

A BEGINNER'S GUIDE TO HEARTFULNESS



HEARTFULNESS INSTITUTE DENMARK



1

WELCOME

As someone who is new to Heartfulness relaxation and meditation, you may have had a little experience of the *Yogic-Transmission* and its effectiveness. Perhaps you have learnt a little about the different techniques used in this system? However, you may still have some questions about the Heartfulness practice and would like a deeper understanding regarding its various aspects.

This book aims to provide you with detailed explanation regarding the basic elements of Heartfulness namely, Relaxation, Meditation, Rejuvenation and Inner Connection. In the following chapters, we have included a basic introduction to each of the

elements followed by some questions and answers. Links to audio material when available, have been provided.

Each element of the Heartfulness practice serves a unique purpose. Each element will help you relax, focus, reduce stress and change through this method of meditation. New practitioners can take their time to slowly incorporate each element, one at a time, into their daily routine at their own convenience. We recommend that you experiment with the different elements in order to prove their effectiveness to yourself, by way of practical experience. Heartfulness practice has been specifically designed to aid the evolution of consciousness and each element of this practice supports the others in a symbiotic manner. Heartfulness trainers are always available to help explain the finer points of the techniques and clarify any questions that are not covered here.

We also recommend that you to check out the book “[The Heartfulness way](#)” written by Kamlesh D. Patel - the global guide for Heartfulness, and Joshua Pollock - a Heartfulness trainer and practitioner. The book is written in a conversational style, describes the philosophy behind this system in a simple and easy to read manner. If you prefer video courses with practical sessions, please check out the Udemy course called “[Meditation and Evolution of Consciousness With Daaji](#)”.

We wish you the best for your inner journey.

Yours sincerely,
Heartfulness Institute Denmark

HEARTFULNESS TECHNIQUES

At a glance

HEARTFULNESS TECHNIQUE	RECOMMENDATION	DURATION	BENEFIT
<i>Relaxation</i>	Anytime you like	A few minutes as you need	Destress/centering oneself
<i>Meditation</i>	At least once daily: Preferably at a fixed time in the mornings	30 minutes to up to 1 hour. You can start with few minutes and increase the duration with time.	For exploration and evolution of consciousness leading to greater states of joy, peace, bliss and beyond.
<i>Rejuvenation</i>	Once daily: Evening, after you have finished your day's work	30 minutes. You can start with less and extend it up to 30 minutes.	Clearing day's impressions caused as a result of our thoughts and actions.
<i>Connect with your inner Self</i>	Once daily: At bedtime, just before sleeping	10 to 15 minutes	Preparing the sub-consciousness for sleep



2

RELAXATION

Heartfulness Relaxation is for everyone, and can be done at any time of the day or night. It is especially useful whenever you feel the need to get centered, to prepare yourself for meditation, to destress in the middle of a hard day, or as a means to a sound sleep.

When you want to relax, do it sitting up. Generally it will take between 5 and 7 minutes. If you wish to sleep, do it lying down, although it is not same as relaxation.

RELAXATION TECHNIQUE:

Sit comfortably and close your eyes very softly and very gently.

Let's begin with the toes. Wiggle your toes. Now feel them relax.

Relax your ankles and feet. Feel energy move up from the earth, up your feet to your knees relaxing the legs. Relax your thighs.

The energy moves up your legs, relaxing them. Now, deeply relax your hips, stomach 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 and your hands right up to your finger tips.

Relax the neck muscles. Move your awareness up to the face. Relax the jaws, mouth, nose, eyes, earlobes, facial muscles and forehead, all the way to the top of your head. Feel how your whole body is now completely relaxed.

Move your attention to your heart. As you rest there, gently have the idea that Divine Light is illuminating your heart from within and is attracting or pulling your attention inward.

Feel immersed in the love and light in your heart. Remain still and quiet, and slowly become absorbed in yourself.

Remain absorbed within this deep silence for as long as you want, until you feel ready to come out again.

You can listen to guided relaxation by downloading the sound files from Soundcloud:

<https://soundcloud.com/heartfulness-denmark>

or

you can download our free app called 'Let's Meditate' on your smart phone.

(Available on iPhone and Android devices)

Q&A

Do I need to do Relaxation every time before meditation?

It is not necessary to do relaxation every time before meditation. It could be useful in the initial stages to help us slip quickly into meditation. Once we become familiar with connecting with our heart (or centering ourselves in the heart), the need for relaxation drops off.

Can I teach relaxation to my kids?

Yes, in fact our relaxation technique is very effective for children and they respond very well to this and often then, teach the adults how to relax!



3

MEDITATION

Meditation is an opportunity to look into your-self which maybe challenging in the beginning with many thoughts, however, with practice this process leads to deeper states of awareness. In meditation, we think of one thing continuously being unmindful of the distractions that might arise. It can be compared to the process of digging a well. We go on digging until we find water. Initially some rocks and rubbish come out, followed by some layers of rock, then sand, and finally water. In the process of

meditation too, we find that many things come to the surface, before the essential thing is found. Over time, a fervent, joyful practice of meditation regulates the mind, so that it moves from a restless and turbulent state to stillness and one-pointed attention.

Meditation, understood properly, is a process to create a meditative state. Once this meditative state is achieved, we find serenity, calmness and peace, we are able to manifest the intrinsic goodness of our heart. Prolonging this meditative state throughout the day and deepening it with regular practice, we are able to make peace, calmness, and serenity a permanent part of our being. The intellect then becomes more heart-based, guided by the heart's intrinsic goodness.

MEDITATION TECHNIQUE:

- * Gently close your eyes and relax. Take a couple of minutes to relax your body, using the Heartfulness Relaxation, if needed.
- * Turn your attention inwards and take a moment to observe yourself.
- * Then, gently make a supposition that the Source of Light that is already within your heart is attracting you from within. Do this in a gentle and natural way. There is no need to concentrate.
- * If you find your awareness drifting to other thoughts, gently come back to the idea of the light in your heart.
- * Feel immersed in the light in your heart, and try to become absorbed. Remain absorbed within this deep silence for as long as you want, until you feel ready to come out.

You can listen to guided meditation by downloading the sound files from Soundcloud: <https://soundcloud.com/heartfulness-denmark>

or

you can download our free app called 'Let's Meditate' on your smart phone. (Available on iPhone and Android devices)

Q&A

Why meditate on the Heart?

The heart is where our deepest feelings happen, where we feel profoundly moved, where we discover our intuition and wisdom. It is through the heart that we connect to our deepest Self and to others.

In all languages, there are so many beautiful ways we find the heart described: E.g. people can say, “he is close to my heart”, “let’s have a heart to heart discussion”, “she is such a kind-hearted person”, “I have put my heart into this”, “they left with a heavy heart”. All refer to a deep state of feeling, an involvement of the person at the deepest level. The heart is really the base of our response to situations.

There are other reasons to have the heart at the center of the meditation. Religions and mystical traditions believe that the heart is the seat of the soul or of life. The heart beats and sends blood to the entire body, which reaches all the cells. Hence, the effect of meditation spreads throughout the system. Purifying the heart benefits the entire organism, physically, emotionally and spiritually.

We know that in the inner realm, heart has an even higher function: that is to love. "Love" emanates from the heart. The more we give of our Love, the more it grows. In Heartfulness meditation, we give attention to the heart, thereby purifying it and allowing it to have a space of its own in our existence. We tune in to its presence and start listening to it. By meditating on the heart, we discover that its true vocation is to love, and we start experiencing this love. Heartfulness meditation thus enhances the heart's capacity to Love. As the heart is constantly refined by daily meditation, we experience this feeling of Love with growing intensity.

Our entire life is led by feelings and inspirations, and that is the role of the heart. When we listen to those feelings and capture the inspiration that comes from within the heart again and again, we can master our lives. The whole exercise of fine-tuning the heart with the mind is through this meditation on the heart.

REFLECTION EXERCISE

- What place in your life does your heart take?
- How are you aware of your heart's response as you go through each day?

What is Divine Light or Source of Light?

In meditation we know that we have to try to gently hold one thought in our mind. As we meditate day after day we realize that what we meditate on, has a great effect on us. We absorb the qualities of the object of our meditation and manifest the nature or condition of that object in our lives. Hence it is imperative to select the subtlest and lightest object to focus on during meditation. However, higher consciousness is too subtle for sensory perception.

The only way mystics and yogis over the centuries have been able to put that into words is to use the word 'light', as light has no apparent material qualities – you can't touch it, or see it, or taste it or smell it or hear it. Meditating on an abstract idea or on "nothingness" is however, rather difficult for the human mind to conceive of. Therefore, in Heartfulness meditation, we are asked to gently bring our attention to the Source of Light or Divine Light in the heart.

We aim to experience a finer and finer consciousness of light within our hearts which has been described as "light without luminosity". This light without luminosity illuminates our consciousness from within and is so much easier to meditate on than an abstract idea.

In Heartfulness meditation, we suggest the idea of "light in the heart" and unplug the mind. Once this suggestion is made it is enough. With that one simple suggestion, the subconscious mind is linked to the idea of the "light in the heart". Making this subtle suggestion can be compared to switching on an electric bulb. Once we flick it on, we have created the connection. There is no need to keep operating the switch anymore. We do not require either thinking, recalling or repeating any specific words during the meditation. We just keep observing our inner self and bring our attention to the source of light in the heart, every time we find ourselves slipping into the spiral of thoughts.

We are not required to visualize light as sunlight, moonlight, or electric light for these objects are still heavy compared to the ultra refinement of consciousness that we try to attain in our meditation practice. Do not force your imagination to the extent that you actually try to see its brightness. Just have the idea that there is Divine Light in your heart. Assume that it is already present. Keep this suggestion as subtle as possible, naturally and without force.

REFLECTION EXERCISE

How does your heart feel when you have the idea that the Source of Light is there in your heart? Try to write something every day.

What is Yogic Transmission/*Pranahuti*?

Transmission means ‘to send across’. In a car, transmission is how the power is sent from the engine to the axles through the gears. In a family, love is transmitted from person to person, especially from a mother to her children. With the human voice, sound is transmitted from one person to another in conversation.

In Heartfulness meditation, Yogic Transmission/*Pranahuti* is transmitted, whenever you meditate with an experienced yogi practitioner who can offer this *pranahuti* (Sanskrit for ‘offering of life force’) to others. It is the energy of the Ultimate Principle or

Infinity, which comes from the Ultimate Source as an offering by the Guide or Teacher. It is gentle, subtle and dynamic. It helps you meditate as it resonates directly with the higher Self within your heart.

It is transmitted, just like any other form of energy is transmitted, such as sound or heat, except that it is the subtlest, without any force or material character. It is food for the soul, and is soothing for the heart. Just as we require nourishment for the mind and body, the spirit too requires nourishment, and Yogic Transmission fulfills that need.

The effect of receiving transmission is that the heart feels inner warmth and love, much as sunlight warms our faces even with our eyes closed. It results as an inner transformation, expanding our consciousness. We have to experience Yogic

Transmission in order to know its effect to the fullest has been described as that which “Awakens the sleeping beauty in a human being”.

You may be able to feel the effect of yogic transmission or *pranahuti* like a very subtle vibration, relaxation, warmth, joy, or a feeling of soaring and expansiveness. It brings an inner sense of home and calm into each moment. Each person will have their own way of experiencing their inner states, which will become more recognizable as we become more familiar with meditating.

Initially some people do not feel anything much, and that is quite okay. Some notice changes in their daily lives and their behavior. Often it is others around us who notice changes in us!

REFLECTION EXERCISE

- During your daily meditation, invite the yogic transmission from the source to gently enter into your heart. Note down what you feel after meditation.
- Do you notice anything different when you meditate with an experienced practitioner?
- After the meditation is finished, are there any effects that you feel, either immediately or perhaps even after the next day or two?

Place, Posture and Time for meditation

Does it matter where I sit for my Heartfulness Meditation practice?

As far as possible, we keep a separate place reserved for each different type of work and activity, whether at home or at work. Hence, it is natural that when we are in a particular place we have thoughts related to the nature of that place. Let us say, we happen to walk into our study or sit down at our work-desk. What do we start thinking of? Well, most probably, about our work, study or things related to that. Each specific place becomes associated with a certain activity in our minds, and due to this association a specific environment is created in that place.

The power of thought is a very potent energy. The Buddha is supposed to have once said – “With our Thoughts we make the world”. When we resolve to do something, the connecting link between that thought and what we want to do intensifies. Depending on the intensity we are able to apply our will and focus on that intention.

So when we have a special place for our meditation practice, we find, that just being there revives a meditative state in our heart. We begin to feel motivated and supported by the atmosphere there and this makes it easier and faster to go into deep meditation. Of course, we may go ahead and sit wherever we want for meditation, but it helps greatly if we sit at the same place, at the same time, in a steady posture, day after day and as a result an atmosphere develops that is conducive to meditation.

Sit upright, in a comfortable position. There is no formal yoga position that is needed, although it helps to sit with your legs crossed, either on the floor or a chair. The inward turning of the body is then in sync with the inward turning of the mind. It is not recommended to lie down, as it is just too relaxing and one can automatically fall asleep. If you are finding any tension during meditation, just move your limbs to a more comfortable position, so that you can be unmindful of your body.

Time

Try to fix the same time to meditate every day. Our systems are sensitive to daily rhythms and routines, so if you meditate at the same time each day, your biological clock will become used to it. It becomes part of your regular daily pattern in life. When you meditate on the Source of Light in your heart first thing in the morning, the effect can affect your whole day in a very positive way.

The ideal time to meditate is considered to be the time before sunrise or at dawn. This is when the cool of the night and the heat of the day are in perfect balance. In fact it's a meeting point of the two. When we meditate at the time of Dawn, it is easier to feel and replicate within ourselves the same stillness, during our meditation. If this is not possible for you, then try to meditate at the same time each day, whatever it may be.

REFLECTION EXERCISE

- Fix a time for meditation and practice at that same time every day during the week. See if you can integrate meditation into your daily routine.
- Fix a place for meditation and practice at the same place every day for a week. Observe if it's getting easier to slip into meditation.

How long should I meditate?

We need to observe with great sensitivity what is happening within us during meditation. When we feel “content”, we may gently stop the process. It is very much like when we eat. There is no precise answer for how much food to eat, we fill ourselves till we feel pleasantly content or satisfied. Meditation is just as simple, where we learn to sense the moment when the meditation ends. It may take different lengths of time to reach that “filled up” feeling.

When we start meditation, we sometimes take a few minutes to let go of distracting thoughts. Even when we bring our focus back to the heart, we can get distracted once again. So we are not always "meditating". The actual meditation happens when we are able to gently bring our attention to the Divine Light in the heart, and feel the inner condition created in the heart. So how much do we actually ‘meditate’, even when we sit for an hour?

However, it is quite possible, at first, we feel little of what is going on within us. Restlessness in the body is felt as a signal to stop! That is why, in the beginning it does help to meditate for a fixed period, for example thirty minutes. The mind and body will then gradually get into the habit of being still. Once that is taken care of, we can easily observe the inner condition and decide for our self whether we have meditated for long enough. Then we go on increasing the amount of time we meditate bit by bit, perhaps first for thirty minutes, then forty-five minutes, and then up to an hour.

It is best not to meditate for more than an hour at a time. The more we meditate with regularity, and for longer periods of time at a stretch, our capacity to receive "yogic transmission" increases. We may also meditate more than once during the day, if we enjoy it. If we do meditate more than once, it is advisable to keep some time between each meditation, and to make sure that we get some physical activity, in between each session, like walking, to get the blood circulation going and oxygen flowing in the body after a long meditation.

REFLECTION EXERCISE

- Observe how long have you “actually” been able to meditate.
- Observe if you are able to recognize the feeling of “contentment” during meditation.

How do we deal with thoughts during meditation?

In our daily lives, we have to deal with multiple problems that often create stress, fear, insecurity, distress, rivalry and so many unwanted disturbances in us. It seems almost impossible to keep ourselves free from such things. In spite of our best efforts, this modern day life-style can leave us, at times, with uncontrolled thoughts and a disturbed mind. We can feel a profound need for peace and calm at such times. In general, we try to control the mind using restraint and force, that doesn't work in the long run. The mind only rebels further and with equal strength.

Sometimes in life we can experience a time when someone keeps bothering us no matter how often we ask the person to leave us alone? We may even have tried telling him or her to stop doing so and notice that they react and argue or find further reason to bother us even more. In the end we perhaps discover that ignoring them is the best manner to deal with them. They soon get the message and finally give up and leave us alone.

It is similar with thoughts; if we pay attention to them we get involved with them and cannot get rid of them. The trick is to gently detach our mind, ignore the thoughts and bring back the focus, to the original idea we began our meditation with - that of light within the heart.

It is quite natural for our minds, to flit away due to thoughts, when we start practicing Heartfulness meditation. This is a transitory stage of meditation. With practice we realize that we get better at finding inner tranquility. Another way to deal with thoughts is to treat them as if they are someone else's thoughts and thus create a distance between our self and these thoughts. We may even try, treating these unwanted thoughts as if they are uninvited guests -ignoring them as far as possible. Unwanted thoughts will then cease to trouble us.

Regular meditation will certainly make the mind peaceful. We also begin to develop a better capacity to concentrate due to sustained meditation practice. And so the more we practice, the more we find, that the simple act of meditating everyday results in a calmer, sharper and focused mind.

Thoughts that arise in meditation often shift our focus from the heart. We could

understand the process of not paying attention to thoughts better, if we consider these thoughts as impressions. Each action in our lives leaves behind a trace - an impression. Every thought and action performed with the feeling of “I”, or consciousness of self, leaves a trail of subtle impressions in the heart that become the seeds for future thoughts and actions.

When we pay attention to these thoughts they again lead to the formation of more impressions. Repeated thoughts leading to actions further develop into habits. When we meditate there is a dilution of our awareness. The thoughts or impressions that have accumulated over years and solidified by repetition, find space to surface in our awareness. They tend to drop away after a while as we start ignoring them while we meditate and thus we gradually develop a condition of thoughtlessness. This is experienced in brief intervals in the beginning of our practice.

When we practice meditation with increasing regularity and for longer periods of time, thoughtlessness during meditation will grow on us leaving behind unrivaled serenity.

REFLECTION EXERCISE

Practice Heartfulness meditation for a week and observe each day, how you are dealing with your thoughts.

Do we see light when we meditate?

One may often experience darkness within during meditation. Light can appear as darkness unless there is an object to reflect the light! Then we understand why we often see or experience darkness during meditation. It is because in Heartfulness meditation we have no solid or material object upon which to meditate. We meditate only upon light in the heart, supposing light to be there. So the experience of darkness is a correct one.

We can observe a similar phenomenon when sitting in a dark room. If there is a hole somewhere like in a door or window, a beam of light comes in, but we don't see the light, we only see the floor where the light falls. If there are dust particles in the air, we

see the illuminated particles that are in the beam of light. But we can never see light itself.

REFLECTION EXERCISE

Note down what you experience when you meditate with the supposition that there is 'light in the heart'.



4

REJUVENATION

Heartfulness rejuvenation allows us to reset our systems at the end of the day and improve the quality of our daily meditation. Daily hectic routine and activities give rise to complexities and impurities which impact our heart, mind and eventually our consciousness. So, it becomes necessary to cleanse these before they become permanently embedded in our consciousness. The aim of this cleansing technique is to establish simplicity and purity inside and feel rejuvenated. You will feel the difference during the evening, when you sleep, and when you meditate the next morning.

This technique is usually done in the afternoon. When your daily work is over, take half an hour to 'reset' yourself. After greeting your dear ones, let them know that you need 20 minutes quiet time by yourself to remove all the stress and heaviness from the day, so that you will be better able to relax with them in the evening. This time is for you, so switch off your phone.

REJUVENATION TECHNIQUE:

- *Sit in a comfortable position, as you do for meditation and close your eyes and relax. Make a suggestion that all the complexities and impurities that you have accumulated during the day are going out of your system from the back, from top of your head to your tailbone, in the form of smoke **or** vapour.
- *Now accelerate the process and try to feel the complexities and impurities going away. If your attention drifts, and you find yourself involved in other thoughts, gently bring your attention back to the cleaning process. Continue with this thought for 15 minutes.
- *When you feel very light, that means you are connected with the Source, and from this Source descends the Sacred Current, which is entering your heart and is helping you remove impressions from the back.
- *When complexities are gone, you are feeling simple. Impurities are gone and you are feeling pure. The Sacred Current, through your heart is entering every cell of your body. Finish with the conviction that the cleaning is completed effectively and your whole body is completely purified and feeling sacred.

This is an active mental process. You are fully aware of what is happening and you let go of everything. There is no need to remember the happenings of the day, just remove them like you would remove dirt from your body when taking a shower, or while cleaning the floor when sweeping a room. Try not to slip into meditation. If you do, gently open your eyes and start the process again. Once you are confident with the process, you can practice every day on your own for 20-30 minutes.

You can listen to guided cleaning by downloading the sound files from Soundcloud: <https://soundcloud.com/heartfulness-denmark>
or

*Listen to "Unwind" on the 'Let's Meditate' app on your smart phone.
(Available on iPhone and Android devices)*

Q&A

What are impressions?

By the end of an active part of any day, you may feel tired and weighed down from the impact of all that has unfolded during the day. Images and thoughts of things that happened may keep repeating in your awareness. Have you ever wondered about this? Why do some days feel heavier than others? What can you do to feel lighter and more balanced again? This sense of being weighed down reflects how much you have become involved in the day, whether positively or negatively. In other words, responding with thoughts, words and actions has created 'impressions' in you, like traces that hang around in your field of awareness as the day comes to a close.

Moreover, we see, hear, feel and understand things, which in turn will determine our actions. As life unfolds, we develop likes and dislikes. Our likes lead us to having desires. These desires motivate and guide our actions. On the other hand we can develop aversion to anything that causes pain. We strive to avoid pain and that too steers our actions. Each desire satisfied intensifies that particular like and each pain averted or unfortunately experienced, intensifies that particular dislike. Each such emotion or perception leaves a deep imprint in our inner being. These 'impressions' mold our future behavior and actions. In this way, you may keep recreating and deepening the same impressions, like tracks that become fixed into paths with constant use. This is how we all create repeating patterns due to which our reactions become habitual and rigid.

Therefore, impressions are just like "encoded programs" that run our behavior and actions on an automatic pilot, generally devoid of conscious reasoning and thinking on our part. They influence our responses to similar situations in the future. You may find yourself pre-judging new situations according to past impressions and this can prevent you seeing things clearly and objectively. It is difficult to be free of these impressions even when we consciously want to do so. That is why we very often observe, that when we wish to change certain aspects of our self, despite our best efforts we just can't seem to do so. Each day brings more of such impressions.

REFLECTION EXERCISE

- Observe how you feel in the evening, after you have finished the day's work. Are there any thoughts that keep repeating in your mind?
- Have you observed any behavioral pattern that you may have unconsciously created as a result of your likes and dislikes?

Why do we need to do the rejuvenation process?

When we meditate, we are in a state, of heightened awareness. A field of receptivity is created within us. The Yogic transmission that is received by our hearts, during meditation, can be felt and perceived more easily by us, if we permit that space of reception to be pure and unhindered. With each day's thoughts and actions, "traces" or "impressions" are formed in our inner field.

The depth of each of these impressions is directly related to the intensity of our attachment to that particular thought or activity. When we meditate, if our mind is constantly pulled towards fresh thoughts or impressions left behind earlier, we keep reinforcing them. Where focus goes, energy flows. It is hence counter-productive to keep meditating on one's own established tendencies or thought flows.

Therefore, we need to clear out all complexities and impurities that accumulate as impressions in the heart, during the evening cleaning activity. We use the power of suggestion and will power to remove them, when they are still at the surface and have not had time to settle deeper. The memory of the event is still present, but without the aftermath of emotional reactions and justifications that may have arisen. Cleaning will leave you fresh and light for the rest of the evening and also prevents you from carrying today's complexities over into tomorrow. Therefore when we meditate the next morning, the light that we meditate upon, easily permeates the now clear and pure space of our inner being. Thus it is very beneficial to experience the assistance that the evening cleaning practice, can bring to our morning meditation.

REFLECTION EXERCISE

- Observe if any thoughts that have been bothering you throughout the day, still bother you after the evening cleaning.
- Observe if the cleaning process is helping you meditate better the next morning.

What is the difference between morning meditation and evening rejuvenation?

Morning meditation is a passive process. You bring your attention to the heart in a very gentle manner and wait and observe. The suggestion of the inner presence is subtle and your will is only used to make sure that your attention does not drift with your thoughts.

The evening cleaning is an active technique where you are fully engaged in the process of cleaning your system of all the impurities that have accumulated during the day. You have to be willing to remove them and stay active and present in the process. This process uses the willpower of the mind to remove unwanted things. Remind yourself of what you are doing and keep letting go of everything.

The will is like a muscle that needs practice to grow stronger. With practice, your willpower will grow and you will be able to notice that you are more and more effective in your evening cleaning.

REFLECTION EXERCISE

Compare the effectiveness of the process when you do your cleaning early in the evening, when you are still energetic, and when you do it late at night, when you are tired and your willpower is waning.

Different types of Rejuvenation

We recommend cleaning to be done at the end of a working day, when many of the day's events have happened and whatever trace impressions are left in your system

can be removed. It is your main cleaning for the day, like a bath or shower is your main wash for the day.

At other times, however, you may need to wash your face, hands or feet. Similarly, you are welcome to do a five-minute or even a two-minute cleaning at any time during the day, if something happens, that particularly disturbs your state of being. This emergency cleaning is done using the same process as the evening cleaning, but it lasts for around two-five minutes. It does not replace the evening cleaning which is still done at the end of the day for 20-30 minutes.

Cleaning also happens in a group or individual meditation session with a trainer. In fact, cleaning takes place during a significant part of any meditation conducted by a trainer. This cleaning may be quite profound, removing older and deeper impressions. Sometimes you may feel the effects, perhaps as emotions, memories, thoughts or feelings arising, or even physical changes like heat or restlessness. It may sometimes even be uncomfortable as old impressions surface.

However, it is recommended that you observe your condition after the meditation session is over, you will generally feel lighter. It is wise to simply be happy that old impressions have been removed rather than analyze too much.

REFLECTION EXERCISE

During the day, if there is anything that is bothering your peaceful condition of mind, try doing the cleaning for about 5-10 minutes. Observe and note down if there is a change in your condition afterwards.



5

CONNECT WITH YOUR INNER SELF

The last basic element of the Heartfulness practice is connecting with the inner self. This inner connection can be established when there is a vacuum created in our heart. This vacuum can be triggered very easily by an intentional linking within, fostering a meditative state throughout the day.

From the moment a person is born, the life force continues to drive the life until that moment we call death. It hardly matters what we call that agency that gives us life, as

long as we understand that there is a universal source that sustains life and it is inside each of us. The soul, or the life force that animates all things, is inside ourselves. We connect with this inner self to expand our attunement to the heart. When we address and invoke the source from within, when we are inspired from within, it is the very source inside that guides us all the time.

There are two ideal times to create this conscious connection. The first is just before morning meditation, and the second is at bedtime just before sleeping.

What does it mean to have continuous connection with your inner self?

We start the day with meditation and thereby set the tone and direction for the day. When we meditate in the morning we create an inner connection within our heart and achieve a high level of consciousness. However, this deep state of meditative consciousness lasts only for a few seconds after meditation. As we get lost in our day to day activities, we lose the subtle peaceful condition that we created during meditation. We then do the cleaning at the end of our day's work and remove the impressions to clear our inner space, thereby regaining the peaceful condition. But how do we make this meditative state last even longer?

We can make our meditative state be present within us even when we are not meditating. It can accompany us while we are sleeping. So, by making use of sleep to improve our consciousness, this connection continues in the subconscious and makes it easier for us to meditate the next morning.

During morning meditation, we make the connection with our inner self, consciously and when we go to sleep we bring this conscious connection to the subconscious. Thus, by creating a cycle of constant connection with heart or our inner Self, we create the conditions that will nurture this inner connection with our heart and make it stronger. Over time, with repetition and routine, we expand our capacity to attune ourselves to our heart and the highest potential within us at all times.

REFLECTION EXERCISE

Do you have any ritual/ routine that relaxes you, before you go to sleep every night?
How does it help you sleep better?

How do we bring the meditative consciousness to subconscious?

Rest your attention on the heart.

Feel the longing within the heart to be the highest that one can be.

Call upon this deepest Self for guidance. Try to go deeper within.

Scan through all the day's activities. There may be situations where you feel you could do better or react/respond in a better way. So, resolve in a gentle way to not repeat and improve instead. Resolution is improvement.

Constant or continuous improvements make us a better version of ourselves. So we remind ourselves of what to do and what to avoid. All the guidance that we need is already present in our heart. Our heart is our guide. Thus, going to sleep in this meditative mood, helps you carry the condition to your subconscious.

REFLECTION EXERCISE:

Try to observe the effect of night time meditation/contemplation on your sleep. Note down the effect in your diary the next morning.

Dynamize your sleep: A spiritual prayer to connect with your inner Self

The main intention of adding this spiritual element to your night time routine is to 'feel' the meditative state before you sleep and the words in the 'prayer' just help induce that state in you. Through this exercise, we give ourselves time to connect again with our heart and to our inner, higher Self.

Night time meditation

Sit in a comfortable position, close your eyes and relax.

With a feeling of open-heartedness, mentally repeat the words below slowly and gently:

*My Lord,
Thou are 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.*

Repeat the words again. Meditate for ten to fifteen minutes over its meaning and try to become absorbed in it.

A continuous connection with our heart

The words in the night time meditation are addressed to the source of life within us, our own divine spark. So often we get lost in our endless stream of desires, the demands and challenges of each day, and we forget the connection to the life-force within us.

Through this meditation and using these statements, we allow time for daily reflection with our hearts, and to resolve to keep attending to our self-development. The feeling of this meditation can have a resonance which continues within us even while we sleep, giving us the opportunity of connecting with the innermost core of our hearts, both day and night.

REFLECTION EXERCISE

Does the spiritual prayer helps you meditate better the next morning?

Q&A

What do the words of the spiritual prayer mean?

The words of spiritual prayer are to be mediated upon. They are not to be repeated like a mantra or chant. We say them silently and inwardly, a few times to recall each phrase, and then meditate on its meaning and the vibrations it carries.

The first line states, My Lord, Thou art the real goal of human life. These words addressed to our inner Self, the Higher Self or Divinity itself, affirms the purpose of our existence. Without a goal or direction there is no progressive movement possible. If we do not have a defined goal it is very difficult to even measure growth! So once we fix a goal, as that of achieving Self-Realization or Inner Mastery, we can then trace a path to get there. Having a goal lends a sense of why we undertake all the efforts of doing any spiritual activity, whatsoever. As the well-known saying goes - For the ship that doesn't have a fixed destination, no wind is a "favorable" wind!

Now that we have affirmed our goal we can approach our situation at present by the second phrase of the prayer that states: We are yet but slaves of wishes putting bar to our advancement. This simple statement is a very beautiful and liberating expression. By stating this, we recognize that by being slaves of our desires and wishes we are responsible for our state. With responsibility comes the ability to accept why we are where we are. This is very uplifting feeling, because once we are ready to accept that we are indeed responsible for whatever happens to us, only then do we have the possibility of changing it. So many are inclined to blame our life's difficulties on others and external situations or events that happen to us. We battle with feelings of injustice, frustrations, anger and hopelessness at times. But the moment we accept that we are ourselves responsible for everything that happens to us, and decide that we can simply change whatever needs to be changed, we can move ahead. How light and joyful the spirit feels at such a declaration that we make with a sincere heart! We develop profound humility and our hearts soften and open to the Divine presence.

The third line of the Heartfulness prayer implies that after leaving our self-imposed shackles behind, we move on to the next step that states: Thou art the only God and

Power to bring us up to that stage; this is a beautiful culmination of the prayer in a state of inner surrender. As we lift our vision towards the Higher Self, we perceive the presence of the Divine in our heart, humbly connect with it and acknowledge that it is the only God and power that can take us to that stage of highest evolution that we aim to achieve. We surrender ourselves to the uplifting currents of Divine love that makes our hearts soar high. When we accept our self-imposed limitations and are ready to lay off all that is blocking our advancement, we display a sincere willingness to rise up. This in itself is enough to attract the Divine Grace towards us. The spiritual prayer thus culminates in a deep reconnection with the Ultimate Source, delivering us into folds of the higher vibrations that our hearts now open up to.

REFLECTION EXERCISE

Note down what you understood/ learnt/ realized by meditating on the meaning of the spiritual prayer.

Should I “pray” only at bedtime?

Prayer is a connection to the Divine Source. We have free access to the Divine "Wi-Fi" at all times. We do however need to switch on our end of the access, type in the code and login with the Divine. Once we set the intention of prayer and settle down, it is time to use the password. Our passwords are our true heart's feelings - humility, love and our gratitude at being in the Divine presence. And so, the connection is activated. Before we start praying, we need to be alert and manifest the intention to pray. A heartfelt intention is required for prayer, because as it was so well written by Shakespeare, "My words fly up, my thoughts remain below, Words without thoughts never to heaven go!"

So the intention that I am sincerely ready to pray sets the scene. Then we repeat slowly and inwardly, the words of the prayer once, and allow for the meaning to settle in our hearts and mind. We continue pondering and meditating on the meaning of the words, stay there for a while, honor the wonderful Divine Presence in our hearts and slipping into the mood of prayer. It is important not to rush such a process, we require at least 10-15 minutes of going through the entire process with care. It is good to pray at bedtime because it leads us into in a coherent state as we fall asleep.

However, if we are too tired by the time we go to bed, it may be difficult not to fall asleep in the middle of it all and thereby miss the essence of the prayer and being in the condition that prayer creates in us. Therefore we may also consider praying, at other times in the day, when we are fully alert.

REFLECTION EXERCISE

- Observe if you are able to stay awake during the night time prayer.
- Have you tried praying at other times during the day? What have been your observations regarding its effect on your meditative condition or general state of mind?

Is there a universal impact of this simple invocation?

Prayer is like beautiful music sent out into the universe. The spiritual prayer naturally creates a state of inner joy and peace. As we pray, we find ourselves grateful for all that has been received during the day. We learn to let go of our grievances and experience forgiveness and humility, as we face the vast divine presence invited in our hearts, by prayer.

Our prayer affects the entire universe; we have been taught by our modern-day life-style, to believe that we are all separate however; most spiritual traditions have insisted that all of creation is “One”. Today, quantum science has begun to discover the depth of the physical universe and come to the same conclusion as ancient Wisdom, that we are indeed all one. The separation is an illusion; this is being proven by repeated experiments in scientific studies around the world.

In essence, we are all, nothing else but energy vibrating at different frequencies that manifests as "matter". As we understand and begin to embrace, this idea of the "Oneness" of existence, we realize that our prayer does have an affect on everything else. This is because we are an integrated, vibrating part of the whole. When we pray, we send out waves of love from a serene heart that has a resonating effect, reaching out to all. One heart that emanates love and peace by prayer spreads to the collective consciousness. So as we pray, not only do we benefit by it but so does the entire universe.

“You can find inside yourself all the answers by surrendering to this powerful force that resides in you. Trust it; follow it with fervor, practice assiduously, considering it as your true capital. You cannot escape its vigilance, no matter what you do. You are accountable to it; don’t forget it. You stand before it in all circumstances. It takes various names according to the beliefs, but it remains true to form and will continue well beyond this existence - which is a short stage in a longer process. It is not glorified by you satisfying your desires or inclinations. This higher entity does not put up with the pettiness of this life, the real goal of which is to align oneself as well as possible with it, by approaching its perfection. Each one manages to feel its presence. Sooner or later, it will prevail. On no account can it demean itself and stoop to the level of this world. Try to feel its presence in you, to let it grow and transform you, so that, little by little, you would be nothing but as one with it.”

- Ram Chandra of Shahjahanpur, Founder of Heartfulness Meditation System



6

PRACTICAL INFO

In this section we have attempted to include a list of all the resources that you will find useful as a new seeker. These include, finding the nearest heartfulness centers, trainers, group meditation venues and all other online learning resources.

Individual and Group meditation sessions:

As a new seeker it is highly beneficial to take weekly meditation sessions with trainers. This can be either group sessions or individual sessions. In such sessions trainers support the seeker with yogic transmission thereby making their meditations deeper and more profound. For those in remote locations, seekers may avail either the “Let’s

meditate app” or make arrangements individually with trainers of their choice. Here it is important to stress that all our trainers are volunteers and there are no fees involved for the seeker for availing these services.

Useful Links:

Finding the nearest centers and trainers:

Denmark: www.heartfulnessmeditation.dk/kontakt

International: www.heartspots.heartfulness.org

Let's meditate App:

iOS

Android

Recommended Book:

The Heartfulness Way: Available on Amazon

Online reading/learning resources:

Heartfulness online courses: www.learning.heartfulnessinstitute.dk

Heartfulness magazine: www.heartfulnessmagazine.com

Check articles by Kamlesh D.Patel, 4th spiritual guide of Heartfulness meditation system by visiting: www.daaji.org

Websites:

Danish website: www.heartfulnessmeditation.dk

International website: www.en.heartfulness.org

Heartfulness Institute in Denmark: www.heartfulnessinstitute.dk

Vrads Sande International course center in Denmark: www.vradssande.dk

Social media links:

Facebook: www.facebook.com/HeartfulnessDenmark/

Instagram: www.instagram.com/heartfulness_dk/

Soundcloud: <https://soundcloud.com/heartfulness-denmark>

Vimeo: <https://vimeo.com/user79623845>

Contact Us:

email: denmark@heartfulness.org

FAQs:

- Are there any fees or charges for practicing Heartfulness?

Heartfulness practice, including sessions with trainers, is completely free of any cost or fees. All that is required is joyful willingness for self-development. If you find yourself benefiting by this system and would like to **donate**, you are very welcome to do so via our Danish website.

- Is Heartfulness affiliated with any religion or political movement?

No. Heartfulness is open to people of any religion, political orientation, race, gender and other persuasion. The only requirement is a willingness to practice.

- Do Heartfulness techniques require strenuous effort, special requirements, etc.?

Heartfulness techniques are simple and only require a joyful participation. Heartfulness offers flexibility to proceed at your own pace, as per your own convenience. You can practice these techniques in the comfort of your home. As you feel the benefit and as your interest grows, a normalization of effort and habits will set in naturally. As your mind is refined, so also will your thoughts and actions be refined.