



# Heartfulness

## An Introduction



# Experience Heartfulness

*Learn to Meditate  
with the help of yogic transmission.  
Experience the beauty of the heart.*

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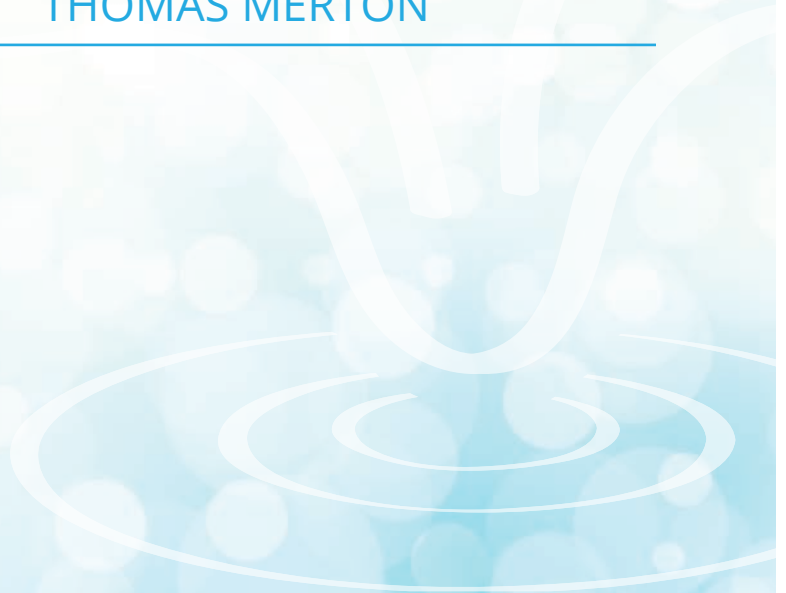
# Welcome

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

THOMAS MERTON

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# Introduction to Heartfulness

Heartfulness is a simple and natural path of heart-centered wellness that fosters balance, peace and wellbeing. The introductory practices include a relaxation exercise and a Heartfulness meditation. This approach to wellness centers on using the heart to guide us on our journey to personal development and inner enrichment. By focusing our attention on the heart, we gradually learn to regulate the mind while exploring the secrets of the heart. With continued practice, Heartfulness can enable us to reach profound depths of meditation and achieve inner transformation.

While much has been said about the power of the mind, purifying the heart empowers us with the guiding principles essential in our worldly lives. The training in Heartfulness meditation specifically takes the focus and attention from our minds to our hearts. We feel a relief from stress and anxiety as we begin to experience life through the serenity of our hearts. As we delve deeper, we develop an extraordinary intuition that gives us the clarity to make more efficient decisions in life.



Heartfulness meditation fosters healthier and more positive relationships by increasing our capacity for empathy, joy and love. With deeper practice we begin to experience the mystical splendor latent in the stillness of our hearts. Taking time each day to tune into our hearts gives us an opportunity to discover our true inner self as well as our connection with the whole of life.

Heartfulness meditation is offered free of charge through the Heartfulness Institute, a non-profit organization. Heartfulness welcomes seekers from all secular and faith backgrounds to experience and incorporate this practice into their wellness and personal enrichment program.

## Why Meditate




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*Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviors. Keep your behaviors positive because your behaviors become your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.*

**MAHATMA GANDHI**

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Our thoughts have the potential of a profound power behind them. Unfortunately, most of us generate over 50,000 random and unproductive thoughts per day. Most of these thoughts are repetitive and purposeless; they do not add any positive value to our life. Meditation is a means of regulating our minds and giving power to our thoughts. When we learn to regulate the mind, we gain a mastery over the types of thoughts that we generate.

Our thoughts influence the character of our lives. A pattern of negative thoughts tends to paint our lives in a negative light. A pattern of positive thoughts tends to attract positivity into our lives. By learning to regulate our minds and our thoughts, we are better able to influence the quality of our lives.

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*The spirit of the individual is determined by his dominating thought habits... As you think, so shall you become.*

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#### BRUCE LEE

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A regulated mind has a capacity for better contemplation and self-reflection. Contemplation gives us insight into our emotions, thus giving us clarity while making decisions in our day-to-day lives. Issues we find confusing or troublesome can sometimes find natural resolution during meditation. Self-reflection allows us to lose the tendency to judge ourselves, and in doing so, we develop greater empathy and compassion for others. As the background noise in our heads quiets down, we develop an increased intuitive capacity and the ability to perceive and respond to the world through our hearts. With continued practice, we nurture the inner qualities of the heart – courage, faith, wonder, compassion, tolerance, and most of all, love.

In recent years, numerous scientific studies have shown the health benefits of meditation, such as reducing blood pressure, reversing heart disease, and lowering anxiety levels. Although research has been able to validate many mental and physical benefits of meditation, there also exists an unquantifiable inner dimension to meditation, involving an awakening of our inner capacity. As our meditation becomes deeper, we experience a blossoming awareness of our inner being, and our life takes on a magical quality.

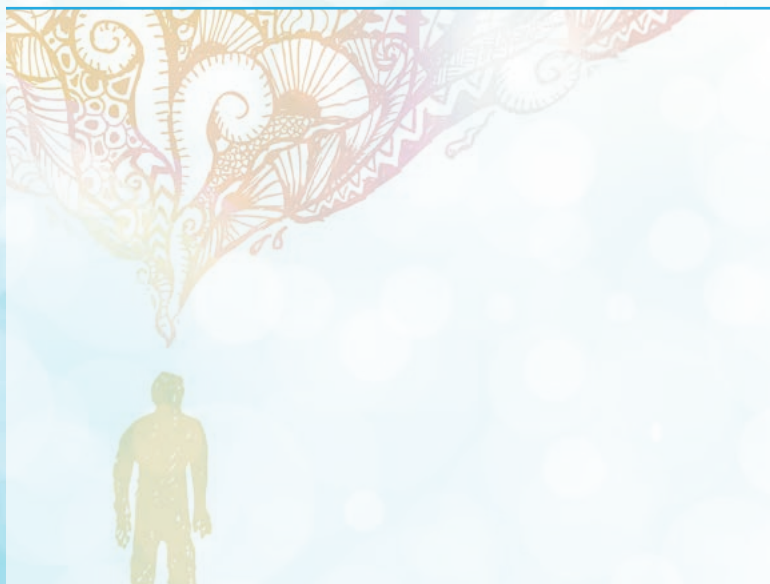


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*By choosing your thoughts, by directing which emotional currents you will release and which you will reinforce, you determine the quality of your Light. You determine the effects that you will have upon others, and the nature of the experience of your life.*

**GARY ZUKOV**

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# Heartfulness Origins and Philosophy



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*All knowledge, all powers, everything is within. Your destiny is within, your future is within, the Ultimate is within.*

**P. RAJAGOPALACHARI**

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Heartfulness meditation is a wellness pathway that is part of a larger spiritual practice known as Sahaj Marg. Sahaj Marg translates to 'Natural Path,' as it was designed to allow the practitioner to live a natural life balancing material life with spiritual pursuits. The practice evolved in the early 20th century in North India, and its philosophy is influenced by the rich and deep Eastern spiritual traditions of Patanjali's Raja Yoga, the Vedas, and Sufi mysticism. The ultimate goal of the practice is the merging of our individual consciousness with the divine consciousness. While the method is simple, it allows the seeker to attain this pinnacle of spiritual achievement while maintaining a balanced material life.



# Spirituality

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*The deeper you get into yoga, you realize it is a spiritual practice. It's a journey I'm making. I'm heading that way.*

## STING

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Sahaj Marg is a form of Raja Yoga. It is a spiritual practice. Spirituality is essentially the original science of wellness and integration. The integration occurs on many levels, including that of our body, mind and spirit. Yoga translates to union, so at the highest level of integration it is about the union of our consciousness with the divine consciousness.

Spirituality says that we are not just composed of our physical body, but that we also contain a subtle body and a causal body (the immutable soul). The subtle body contains many layers, one of which contains the flow of prana (life force) through various spiritual energy centers. Initially, our Heartfulness meditation practice is about inner wellness, but as we delve deeper and deeper into meditation, we begin to experience an expansion of our consciousness and an awakening of our inner spirit. As our inner spirit awakens, we note an opening of our spiritual energy centers, which often leads to deep and profound mystical experiences.





Although the words soul, divine, and spirit may have religious connotations, they are used to describe the deeper essence in all of us. Therefore you will come across these words in this booklet and elsewhere in our literature and philosophy. Divinity can be defined as a state of being where one is free of dualities. Duality causes desires, and unfulfilled desires are the root cause of suffering. Since elimination of duality will eliminate the root cause of suffering, meditating on divinity brings about this equanimity. This promotes discernment.

You do not have to believe in the inner spirit to experiment with the practice. As Heartfulness is a true science, you can use it to experiment on yourself, by yourself, for yourself. The experiential practice of Heartfulness meditation affords us an abiding connection with our deeper essence, which brings lasting and meaningful change to our lives.

## Balanced Life

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*We are not human beings having a spiritual experience. We are spiritual beings having a human experience.*

**PIERRE TEILHARD DE CHARDIN**

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Heartfulness allows this personal growth and inner enrichment to occur while living a balanced material life. It does not ask for any austerities or renunciation. Practitioners come from all strata of society; they work and maintain a family life while still actively pursuing a spiritual goal. The spiritual journey complements their material life rather than becoming a hindrance to material progress. Practitioners often claim that they notice that both their material and spiritual lives are blossoming.



## Absence of Dogma

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*Your time is limited, so don't waste it living someone else's dogma – which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.*

### STEVE JOBS

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Another appealing aspect of the practice is the absence of dogma; there are no obstinate rules on the type of diet or lifestyle one should adopt. Instead of having a laundry list of do not's (do not do this, do not do that), Heartfulness gently encourages several do's (do meditation, do think of divinity, do journal about your spiritual progress). With this fundamental shift in approach, Heartfulness creates a culture of love and tolerance rather than that of guilt and fear. This culture fosters an atmosphere of acceptance, where practitioners can cultivate change at their own pace.

As seekers deepen their practice, they note that negative habits and tendencies that are unsupportive of spiritual growth naturally fall away. Also, a recurring theme among seasoned practitioners is the profound positive changes in character, temperament, and confidence that they experience: changes that occur in a natural and organic manner, without any external pressures. These changes resonate with the deeper changes that take place in the seeker's inner canvas as various spiritual energy centers are awakened.





# Impressions

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*I think a spiritual journey is not so much a journey of discovery. It's a journey of recovery. It's a journey of uncovering your own inner nature. It's already there.*

**BILLY CORGAN**

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Another important concept is that of deep impressions called *samskaras* in Sanksrit. We accumulate these impressions from our life experiences, which form the basis of our beliefs, attitudes and personalities. They are like layers of veils that influence our perceptions and responses to everyday situations, as well as our reactions to people and places. Most importantly, impressions impede our natural ability to experience the pure essence of self that is within. The Heartfulness practice offers a method whereby the layers of impressions are dissolved, opening the way for inner expansion and freedom from their weight and influence.

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*The more aware of your intentions and your experiences you become, the more you will be able to connect the two, and the more you will be able to create the experiences of your life consciously. This is the development of mastery. It is the creation of authentic power.*

**GARY ZUKAV**

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This is a brief introduction to the basic tenets of the Sahaj Marg tradition. There are more mystical philosophies relating to journey of the soul, subtle bodies, non-attachment, etc. which are beyond the scope of this booklet.

# Heartfulness Relaxation

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

**HERMAN HESSE**

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## Enjoy Relaxation

**H**earfulness relaxation is a brief, five-minute guided relaxation technique that can be performed by people of all ages. It is ideal to relax prior to meditation, but it can be done at any other time of day as well.

There are several relaxation videos on the Heartfulness website to choose from. You can also do a guided relaxation prior to going to bed, as it aids in getting a restful night's sleep.

You may follow the script provided, and relax. You may also download it as an audio recording on the Heartfulness Mobile app, which is available from the App Store and from Google Play.



Sit comfortably and close your eyes, very softly and very gently. Let's begin with the toes. Gently 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... your hands... right up to your fingertips.

Relax the neck muscles. Move your awareness up to your face. Relax the jaws... facial muscles... eyes... forehead... all the way to the top of your head.

Feel that your whole body is completely relaxed.  
Move your attention to your heart. As you rest there, gently have the idea that the inner calmness is prevailing...

Feel immersed in the love and calmness in your heart. Remain still and quiet, and slowly become absorbed in yourself. Remain in this deep silence for as long as you want, until you feel ready to come out again.





# Heartfulness Meditation



Heartfulness meditation can be practiced by anyone 15 years of age or above.

Find a quiet place and sit in a comfortable posture with your back erect.

Your position should be one that you can generally maintain for the duration of the meditation.

Distance yourself from any distractions, such as mobile devices. If you are using our mobile meditation app, then turn off other services from the device.

Gently close your eyes and bring your attention to your heart. Begin with a supposition that the source of divine light is in your heart, thinking that it is attracting your attention towards itself.

It is natural for your attention to drift as various thoughts arise. When you notice this, gently redirect your attention to the source of divine light in your heart. Though difficulties may arise in maintaining this attention, with time, fewer and fewer thoughts will intrude, and you will be able to stay focused on your heart with less effort. With practice, this process leads to a state of deep meditative absorption.

The supposition of divine light illuminating your heart from within should be as subtle as possible. This may require a few sessions before it can be established.

Attempt to stay in this meditative supposition. Initially, you can plan to meditate for 15 to 30 minutes, then gradually advance up to one hour.

Be open to any experience that may occur. As the meditation deepens and you become more absorbed, the light in the heart takes on a more abstract quality. After meditation, take a few minutes to remain absorbed in the experience. Take a few more minutes to write about your experience in a journal.

Though Heartfulness meditation can be done anywhere and at any time, it is recommended to be practiced in the morning, preferably before dawn. It is also recommended to develop a daily habit of sitting in the same place at the same time whenever possible.

You may download the mobile app and follow the guided practice for meditation.



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*Buddha was asked, "What have you gained from meditation?" Buddha replied, "Nothing! But let me tell you what I lost: Anger, Anxiety, Depression, Insecurity, Fear of Old Age and Death"*

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# Heartfulness Cleaning



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*There is nothing noble in being superior to your fellow men. The nobility lies in being superior to your former self.*

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**ERNEST HEMINGWAY**

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Most seekers start the practice with the relaxation and meditation. There is also an evening cleaning/purification technique that may also be incorporated into your daily schedule. You may incorporate it into your practice at your own pace. It is intended to remove the complexities and impurities that we accumulate in our daily activities.

Sit in a comfortable position. Close your eyes and feel relaxed.

You are mentally cleaning complexities and impurities from your system. Think that they are leaving you. Settle with the thought that all complexities and impurities are going away. Apply your will as needed.

Think that they are going out of your whole system, through your back, from the top of your head to your tailbone.

Mentally suggest that the impurities and complexities are going out of your system from your back in the form of smoke or vapor. It is an active yet gentle process.

Do not dwell on specific events or things you want to get rid of. Simply brush them off.

Gently accelerate the cleaning with confidence and faith.

If your attention drifts, and you find yourself involved in other thoughts, gently bring your attention back to the cleaning process. Apply your will as needed.

As the impressions are leaving from the back, you will start to feel lightness in your heart.

This lightness reflects the vacuum that is created with the cleaning process. Imagine that this vacuum in your heart is being filled with the Sacred Current. Imagine the Sacred Current entering your heart and percolating to every cell in your body.

At the end, you should feel lighter and purified from within.

Initially, you can start this practice for 10 minutes then gradually increase to 15-20 minutes daily.



# Heartfulness Prayer



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*God speaks in the silence of the heart. Listening is the beginning of Prayer.*

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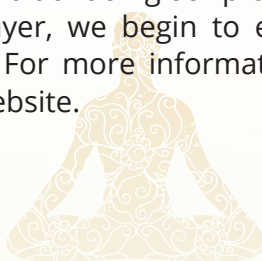
## MOTHER TERESA

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The morning meditation creates a wonderful connection to our Higher Self, but as we get involved in our day's work, this link can somewhat diminish. We can reestablish this connection by doing the evening cleaning, and strengthen it with a brief bedtime contemplative prayer. This Heartfulness Prayer helps us to reconnect to that inner state of serenity that we felt during morning meditation.

The Prayer reminds us of our inner goal in life and bestows a condition of gratitude and humility. As we fall asleep with this prayerful attitude, we remain connected with this Divine presence throughout our sleep. This often leads to a restful and refreshing sleep, which tends to improve our morning meditation.

As we get into a habit of doing our practice of meditation, cleaning, and prayer, we begin to establish a positive reinforcing cycle. For more information on the prayer, please visit our website.



# Heartfulness Transmission

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*The most beautiful thing we can experience is the mysterious; it is the source of all true art and science.*

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ALBERT EINSTEIN

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Over the past few decades, meditation has acquired universal recognition for its numerous positive effects. There are many systems of meditation, and each has its own benefits. What makes the Heartfulness meditation technique unique is the addition of another element known as yogic transmission.

What is yogic transmission? It has been defined as the utilization of divine energy for the transformation of humanity. As sound and energy can be transmitted, spiritual essence can also be transmitted. The resulting transformation goes beyond mere physical change, which is limited by our genetic makeup. Only on the spiritual level is there infinite scope for growth. Transmission is the nourishment that allows such unlimited growth.

The best way to understand transmission is to experience it practically. Trying to grasp transmission intellectually is like trying to understand the taste of a strawberry or mango. Such an understanding falls short of the joy experienced in actually eating the delectable fruit. Many practitioners feel the effects of transmission in their first few Heartfulness sessions and are surprised by their ability to plunge into refreshing, absorbing meditation.





# Heartfulness Guidance


Heartfulness has a robust ecosystem of meditation centers and trainers to help practitioners meditate with the aid of transmission. Sahaj Marg carries on the ancient tradition of having a lineage of spiritual guides. The guide imparts training mostly through transmission.

The guide also exists as a role model, encouraging seekers with motivation, guidance, and clarification through lectures and personal interaction. The guide is essentially a reflection of the inner teacher within the heart of each one of us. The current president of the Mission, Kamlesh D. Patel, is the fourth in a lineage of spiritual guides who have brought the practice of Sahaj Marg and Heartfulness to seekers around the world.

To give seekers access to this practice, Heartfulness trainers are prepared by the spiritual guide to conduct meditation sessions with yogic transmission. The role of a trainer involves conducting individual and group meditation sessions, introducing new seekers to the practice, and supporting the practice of established practitioners. As personal transformation can involve challenges, trainers also provide guidance and motivation.

Heartfulness trainers and facilitators volunteer their time and reap the joy of sharing the benefits of the practice with others. They conduct sessions in corporate offices, public libraries, houses of worship, schools, universities and even private homes. Trainers are available for individual and group weekly meditation sessions throughout the world.

Heartfulness allows the seeker to explore relaxation, meditation, transmission and the spiritual journey at the seeker's own pace. As



seekers develop more interest, trainers gradually introduce other aspects of the practice, so that there is a natural and seamless transition from Heartfulness to the full expression of Sahaj Marg. The key elements of the practice include the morning Heartfulness meditation that focuses on the divine light in the heart, an evening cleaning/purification that allows a 'letting go' of the daily complexities, and a bedtime practice called prayer, that refocuses our attention on the Divine before we drift off into sleep.

Practitioners are also encouraged to maintain a journal of their spiritual journey and to attempt to remain in remembrance of the divine presence within their hearts throughout the day, which can be incorporated at a later stage of one's practice. Heartfulness offers a dynamic practice with encouragement and guidance for seekers to advance at their own pace.

## Heartfulness Institute

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*The best and most beautiful things in the world can not be seen, nor touched... but are felt in the heart.*

**HELLEN KELLER**


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The purpose of the Heartfulness Institute is to engage in activities that further the message of spirituality, meditation and related lifestyle choices including education, wellness, research and training, as practiced by adherents to the principles and teachings of the Sahaj Marg system of Raja Yoga.

The Heartfulness Institute has access to infrastructure throughout the world, including meditation centers and retreat centers that offer programs for individuals and groups. The Institute also develops programs for schools, universities, hospitals, corporations and governmental agencies. Programs include Heartfulness Relaxation







and Meditation Workshops, Self-Development and Leadership Skills Programs, and Wellness Programs. The Institute also offers Conscious Living programs, which nurture core human values for children. These programs are carried out by other organizations affiliated with United Nations DPI. Collectively, the group is now present in over 100 countries and serves millions of seekers with various wellness, self-development, and meditation tools.

## How Do I Start?

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*All we have to decide is what to do with the time given to us.*

**JRR TOLKIEN**

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**H**earfulness welcomes seekers from all backgrounds and encourages individuals to experiment with the practice at their own pace. The only requirement to try this practice is willingness to do so. Although the motivation to start a meditation practice varies for each seeker, it is common for those who continue on a regular basis to receive benefits on all levels – physical, mental, emotional and spiritual.

Heartfulness is just the beginning of a long and beautiful journey toward wellness and inner enrichment. It is a simple and wonderful way to start the process and explore your own interests. Should you wish to dive deeper, the Sahaj Marg practice offers opportunities to deepen the experience. Whatever inspiration has brought you to meditation, we wish you the best on your journey and hope you find what you are seeking.



## For More Information:

<http://www.heartfulness.org>

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### Rest of the world

[info@heartfulness.org](mailto:info@heartfulness.org)





# Experience Heartfulness

[www.heartfulness.org](http://www.heartfulness.org)

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*Be courageous, be loving, be peaceful  
and less inviting to desires. That is the  
Heartfulness way of life.*

KAMLESH D. PATEL

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[www.daaaji.org](http://www.daaaji.org)

