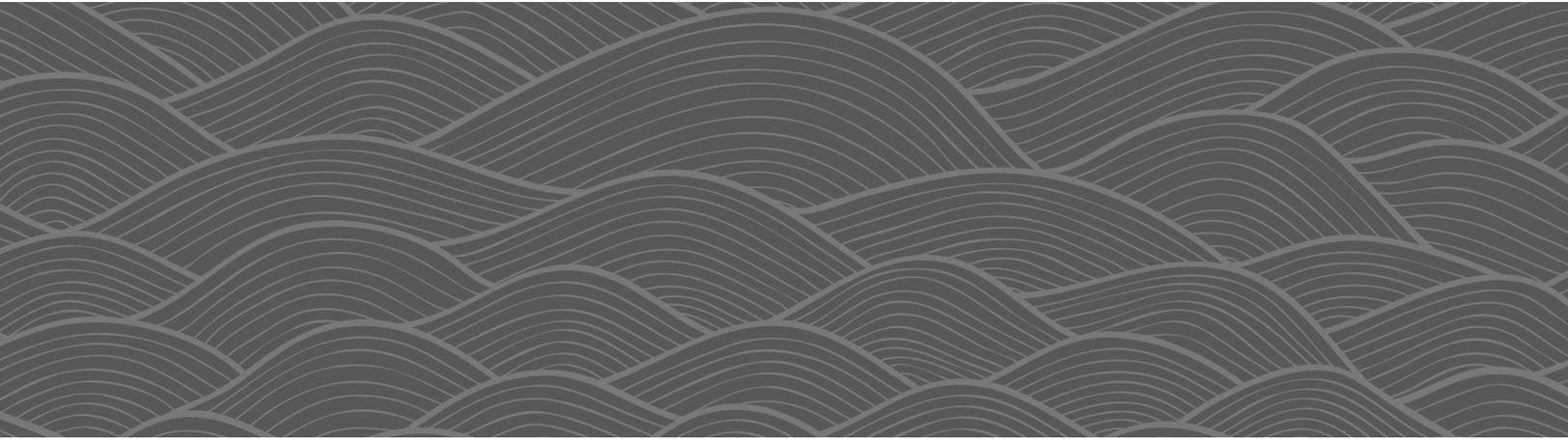


BALANCE ♥ HAPPINESS ♥ INSPIRATION ♥ PRODUCTIVITY



Heart-Centered Meditation Programs

Heartfulness paves the way for overall well-being by balancing one's existence and improving human relations

heartfulness
purity | weaves destiny



Welcome to the Practice of Heartfulness Meditation

Heartfulness is a simple and practical way to experience the heart's unlimited resources. Whether you are seeking stress reduction and relaxation, an individual meditation practice, or a deeper connection to your inner being, we welcome you.

Heartfulness Meditation is a simple, practical technique that you can use alongside any other form of yoga, meditation or practice. In a few minutes, you will learn how to relax and feel the lightness and joy of your true nature. You don't need to know how to meditate or to believe in a particular system or philosophy. The Heartfulness technique shows us to gently turn our attention towards our heart and experience that inner presence for ourselves.

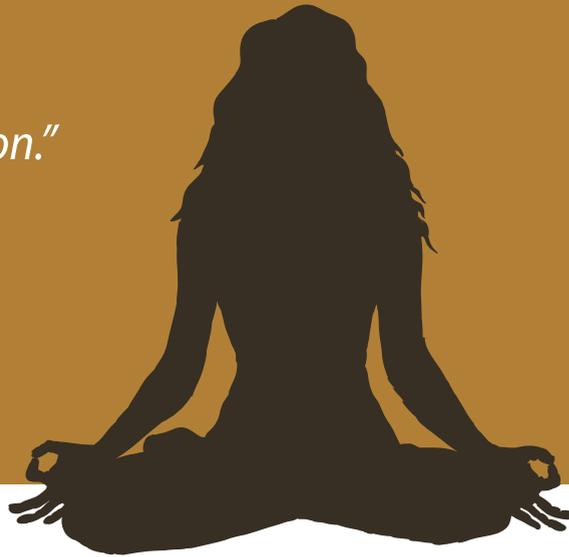
Why Heartfulness?

- **Emotional and mental well-being** – less anxiety, greater empathy, calmness, relaxation to be felt at mental level.
- **Physical well-being** – better health with reduced blood pressure, heart rate normalcy, better and deeper sleep, relaxation to be felt at the physical level.
- **Inner well-being** – to simplify life and to connect with one's inner nature. This paves the way for peace of mind, inner joy, bliss and what is beyond.

“A good heart, benevolent feelings and a balanced mind lie as the foundation of character. It must be capable of standing firm in the world of daily work, temptation and trial, and be able to bear the wear and tear of actual life.” – P. Rajagopalachari

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

— Dalai Lama



The Heartfulness Institute

Heartfulness Programs are developed by the Heartfulness Institute, associated with the Sahaj Marg Spirituality Foundation (SMSF), a non-profit organization founded in 1999. Heartfulness Programs include:

- Self-development and leadership programs for universities and colleges
- Partnership with United Nations Department of Public Information worldwide to jointly promote universal peace and harmony through yoga and meditation
- Relaxation and meditation wellness programs for businesses, governmental departments and military establishments, designed to lower stress and increase morale, enabling better focused teams and improved productivity
- Community meditation programs

The Heartfulness Institute offers meditation workshops and courses that are tailored to the communities we work with. All programs are conducted by volunteers who have benefited from meditation and would like to share with others. We are a global non-profit organization with the mission of uplifting the hearts of the communities we serve. And, as a non-profit, these programs are offered free of charge.

"Unless there is spiritual renaissance, the world will know no peace."

— Dag Hammarskjöld,
Secretary-General of
the United Nations
(1953-1961)

Reduce stress
and increase
focus through
Meditation

Working with Heart

If you would like to develop a Heartfulness program at your work or within your community, please contact workshops@heartfulness.org. A Heartfulness representative will contact you to discuss how we can structure a program to suit your organization's needs.

www.heartfulness.com

heartfulness

noun | heart-ful-ness | /'hɑ:tf(ə)lnəs/

Syllabification: heart-ful-ness

Pronunciation: /'hɑ:tf(ə)lnəs/

Definition

The state or quality of achieving wellness by being heartfelt or having a feeling of one-ness for people, things and places in and around one Self; and comes from a rich tradition of Patanjali's and Sahaj Marg system of Raja Yoga.

Psychology

1. A technique in which one focuses one's attention only on their heart with an idea of source of light present, witnessing thoughts, experiencing feelings without judgment

The practice of heartfulness paves the way for overall well-being by balancing one's existence and improving human relations

2. The state or quality of being heartfelt or having a compassionate and self-aware state.
3. A practice of meditation on the heart.
4. Putting your heart fully into whatever you do.
5. An approach to life that is based on the feelings, brought about through a practice of meditation on the heart.

Example sentences

1. Please bring in more heartfulness into the work by caring and loving what you do
2. Please treat people with heartfulness as if they are your own

Origin of HEARTFUL

Middle English hertful, from hert heart + -ful — more at HEART