on a physical level. Based on our circumstances and craving for spiritual progress, opportunities to connect with the Guide will arise naturally.

How can I assess the capacity of a Guide?

Just as you judge the capacity of a chef by the quality of their food, you can judge the Guide by the effect of their method and Transmission. To judge the method, you will have to practice it for some time. If you find its effects to be positive, then you can conclude something about the Guide. If you wish, and if you get the opportunity, you can also observe their lifestyle and character in order to gain further confirmation.





Krodha (Anger) Detox

Why Detox Anger?

If misused, the fire of anger can destroy a happy family, friendship and peace of mind. It can lead to bitterness and revenge, fear and self-affliction, loss of self-confidence and loss of courage.

Anger affects your body, mind and heart. It is a contraction of energy manifesting as stiffness in the body, physical

dysfunction, and a loss of energy, sensitivity and awareness. It leads to an uncontrollable flow of energy through emotion, thought and action. How to deal with such energy distortions?

There are also physical effects, such as cardiac incoherence, prolonged high BP, hormonal disorders, alteration of the immune system, decrease in concentration, etc.

Anger can arise for many reasons, including:

- Unfulfilled desires, and rejected or neglected expectations,
- Failed plans,
- Inner lack,
- Someone is not listening to your requests, not following protocol, reminding you of your defects, saying, “I told you so!” etc., and
- Discord and insults.

Anger destroys individual peace, so can it promote happiness? No peaceful soul wants to associate with angry individuals, and unhappiness multiplies in the absence of affectionate associates. It also results later on in feelings of guilt and shame, with the resulting loss of self-esteem. Then the emotional burden becomes even heavier.

Anger and rage do not allow clear thinking. In the absence of clear thinking, imagine the kinds of decision you will make! In the absence of flourishing good qualities, what sort of destiny can you build? When you lose the purity of your intentions, how can you weave a destiny with the Divine?

Buddha once said, “Someone may use unkind words and may try to humiliate you, but that is his problem. If you react, you are a slave. Don’t react; end of story.” Instead of being a slave, learn to master your emotions. By becoming fully aware of your own anger and developing a greater understanding, it is possible to deal with anger effectively and use it as a catalyst for self-growth and self-transformation.

Here are a few tried and tested techniques to master anger and its effects. You will also learn a set of meditations to remove any negative tendencies and fill your heart with peace, joy and Divinity. As you learn and practice these techniques, remind yourself that you are only an impartial witness, observing your traits as lovingly as possible, with a lot of self-acceptance. If you have any underlying medical or psychological problem, please seek medical help and use these techniques as complementary methods in discussion with your treating physician.

Refine the Expression of Anger

Anger expresses in the way we speak and behave, leading to harsh words, arguments and hurtful actions. By connecting to your higher Self and modulating your speech to resonate with the gentle current of the Divine, you can learn to manage anger by preventing its negative manifestation. Over time, with this “Guided Regulation of Speech,” you will manage the way you express your feelings.



GUIDED REGULATION OF SPEECH

- Sit comfortably and relax.
- Go into your heart. You may meditate for a few minutes to connect with your higher Self and deepen your condition.
- Now, stay connected with your higher Self as you speak.
- Observe the tone of your conversation and let it flow evenly.
- To do this, remove any rise and fall in the pitch, sharpness or roughness.
- Attune your speech to the balanced condition of your heart.

- See if you can feel a relationship establishing with the original current within you.

With time, your speech will become soft, cultured and smooth like the harmonious flow of divine Grace. When your speech is in tune with that, you will naturally touch the hearts of others.

Practice consciously and regularly to make this a permanent habit. Prevention is always better than cure.

Dissolve Anger

Anger is an emotional reaction that usually leaves an impression in your field of consciousness and deprives it of its original joyful state. Cleaning of these impressions restores that joyful state. Whenever you experience anger, take a few minutes to clean and free yourself from the effects with the Guided “Ocean of Peace” Cleaning.



GUIDED "OCEAN OF PEACE" CLEANING

- Sit comfortably and close your eyes.
- Imagine that you are in a gentle ocean of peace. The waves are soothing and blissful.

- Have the firm thought that you are immersed in this ocean of peace, and the waves are removing all your coverings.
- Do this for as long as you can, but no more than 30 minutes.

Remove the Physical Effects

Anger also affects the physical body—so releasing physical tension eases the inner body, emotions and thought flow.



GUIDED RELAXATION AND ATTENTION

- Sit comfortably and gently close your eyes.
- Relax your hands and fingers. Feel the tension reducing.
- Let your shoulders drop.
- Bring your awareness to your face, drop your jaw, and relax your mouth.
- Feel all your facial muscles softening.
- Allow your breathing to naturally slow down.
- With each breath your mind is relaxing and letting go.
- When you are ready, you may open your eyes.

Let Go

In helpless circumstances, sincere prayers and surrender to the Divine are very liberating. The ideal time for prayer is bedtime when you are completely free in your body and mind, after the completion of your day's activities.



REMOVAL OF TROUBLING HABITS

- Sit in a comfortable position.
- Gently close your eyes and bring your attention to your heart. Dive as deep as you can within your heart.
- Feel your heart's ability to accept everything, and let that acceptance spread through you. Notice the vacuum that is created when you are able to accept.
- Invoke the presence of the Divine, which will naturally flow into the vacuum.
- Go deeper into that state of acceptance.
- Allow the presence of the Divine to expand within you.
- While deeply absorbed in the Divine, ask for forgiveness for any mistakes you may have committed, even unknowingly. Resolve not to repeat them again.

- Stay in this state of repentance, with total self-acceptance, for a few minutes.
- Then connect yourself to your higher Self using the following prayer slowly and silently. Let the words resonate in the vacuum of your heart:

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.

- Try to understand the meaning of the words in this offering of prayer, contemplate upon the meaning of the prayer, and remain absorbed with this prayerful state, which will also help in going to sleep more easily.

Restore Positivity

Anger leaves an impression on your heart. Though the anger may have passed, the emotional memory may still remain and become the seed for a future bout of anger. This can become a habit. Flooding the heart with higher love can dissolve the habit and offer permanent freedom.



GUIDED MEDITATION

- Gently close your eyes and let your body relax.
- Feel you are deeply connected to the Source.
- With a humble attitude, offer your heart like an empty cup to be filled.
- Feel any resistance is softening.
- Imagine a feeling of lightness descending into you from above, gently washing over your entire body.
- The source of Light is awakening in your heart. It is attracting you inward. Rest your attention there.
- If any thoughts come, let them pass through you.
- Return to the source of Light in your heart. It is drawing you inward.
- Allow yourself to become one with it.
- Remain absorbed in this inner embrace for as long as you like.



Fear Detox

Why Detox Fear?

Fear is one of our fundamental emotions. It arises out of the perception of danger or separation; it results in the “fight or flight or freeze” response. It is a survival response that has played a fundamental role in the evolution of humanity and civilization, and it continues to play a critical role today, shaping lives, personalities and destinies. It is wired into our autonomic nervous system, so everyone is affected by this emotion. So how do we use the experience in the most constructive way?

On one hand fear can play a positive role, warning us, protecting us and helping us to stay on the right track when

we are off course. But fear can also be crippling, terrifying, and it can stop us from doing things that are important. And intense fear for something that is not a danger becomes irrational and phobic.

Fear can affect our physical, mental and emotional well-being in many ways, including:

- Difficulty breathing, increased heart rate and heart rate variability, tightness in the body, trembling, dizziness, a churning stomach, and sweating.
- Anxiety, panic, a sense of losing control, excessive negative thoughts, over-reaction, paranoia, helplessness, and loss of self-confidence.

Psychologists have concluded that almost all fears are really about the fear of death or suffering, but in the modern world even small things create fear, e.g. “Somebody took my toy,” for a child, or “Somebody stole my purse,” for an adult. Fear can be about loss of possessions, loss of life, loss of reputation, loss of power, or loss of love – it is all about losing something, and the greater the attachment the greater the sense of loss. By developing clarity of thought and a courageous heart, we learn how to deal with fear effectively.

Here are a few tried and tested techniques to deal with fear in various settings. It is helpful to have a journal and pen or pencil with you while using these techniques, so that you

can record your observations, thoughts and feelings. As you learn and practice these techniques, remind yourself that you are an impartial witness, observing your traits, with a lot of self-acceptance and love. If you have any underlying medical or psychological problem, please seek medical help and use these techniques as complementary methods in discussion with your treating physician.

Self-Study



GUIDED INQUIRY

- What situations and conditions create fear in you?
- What memories and imaginary situations create fear in you?
- What are your worst fears?
- Do you know why you feel fear? (You may not always know the real cause, and that is okay.)
- Write your discoveries in your journal.

Breathing Exercise

Fear arises first in the energy field of the heart-mind, then in the body, and eventually it leads to action. The action may be to run away, to attack, to freeze or to call for help, so that others come to the rescue etc.

Here is a simple breathing technique that activates the calming part of your autonomic nervous system – the parasympathetic system. It will help you to calm down immediately so that you can think clearly.



LEFT NOSTRIL BREATHING

- Relax your body and mind.
- Close your right nostril with your right thumb.
- Smile while you breathe.
- Slowly inhale through your left nostril and exhale through your left nostril, breathing deep into your abdomen.
- Repeat this 9 more times.

Remove the Root Cause of Fear

Here are two very effective methods to remove the root cause of fear:

Method 1: for general fear of situations, places, events etc.



GUIDED LIMB CLEANING

- Imagine the divine current is flowing from above you.
- Draw the current down to your heart.
- Now let this current move towards your left shoulder, then let it descend down your arm to your biceps, your elbow, your wrist, your hand and then flow out through the fingertips of your left hand.
- While this flow is going on, think that impurities, complexities, heaviness and fears are going out of your system along with the flow.
- Continue this process for two to three minutes, then gently taper the flow.
- Now again let the divine current be drawn down from above your head to your heart, and let it continue down through your left lower torso, through your left thigh and knee down to your left foot and out through the toes of your left foot.
- While this flow is going on, think that impurities, complexities, heaviness and fears are going out of your system along with the flow.

- Continue this process for two to three minutes and then gently taper the process.
- Bring your attention once again above your head, and allow the current to flow down to your heart. From the heart divert it to your right shoulder and down your right arm all the way to your fingertips. It should be a very gentle process. Continue this process for two to three minutes and then gently taper the process.
- Then do the same thing on the right side from above your head to your heart, and then down through your torso and down your right leg to your right foot.
- When this energy is flowing out through the toes of your right foot, be sure to remove any heaviness from the right big toe.
- Repeat the whole process one more time if you feel that there is still fear or heaviness in your system.
- At the end, with confidence, affirm that you are completely cleaned of all fears, impurities and complexities, and that purity and simplicity are restored.

Method 2: for fear about a person



SEEDING POSITIVE THOUGHTS

- Sit comfortably and close your eyes.
- Imagine the form of the person in front of you.
- Have the thought that, “This person is my friend and well-wisher.”
- Think that all negative thoughts the person has about you are going, and thoughts related to your welfare have been infused in them instead.
- Whenever you have the opportunity to go near the person, gently and subtly pay attention very indirectly to their face, without staring.
- When you breathe out, have the thought that particles of your love and affection are entering their heart.
- When you breathe in, have the thought that you are pulling all the negative thoughts they have about you from their heart and throwing them aside.
- Initially this task may seem difficult and you may feel resistance, but if you are courageous it will become easy as you practice it.

The Antidote to Fear

Courage is the antidote to fear. After removing the root cause of fear, we can then fill the heart with courage and confidence.

Deep within your heart, there is a space that is free from fear. Here you will experience total freedom. Taking refuge in this space through regular meditation will help you to feel free of your emotional limitations.



GUIDED MEDITATION TO BUILD COURAGE

- Sit comfortably and gently close your eyes.
- Bring your attention to your heart and let it be open. Dive as deep as you can into your heart and pause.
- Then gently make the thought that the Source of Light within your heart is attracting you from within.
- Meditate on the Source of Light in your heart.
- If you find your awareness drifting to other thoughts and feelings, gently come back to the idea of the Light in your heart.

- Feel immersed in the Light and become absorbed in it.
- Remain absorbed for as long as you wish, until you feel ready to come out.

Let Go

In helpless circumstances, sincere prayers and surrender to the Divine are very liberating. The ideal time for prayer is bedtime when you are completely free in your body and mind, after the completion of your day's activities.



REMOVAL OF FEAR

- Sit in a comfortable position.
- Gently close your eyes and bring your attention to your heart. Dive as deep as you can within your heart.
- Feel your heart's ability to accept everything, and let that acceptance spread through you. Notice the vacuum that is created when you are able to accept.
- Invoke the presence of the Divine, which will naturally flow into the vacuum.

- Go deeper into that state of acceptance.
- Allow the presence of the Divine to expand within you.
- While deeply absorbed in the Divine, ask for forgiveness for any mistakes you may have committed, even unknowingly. Resolve not to repeat them again.
- Stay in this state of repentance, with total self-acceptance, for a few minutes.
- Then connect yourself to your higher Self using the following prayer slowly and silently. Let the words resonate in the vacuum of your heart.

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.

- Try to understand the meaning of the words in this offering of prayer, contemplate upon their meaning, and remain absorbed with this prayerful state, which will also help you to go to sleep more easily.



Stress Detox

Why Detox Stress?

Life is a continuous process of facing and solving problems and challenges, as we are living in a VUCA (Volatile, Uncertain, Complex and Ambiguous) world, and sometimes it is overwhelming. Our bodies and minds get stressed. Not all stress is bad—eustress is positive stress, and distress is harmful stress—but prolonged, uncontrollable distress can negatively affect our immunological, neurological, physiological, and psychological responses.

The stress response was designed to help us survive. Under threat we have to respond quickly, so our body needs more

energy: the heart beats faster, our muscles tighten, blood pressure rises, breathing quickens, senses sharpen, focus heightens and pupils widen. This was life-saving when we had to run from lions or tigers, or fight battles, but today we live in chronic low-grade stress situations in urban environments, high-pressured jobs, pollution etc., leading to wear and tear on the body. Heart disease, digestive problems, sleep, mental worry, negative thinking, loss of confidence and depression are all attributed to stress.

Researchers have concluded that the real issue is in how our minds perceive and handle situations. Our inability to deal with situations well and solve problems leads to accumulated effects of stress.

Here are a few tried and tested techniques to deal with stress in various settings. If you have any underlying medical or psychological problem, please seek medical help and use these techniques as complementary methods in discussion with your treating physician.

Relieve Stress

Fast breathing is one manifestation of stress. Conscious efforts to slow down your breathing can reduce the effects of stress and bring immediate relief.



LEFT NOSTRIL BREATHING

- Relax your body and mind.
- Close your right nostril with your right thumb.
- Smile while you breathe.
- Slowly inhale through your left nostril and exhale through your left nostril, breathing deep into your abdomen.
- Repeat this 9 more times.

Relax Your Body and Mind

Stress originates in the energy field of the heart-mind, and then affects different parts of the body. Relaxation can have deeper effects on both the body and mind.



GUIDED RELAXATION

- 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. Let your shoulders drop and feel them simply melt 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 and let it drop. Then your 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.

Detox & Rejuvenate Your Mind

Cleaning the mind of its excessive thoughts and worries restores and rejuvenates the mind.



GUIDED LIMB CLEANING

- Imagine the divine current is flowing from above you.
- Draw the current down to your heart.
- Now let this current move towards your left shoulder, then let it descend down your arm to your biceps, your elbow, your wrist, your hand and then let it flow out through the fingertips of your left hand.
- While this flow is going on, think that impurities, complexities, heaviness and fears are going out of your system along with the flow.
- Continue this process for two to three minutes, then gently taper the flow.
- Now again let the divine current be drawn down from above your head to your heart, and let it

continue down through your left lower torso, through your left thigh and knee down to your left foot and out through the toes of your left foot.

- While this flow is going on, think that heaviness, complexities, impurities and fears are going out of your system along with the flow.
- Continue this process for two to three minutes and then gently taper the process.
- Bring your attention once again above your head, and allow the current to flow down to your heart. From the heart divert it to your right shoulder and down your right arm all the way to your fingertips. It should be a very gentle process, taking two to three minutes only.
- Then do the same thing on the right side from above your head to your heart, and then down through your torso and down your right leg to your right foot.
- When this energy is flowing out through the toes of your right foot, be sure to remove any heaviness from the right big toe.
- Repeat the whole process one more time if you feel that there is still fear or heaviness in your system.
- At the end, with confidence, affirm that you are completely cleaned of all fears, impurities and complexities, and that purity and simplicity are restored.

Restore Positivity

Anchoring your mind on the higher plane of freedom will give you the ability to manage stress much better. Accessing this space deep within your heart and staying connected with it throughout your daily activities will enable this.



GUIDED MEDITATION

- Sit in a relaxed position and gently close your eyes.
- Make a subtle thought that the Source of Light in your heart is attracting you from within.
- Rest your attention on that Light in your heart.
- If you find your awareness drifting to other thoughts, gently come back to the idea of the Source of Light in your heart.
- Feel immersed in the light and try to become absorbed.
- Remain absorbed within this deep silence until you feel ready to come out.
- When you open your eyes carry on with your daily routine, continuing to stay connected within the heart.



Note

This simple booklet is designed as an introduction to the Heartfulness practices for beginners. It will be immensely beneficial if you remain in regular contact with a local trainer for regular meditation sessions, which can be both individual as well as in a group.

I highly recommend the following books for in-depth understanding of Heartfulness.

Reality at Dawn

My Master

The Heartfulness Way

Designing Destiny

All the best with this wonderful journey,
Daaji

About the Author

Known widely as Daaji, Kamlesh Patel has been a student of spirituality all his life. He is interested in sharing his learnings from his personal experience on the path of Heartfulness, while reflecting his deep spirit of inquiry and respect for the world's great spiritual traditions and scientific advancements.



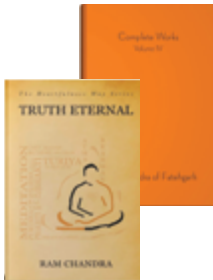
Daaji practiced pharmacy in New York City for over three decades before being named the successor in a century-old lineage of spiritual masters. He is the fourth and current Heartfulness Guide, fulfilling the many duties of a modern-day teacher of yogic meditation and purposeful living.

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.



Heartfulness Publications

Lalaji



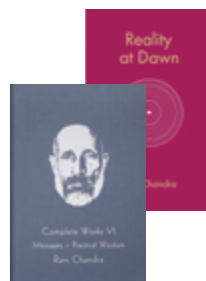
- Truth Eternal (Complete Works of Ram Chandra, Volume One)
- Complete Works of Ram Chandra, Volume Two
- Complete Works of Ram Chandra, Volume Three
- Complete Works of Ram Chandra, Volume Four
- Complete Works of Ram Chandra, Volume Five

Babuji

- Reality at Dawn
- Efficacy of Raja Yoga in the Light of Sahaj Marg
- Commentary on the Ten Maxims of Sahaj Marg
- Towards Infinity
- Sahaj Marg Philosophy

Books are available at hfnlife.com and amazon.in and amazon.com

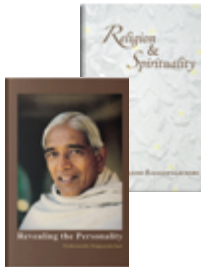
- Complete Works of Ram Chandra, Volume One (contains the 5 books listed above)
- Voice Real, Volume One
- Voice Real, Volume Two
- Complete Works of Ram Chandra, Volume Two (contains the 2 books listed above)
- The Autobiography of Ram Chandra, 1899-1932
- Messages Universal
- Complete Works of Ram Chandra, Volumes Three (contains the 2 books listed above)
- Complete Works of Ram Chandra, Volumes Four to Six
- Whispers from The Brighter World, 1944 to 1955, Volumes One to Four
- Letters of the Master, Volumes One to Five



Chariji

- My Master
- Revealing the Personality
- Religion and Spirituality
- The Fruit of the Tree

Books are available at hfnlife.com and amazon.in and amazon.com



- The Role of the Master in Human Evolution
- Down Memory Lane, Volumes One and Two
- In His Footsteps, Volumes One to Four
- The Spider's Web, Volumes One to Three

Daaji

- The Heartfulness Way, Volume One
- Designing Destiny
- The Wisdom Bridge
- Spiritual Anatomy
- From Daaji, with Love
- Yearning of the Heart, Volumes One and Two
- Yes, You Can Do It. Restart: Get Rid Of All Addictions
- Tales from the Vedas and Upanishads
- Tales from the Puranas



Books are available at hfnlife.com and amazon.in and amazon.com

Anthologies and Other Authors



- From Anger to Love, anthology including *Daaji*
- Tears and Laughter, anthology
- Talks on the Gita, *Vinoba Bhave*
- The Authentic Yoga, *P.Y. Deshpande*
- Way of Love, *S.A. Sarnad*
- Collected Works of K.C. Varadachari, Volumes One and Two
- As a Man Thinketh, *James Allen*
- Mudras by Heartfulness

Magazines

- Heartfulness Magazine (available in print and digital version). Subscription can be made at <http://heartfulness.org/magazine/en/subscribe/print-subscription>



Books are available at hfnlife.com and amazon.in and amazon.com

Audio books and ebooks also available in [audible](http://audible.com) and hfnlife.com

Welcome to *Simple Heartfulness Practices*. It contains the essential practices, offers answers to many common questions, and presents the Heartfulness approach to detoxing anger, fear and stress. May it be a useful reference and inspiration on your journey!



To experience the practices of
Heartfulness for yourself:

Heartfulness centers and trainers worldwide:
<https://heartspots.heartfulness.org/>

Mobile app:
HeartsApp

Online masterclasses:
<https://heartfulness.org/en/masterclass/>