

# heartfulness

purity weaves destiny

## LEARN TO RELAX

*Heartfulness Relaxation*

## THE SECRET OF SUCCESS

*Excel in business*

## HEALTH IS BALANCE

*The free flow of energy*





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*a good life*

Dear readers,

Have you ever watched a group of Seven Sisters playing together? Those funny little birds that go everywhere in groups, dart in and out of a birdbath in the garden, and sing and chatter with so much life. They always bring a smile and give a sweet energy to the morning. They are not colourful or magnificent, yet in their simplicity they bring laughter and joy to others. What a great example for us!

Welcome to the first issue of Heartfulness magazine, in which we explore everything from self-development and health, relationships with family and friends, how to thrive in the workplace, to living in tune with nature. We also bring you inspiration from the lives of people who have made a difference to humanity over the ages.

In this issue we feature the topic of balance. For those of you who work, have families and live in cities, the whole notion of balance is a challenge. Pollution, traffic, stress, competition, pressure to be successful, shortage of time, and other factors seem to rule our lives. In all this, how do we even find time to exercise, let alone for stillness and peace?

The time when life was more carefree and natural in pace sometimes seems like a fairytale of the olden days. It is wishful thinking to imagine going back to that idyllic pace of life in a modern city, but we can all develop the basic values and qualities of a good life, and we hope our magazine inspires you to do so. We look forward to hearing from you also.

Happy reading!

*Emma & Elizabeth*

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Alanda Greene lives in the Purcell Mountains of British Columbia, Canada. Having a deep connection with nature, she and her husband built their house of stone and timber and a terraced garden, and integrated their life into this rural community. Alanda's primary focus is the conscious integration of spirit with all aspects of life.

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Sahaj Marg Spirituality Foundation

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He who is  
continuously  
giving  
will never  
be empty  
himself.

PARTHASARATHI  
RAJAGOPALACHARI





# Spirituality in DAILY LIFE

ANCHAL SRIVASTAVA

Being spiritual, at its core, is just being aware of the spirit inside and attending to its needs. My body has material needs of food, cleanliness, exercise etc. which I fulfil duly as it keeps me running. Similarly, my soul too has needs of purity, positivity, righteous living, love etc. So when my soul is deprived of its needs, how can I realign my soul and body to become one, which is the secret and primary need of success in any field?

Righteous living pertains to, but is not limited to, doing the right thing always, which we have made very difficult for ourselves in today's life. We have become so used to doing things as per our convenience, that we don't care whether what we are doing is morally and ethically right. So, who is really harmed here? Not others, but only our soul, which is getting engrossed and heavy. We can really feel the difference when we do something good, especially something good for others; we feel good and light. It's a beautiful feeling, isn't it!

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To be able to listen to your inner Self takes a lot of practice, and this practice is best known as meditation.

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So what I am trying to speak of here is a basic need, and the primary teaching in every religious and spiritual institution - the right way of living. If there is anything more important to spirituality than this, it is the right way of thinking, which again eventually builds up to righteous living.

Now one may ask how do I know what is right and what is wrong? Well, the soul always knows it, and guides us too! What we have to do is be aware of the presence of our soul inside. Believe me, you can listen to it. But to be able to listen to your inner Self takes a lot of practice, and this practice is best known as meditation. So I believe including this very practice of listening to the soul in our daily life, acts as the first and very important step towards finding spirituality in our daily life. As they say, "Keep calm and meditate" ●



Photography by Mona Mishra



# SLEEP *well to* MEDITATE *well*

KAMLESH D. PATEL speaks about the importance of a good night's sleep

If people were to discipline their sleep cycles their lives could be changed. Sleep early. There are serious repercussions if you don't discipline your sleep cycle, because it is like an inner butterfly effect. You have heard that story, that a butterfly flaps its wings in the Amazon, one leaf starts fluttering, two leaves start, three start, and there is a snowstorm created in North America. A little discipline in how well and how deeply you sleep determines your state of mind throughout the day.

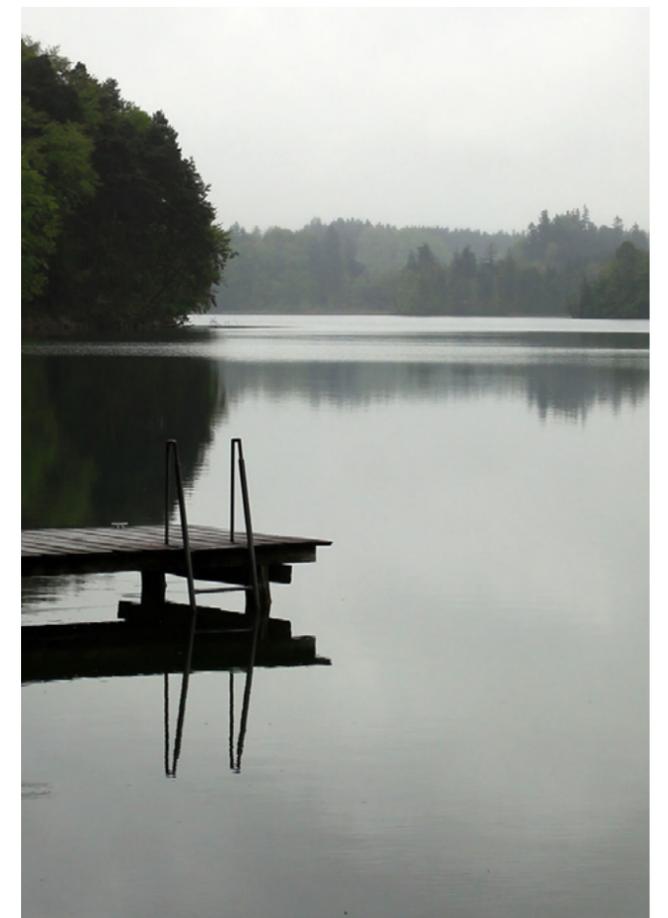
You will meditate in the morning without struggling with your consciousness. When we are fully alert in the morning, lovingly we can invite the higher consciousness or Divine Principle in meditation, and be one with that Essence. Then some beautiful conditions will be created in the heart. And when it is so intense it stays with us; if we try to shake it off it won't go away. Such is the permanency of the condition created when our consciousness is able to receive. If our morning meditation is hampered, the whole day will be spoilt.

For a person who has never meditated, it makes no difference; it is another day gone by like roaring oceans. These roaring oceans look so beautiful and you can write poems about them, but the real beauty is a pond without any waves when there is utter serenity. Even the dropping of a small leaf can create a disturbance.

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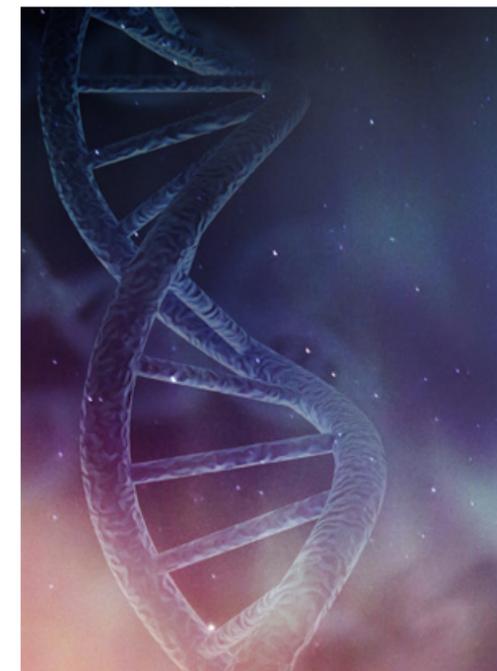
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The choice is ours. Do we want to lead a life like the roaring oceans, which are so pleasing to so many people today? Because if we do we will never know what is happening – we are lost in the waves of our disturbed consciousness. But when the consciousness is settled, even the slightest change or variation is noticed, the way even the slightest fall of the lightest leaf can create waves.

In the yogic shastras, great significance was given to both nostrils. Ideally, the right nostril should be predominant during the daytime and the left nostril should be predominant at night. Why? In short, the solar impact on our physiology is directly related to the movement of both the sun and moon. When something is not right, a switch occurs. In the olden days people would examine their breathing, and if it was not as it should be they would drink hot water and do things like *pranayama*, walking etc. If you are very careful, just around sunrise you will witness a slow shift from the left to the right nostril and at sunset from the right to the left.

And if you happen to meditate at that time it will be like a rocket – it is just the right time, because the balance is there between your sympathetic and parasympathetic nervous systems.

Watch this when you go to sleep by 9 or 10 o'clock, and observe the right nostril switch to the left and then in the morning the left to the right. If you get the right amount of sleep, your right nostril will automatically be predominant in the morning as soon as you get up. Over millennia our systems have evolved in such a way that when the sun rises certain hormonal patterns are triggered. If you follow the rhythm, then your health will automatically improve.



Now, what happens when you go to bed very late at night? If you go against the rhythm, it is like swimming against the current, and this will consume you over time. When your strength and youthfulness start to decline, your decline in health will speak volumes. It is better to set a pattern now.

I think nightly activities are a curse of the modern world. Because of electricity, there isn't much difference between day and night. Starved sleep patterns reflect irregularities and our health suffers because of that. Our immunity also goes down because the nervous system is breaking down.



Extensive studies have been conducted on people who work at night. If we observe their health patterns, we find their ageing to be very rapid. Most of us are not forced to work at night, we have a choice, yet our lifestyle is like those who are helpless and must work at night. We volunteer to stay awake all night, watching all kinds of stuff. Whether we look at it spiritually or health-wise, it is self-defeating. So why indulge? How are we going to build our destiny? We have already decided upon a destructive path if we do not follow the natural rhythm.

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Early in the morning, nature's energy flows in one direction towards the Source. It is not a physical energy. It is best to meditate when you are flowing with those currents.

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There is a beautiful statement by Ram Chandra of Shahjahanpur that you can either swim with the river's flow, or you can swim against the flow, but it will consume you. Early in the morning, nature's energy flows in one direction towards the Source. It is not a physical energy. It is best to meditate when you are flowing with those currents. If you try to meditate after sunrise, it is like swimming against the current, and meditation becomes more difficult.

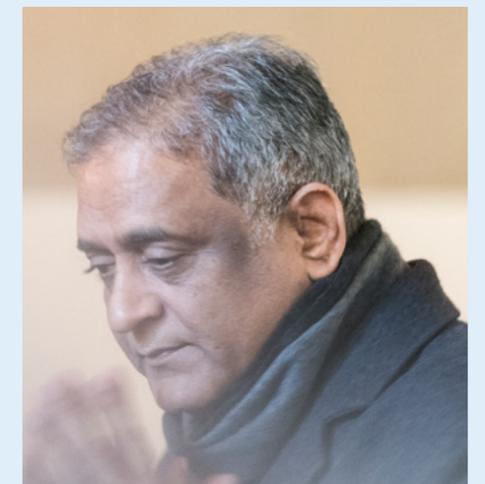
So if you want to go further, adjust your sleep patterns, otherwise you will struggle with that one fundamental thing all your life. You will wake up frustrated and sleepless. You will not be able to meditate properly. If you cannot meditate properly, you won't have a proper spiritual condition to work with and you won't have a proper consciousness even for mundane things. You have uprooted your consciousness, which is the very guiding force. You have exposed yourself to so many things, and you are now vulnerable. More and more, you collect impressions throughout the day. It is a vicious cycle.

Per contra, if you have a finer condition, a purer condition, a blissful condition, you are more grateful. This gratitude emerging from the heart creates a bond between your Maker and you. There is great benefit in this, and as you get more and more benefit you feel like doing more and more ●

## About Kamlesh Patel

*From an early age, Kamlesh Patel was interested in spirituality and meditation, and eventually came to the feet of his Guru in 1976 while still a student. He is now the fourth spiritual guide in the Sahaj Marg system of Raja Yoga meditation.*

*Kamlesh is married with two sons, and is a role model for students of spirituality who seek that perfect blend of Eastern heart and Western mind. He travels extensively and is at home with people from all backgrounds and walks of life, giving special attention to the youth of today.*





Learn to meditate  
with the help of  
yogic transmission.

EXPERIENCE THE  
BEAUTY OF THE HEART.

## Experience Heartfulness

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

What is the one thing we need today more than ever? A healthy, calm and pure mind. Mental complexity is the main cause of all biases, quirky behaviours, emotional outbursts and intellectual opacity.

The Heartfulness movement is the creation of spiritual guides who have the overwhelming compassion and empathy to help us remove our mental complexity and embrace a joyful life. It is a movement fitting modern times. The 21st century millennial generation is a great, open society that embraces a simple, experiential path to knowledge and well-being.

Heartfulness is pure in its intention, simple in its approach, all embracing in its reach, and offers comprehensive, lifelong, 'do it yourself' and 'get all the help you need' methods. Relax and meditate in the comfort of your own room and offices or join a community nearby whenever you want. Heartfulness has something to offer for people of all walks of life, from small children to the elderly, mothers, CEOs of corporations, teachers and students, government officials and rural communities.

Join us on UN International Day of Peace on the 21st of September, for 'Individual peace contributes to world peace'. Mahatma Gandhi said, "Be the change that you wish to see in the world." Change begins in the heart. Once the heart has experienced transmission, it will bloom with love, wisdom and courage.

Come, participate and be moved by it all!

*Victor Kannan,*

Director, Heartfulness Institute



# Heartfulness Relaxation

Now draw your attention to your fingertips. Relax your fingers... and your hands. Your lower arms are relaxed... and your upper arms are feeling deeply relaxed. Breathe in... breathe out and let go.

7

And now your shoulders are relaxing and melting away. Begin to relax the neck, releasing any tightness in the neck muscles. Relax and breathe calmly; let go.

8

Move your attention to your face and relax the muscles in your face. Your jaw is relaxed, your lips are relaxed, and your eyes are closed very gently and very softly.

Relax.

9

Now move to your mind. Breathe in... breathe out and let go. Allow your mind to relax deeply.

10

Move your attention to your heart. Relax into your heart, and remain there, feeling deeply relaxed in your heart<sup>1</sup>. Stay there for a little while.

11

Now slowly bring your attention back to the present moment. Wiggle your toes, and slowly, gently open your eyes.

12

Sit comfortably and gently close your eyes. Allow your breath to be natural and calm. Relax.

1

Let's begin with the toes... Feel your toes relaxing... Now feel your feet and let them deeply relax. Feel your ankles... and relax. Breathe in... breathe out and let go.

2

Then move to your lower legs, and feel them relax. Breathe in gently, breathe out and relax. Move to your upper legs. The upper legs feel relaxed. Now your whole legs are relaxed, from the top to the tips of your toes. Breathe in... breathe out and let go.

3

Bring your attention to your seat and hips, and relax. Breathe in... breathe out and let go.

4

Move your attention to your stomach, and relax. Breathe in... breathe out and let go. Move up to the chest. The entire chest area is relaxing now. Continue to breathe gently.

5

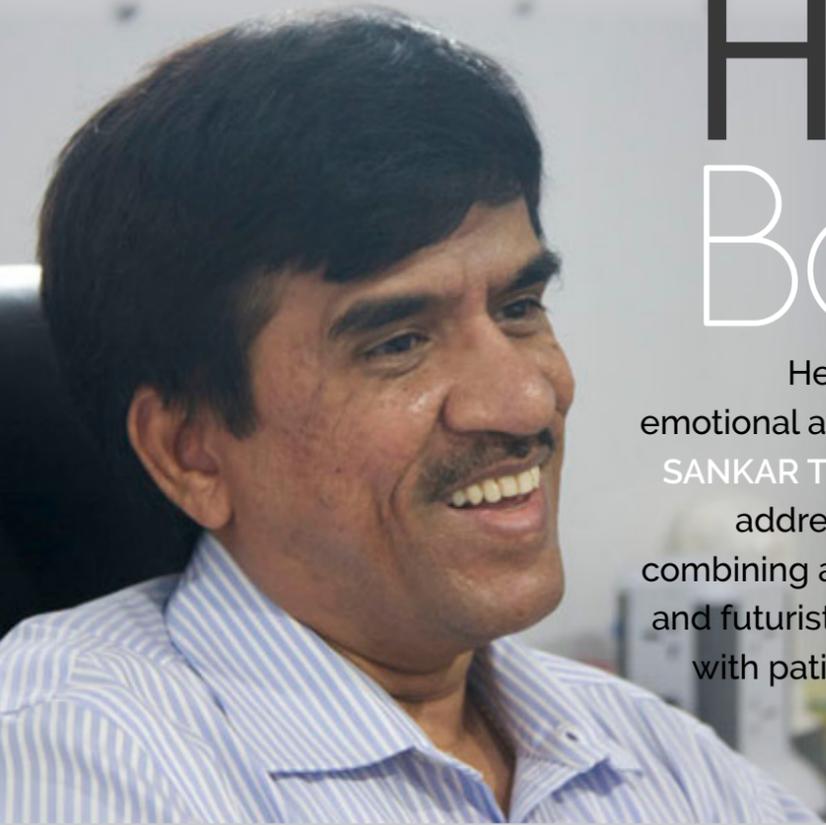
Bring your attention to your lower back. Breathe calmly and relax. Move to your upper back... relax. Your back is now completely relaxed.

6

<sup>1</sup>Young children can remain in the heart for 20 seconds, gradually extending up to 1 minute as they progress.

Teenagers may remain in the heart for up to 15 minutes after some practice.

Adults may do this relaxation at the beginning of their Heartfulness meditation practice. At the end of the relaxation, keep your eyes gently closed and suppose that Divine Light is illuminating your heart from within. Remain with this for about 30 minutes.



# Health is Balance

Health encompasses the physical, mental, emotional and spiritual aspects of our being. Doctor SANKAR TSR MOHANASELVAN is helping patients address balance in all these areas of their life, combining allopathic medicine, traditional methods and futuristic quantum healing practices. He works with patients to establish physical, chemical and energetic balance in the body.

**Q. Can you share with us how you came to be involved in such a broad spectrum of healing modalities?**

**MS:** In my family there have been three generations of healers. I grew in an environment where I was surrounded by doctors. Later on, after becoming a qualified medical doctor, my mind was always looking for solutions for diseases that were not curable in the conventionally established system. I was extremely successful in my practice as an allopathic doctor, but people were coming again and again and again with the same problem, and I could not give them a permanent solution. There had to be something else, which would be more curative than the methods I was already practising.

One day in 1985 I received a letter about an acupuncture course. The information given there related to diseases that I found difficult to treat in my general practice using allopathic medicine. Later, when I went deeper into acupuncture, I discovered that it also was not enough to cater for every single disease. As a result, I started expanding into other modalities of alternative medicine, so that I could have enough understanding of them to treat any disease. Of course I still do my family medical practice.

**Q: Are they complementary? Does one help the other?**

**MS:** Yes, they are definitely complementary. That is the biggest advantage, because whatever I do in alternative medicine is mostly energy balancing and that does not interfere with the chemical balancing that we normally do in allopathic medicine. They go hand in hand, and I don't find any disturbance either in combining them or doing each as a monotherapy.

**Q: A lot of medical practitioners look at illness, whereas you look at wellness. Is it a different perspective?**

**MS:** My original background as a medical doctor was targeted towards crisis management. You let things happen and then interfere or intervene to correct them. In the oriental philosophy, I came across a saying, "The best doctor is one who keeps people healthy by preventing diseases," rather than a person who cures a disease after it happens.

So I was looking for opportunities in preventive health care, rather than crisis management. There are certain shortfalls and certain strong points in every healing modality.

Wellness is a very big word. It means being healthy in many dimensions – physical, mental, emotional, social and spiritual.

I have tried to select a range of modalities so that all dimensions are properly catered for. For example, allopathy is one of the best medicines and we are all living because of it. Without antibiotics many people would have been in big trouble. But it does not have good answers for certain things, such as mental diseases. It also gives no importance to the influence of spirituality, which is also part of the spectrum of the health and wellness of a person.

My primary purpose is to help prevent diseases, rather than only curing people who already have diseases. It is like tearing a cloth and then trying to stitch it. I want to prevent the tearing so that it doesn't need to be stitched. So my focus is towards preventive health care, using the most natural methods of treatment.



It is similar to what happens in meditation. We meditate and we experience transmission and we feel changes because of the transmission. If we observe and ask, "Show me how the transmission works," we cannot answer. It is like asking, "Show me electricity and how it works in the wire." We can only see the effect of it. We attach a bulb and we can see it is glowing. We attach our heart to the Divine and we see the same thing. That is what meditation is.

In the future, people will understand that everything is vibration. This science, using vibration and frequencies to regulate things, helps people to take charge of their health. It can influence problems that happen in all the dimensions, and I have seen a lot of miraculous changes in people over a period of ten years. A big new area is going to emerge, which will definitely be based on vibrations and frequencies. We are on the verge of a big shift in thinking.

**Q: What do you enjoy most about your work?**

**MS:** I have been fortunate enough to come into a profession where I feel that the Almighty has given me an opportunity to bring some influence in people's lives; for their betterment, their wellness and their enjoyment. I feel gifted to be in this profession where I have the skills to influence the happiness and health of others.

To be honest, my life changed after meeting my spiritual Master, Shri Parthasarathi Rajagopalachari, because he helped me understand the true meaning of life. Before that I was only a doctor. Then I became a human being, where I was able to see things in a new perspective. To look at things from a different perspective has been the fundamental reason for my success in my career. It has also been fruitful in my personal life and academic life – everything has changed because of him. I am extremely thankful and grateful.

**Q: How does meditation help you?**

**MS:** Meditation helps me to focus and have clear thoughts and understanding. Medical diagnosis becomes very simple. We always look at multiple diagnoses, alternative diagnoses. After practising Sahaj Marg meditation, my way of approaching a diagnosis and selecting the modality for treatment have been simplified, as there is clarity of thought.

What I can tell you is that my growth has not been a gradual progress but rather a jump in dimensions. It is a marvellous development in my inner self, giving a clear happiness with whatever is happening around me. It has



given me the strength to handle anything with ease.

Another very important thing is that it has removed a lot of fear in me. I now feel that at least I have something to give people, so that they can help other people. That is what I have learnt from my Master. I need to repay to humanity and

the universe so I am always open if I get an opportunity to teach others ●

~ Dr Sankar TSR Mohavanselvan, M.B.B.S., D.Ac (Beijing), D.S.Ac (Moscow), C.BERM (Germany), President International Sujok Association (India)

Interviewer: Elizabeth Denley  
Photographer: Mandana Imani



*Happiness is not a  
matter of intensity,  
but of balance,  
order, rhythm and  
harmony.*

THOMAS MERTON

# What gives us Mental Flexibility?



## Refine your character

This takes work and there is no end to this practice. Letting go of habits is not so easy. Character refinement is highly valued in all spiritual traditions, e.g. Buddha's teachings, and Patanjali's *yama* and *niyama*. Self-importance is our greatest enemy and humility is a blessing.



## Meditate

Did you meditate today? Meditation regulates the mind. The mind learns to gently and naturally focus on one thing. Find any system that suits you or try Heartfulness Meditation.

## Pray

Prayer removes self-importance and nurtures humility. It creates an inner condition of emptiness in the heart that can then be filled with love. Prayer takes us into the infinite world of the heart, which is filled with so much joy and beauty.



## Clean your heart and mind

The mind and heart need to be cleaned just like the body. This allows the mind to become still and calm, and regain its natural flexibility.



## Be in tune with nature

Nature teaches us to be simple, flexible and accepting. Take time to observe the world around you. Nature is full of flexibility: the water and the trees don't have to think to be flexible, they naturally are. Naturalness and simplicity is what we discover within us through a spiritual practice.

# We Come from the Stars...

The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself.

- Carl Sagan

Every mountain, every rock on this planet, every living thing, every piece of you and me was forged in the furnaces of space. ... Every atom in our bodies was formed not on Earth, but was created in the depths of space, through the epic lifecycle of the stars.

- Professor Brian Cox, 2011, *Wonders of Space*

The amazing thing is that every atom in your body came from a star that exploded. And, the atoms in your left hand probably came from a different star than your right hand. It really is the most poetic thing I know about physics: You are all stardust. You couldn't be here if stars hadn't exploded, because the elements - the carbon, nitrogen, oxygen, iron, all the things that matter for evolution - weren't created at the beginning of time. They were created in the nuclear furnaces of stars, and the only way they could get into your body is if those stars were kind enough to explode.

- Lawrence M. Krauss, *A Universe from Nothing: Why There Is Something Rather Than Nothing*

That's been one of my mantras –

## Focus and Simplicity

Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains.

”

STEVE JOBS

# *the secret of* **SUCCESS** *of any system*

DR. ICHAK ADIZES

It took me fifty years of trial and error to realise that my mother, who did not have even an elementary education, was absolutely right. More about that later. But it starts with a question.

What is the secret of success of any system?

There is a formula:

$$\text{Success} = f \left\{ \frac{\text{External Integration}}{\text{Internal DISintegration}} \right\}$$

External integration is the way in which the organisation, any system, is integrated with its environment. No system, person, family, business or country exists in a vacuum.

We measure external integration in business by market share, profit margins, repeat sales, EVA, ROI, earnings per share, etc. When we refer to individuals, we calculate external integration by their career success as reflected in status, earnings, or rate of ascending in the hierarchy of the organisation. For a nation the determining factors are balance of payments, average income per citizen, trade conditions and economic growth. Same concept, different forms of measurement.

Internal disintegration is all the internal fighting that occurs in organisations: the rumours, misunderstandings, back stabbings, frustrations with the job and turnover of people, among other manifestations of disintegration. In our personal life, internal disintegration is a function of all the confusion in our head: the self-doubt, self-disrespect and mistrust coupled with some of our most destructive behaviour. In a nation the disintegration is marked by a society where discrimination frequently occurs and where confrontations are the norm, whether in terms of gender, creed, religion, nationality or colour.

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