

Did you make
someone else's day today?

September 2016

heartfulness

purity weaves destiny



PRAYER

Connect With Your Centre

THE NEXT REVOLUTION

A Quantum Leap

80/20 PRINCIPLE

Gives You Vitality

YOGA

The Four Elements



RNI No. TNENG/2016/68243

SELF • RELATIONSHIPS • WORK • INSPIRATION • NATURE



Heartfulness
Through meditation, lightness

Unwind with Yogic Cleaning

Sit in a comfortable position with the intention to remove all the impressions accumulated during the day.

Close your eyes and feel relaxed.

Imagine all the complexities and impurities, are leaving your entire system.

They are going out the back, from the top of your head to your tailbone.

Feel they are leaving your system as smoke.

Remain alert during the entire process, like a witness to the clouds passing in the sky.

Gently accelerate this process with confidence and determination, applying your will as needed.

If your attention drifts and events of the

day begin to come to mind, gently bring your focus back to the cleaning.

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

Continue this process for up to twenty to twenty-five minutes in silence.

Experiencing inner lightness means you are connected with the Source. Feel a current of purity coming from the Source and entering your system from the front.

This current is flowing throughout your system, carrying away any remaining complexities and impurities.

You have now returned to a simpler, purer and more balanced state. Every cell of your body is emanating simplicity, lightness and purity.

To experience Heartfulness,
please contact one of our trainers at info@heartfulness.org
or via the website at www.heartfulness.org.

Existence. Upgrade Available

give inner peace a chance

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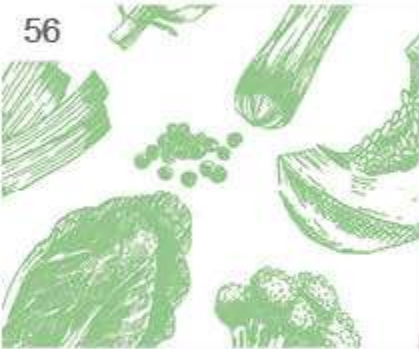
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The Potency of Connection

Science is telling us more and more how everything in the universe is merely vibration. Every particle, every piece of information has a vibratory code, sending out its personal signal. Waves from countless spectra pass through our homes and our bodies all the time. Our minds are elegant filters, tuning into information we find pertinent to our daily existence, converting these wavelengths understanding the world. The mind, however, also filters out what we have yet to tune in to.

What if we can adjust the dial on our vibrational intake and take in the frequencies that nourish us, that inform and inspire us? What if we can shift our awareness to the subtle whisperings all around us and partake in the deeper truths surrounding us every day?

Put your bare feet on the naked earth. Close your eyes and turn your face toward the gleaming sun. Hold your gaze with a dear friend. Close your eyes and tune yourself to the whisperings of the heart. These exchanges hold a wealth of information always present, waiting, begging to be uncovered by our mere attention.

Join us as our contributors share the spaces that have opened up to them: the potency of connecting deep within, expanding consciousness in the workplace, –the joyful awakening as broccoli sprouts to new life, the beach’s calligraphic hand, the tale of a lion’s disheartening. And we invite you to write in and share how the key of your attention has opened up doors to new revelations.

We would love to hear your stories also, so please send your letters and articles to contributions@heartfulnessmagazine.com.

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Negin lives in Toronto, Canada.

She has been inspired by the mystery of existence since early childhood, shaping her interests in philosophy, physics, mythology, psychology and art. She is an architect and planner by profession as well as pursuing painting, photography and poetry in her leisure time. She enjoys being in touch with Nature, whether it's doing gardening at home, walking or simply listening to Nature in silence. She discovered meditation at the age of twenty-two and since then Heartfulness meditation has been an ever-growing part of her life. She is a Heartfulness trainer.



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Swati Kannan



Swati is from Atlanta, Georgia, USA, and currently resides and practices dermatology in Santa Monica, CA. She grew up in an environment that fostered spirituality and encouraged meditation. As she gets older, she realizes how important spirituality is in her life, and continues trying to balance her material life and career with spirituality.

Papiguy

Papiguy de Montpellier, alias Guy Lemitres is now retired after working as a psychologist and trainer in communication. He plays a story weaver, mixing a thread from the traditional spirit with a thread from the meditative heart. Restoring the lost dimension of the oral transmission, Papiguy tries to simplify a story until he finds the spiritual teaching that is impregnated with love and with a certain wisdom of the heart.



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The power *of* Belief Positive Thinking

Positive thinking,
transformed into
positive beliefs,
can be powerful
in shaping our life,
mind, heart and
character.

It is just the tip of the iceberg! And yet **DR SWATI KANNAN** shares with us enough about the current research on the power of belief to ask ourselves, "How am I shaping my biology with my thoughts?"

The word 'belief' is defined in the dictionary as 'confidence in the truth or existence of something not immediately susceptible to rigorous proof.' But if we examine the origin of the word, we find something far more interesting. This word can be broken down into two separate terms: 'be' and 'lief'. 'To be' simply means to exist or to live. The word 'lief' originates from an Indo-European word '*leubh*' meaning 'love'. The combined word 'belief' now takes on a whole new meaning, which is simply 'to be in love'. Belief used to define faith in God or 'to be in love' with God. And we cannot love without using the heart.

Beliefs do not necessarily represent what is true or factual. Our beliefs are based on perceptions of reality, which are shaped by our experiences and culture. The power of each belief or thought stems from within the individual believer. In this sense, whatever you believe in your heart to be true is a reality in your life. As a result, you then attract events, experiences and people in your life to match your 'loves' or 'beliefs'. This is demonstrated in my parents' relationship where my mom always says that what attracted her to my father was their shared belief in meditation, God and spirituality.

Coming from a background of engineering and medicine, I was taught to question every belief, even the proven theories in medicine. So, how can I believe in the ideas of a soul and of God that have never been scientifically proven? Well, it is simple. It is my conviction that they exist, thus making them real and alive. It is not sufficient to just think the thought with the mind, however, as it must be felt in the heart for positive effect. This is the concept behind prayer, meditation and positive thinking: a simple thought that is felt by the heart. A true belief or prayer resonates both in the heart and mind.

Imagine how the world would be positively changed if we all prayed for the well-being of each other? This concept was actually studied on a small scale by medical researchers in San Francisco, California. Forty patients with advanced AIDS were allocated randomly into two groups: one group that received prayers from strangers and another control group that received no prayers. The subjects allocated to the distant prayer group benefited from a reduction in AIDS-defined illnesses and illness severity, and a decrease in the number of hospital visits. Even though this is considered a small study in the world of medicine, its scope is still very powerful, for it suggests that heart-felt prayers can alter the course of a serious disease. Perhaps prayers and peaceful vigils conducted in masses can alter an entire country's consciousness.

This study is just one of more than 6,000 articles that have been published regarding the relationship between prayer or faith and health. Scientists have also been researching the biological changes caused by certain perceptions or beliefs. One such scientist, Dr Bruce Lipton, has discussed the effects of positive and negative thoughts on the genomic code. Simply stated, his concept is based on the simple paradigm of the laws of attraction: like attracts like. If ideas in the mind send certain vibrations, and everything in the universe, including the brain, the heart and the human genome, emanate a certain vibration, then changes can occur if vibrations match.



Taking
t h a t
paradigm
one step
farther, if beliefs
are simply ideas that
are loved by our heart, then
the vibrations for such beloved thoughts
should be even more potent in their effect. The difference
between a thought and a belief is not only love but also
certainty. A thought implies that something is possible
and could happen. A belief surpasses that possibility and
makes it certain it will happen. It is then the marriage of
feelings, emotions and ideas that will make a mountain
move upon request.

Think of the implication: since every type of idea emits
certain vibrations, thoughts should be pure and positive
in nature.

To many of us, the phrase 'positive thinking' sounds
nonsensical, as how can sheer optimism make a
poor, uneducated, jobless man rich? It is true that an
outlandish thought, "I will be rich, I will be rich," without
any attempt to find a job, might not work. But what if
that jobless man started thinking, "I will find a great job
that utilizes my level of education and will help support
my financial needs"? Even positive thoughts must be
reasonable and, of course, genuine.

Optimistic thoughts become optimistic beliefs, leading
to an optimistic attitude even during dire circumstance
in life. This then triggers a chain reaction: the man finds
a job, and he is well liked for his optimistic attitude and
hard work. He believes he will succeed, and so he attracts
supportive people in his life as a result of his positive
attitude, affording him more opportunities for success.

In the past twenty years, positive thinking has been
acknowledged by mainstream psychology, and is
called 'positive psychology'. It focuses on enriching
the lives of ordinary human beings. It complements
traditional psychology, as the emphasis is placed on
personal growth and happiness instead of the negative
aspect of mental illness and phobias. It is a scientific
approach to the integration of positive thinking into our

attitudes and beliefs, thus attracting positive outcomes.
It also supports the paradigm of the laws of attraction
and heartfelt beliefs. It is not enough to just think the
thought; we must feel it, believe it, love it, live it and even
transcend it.

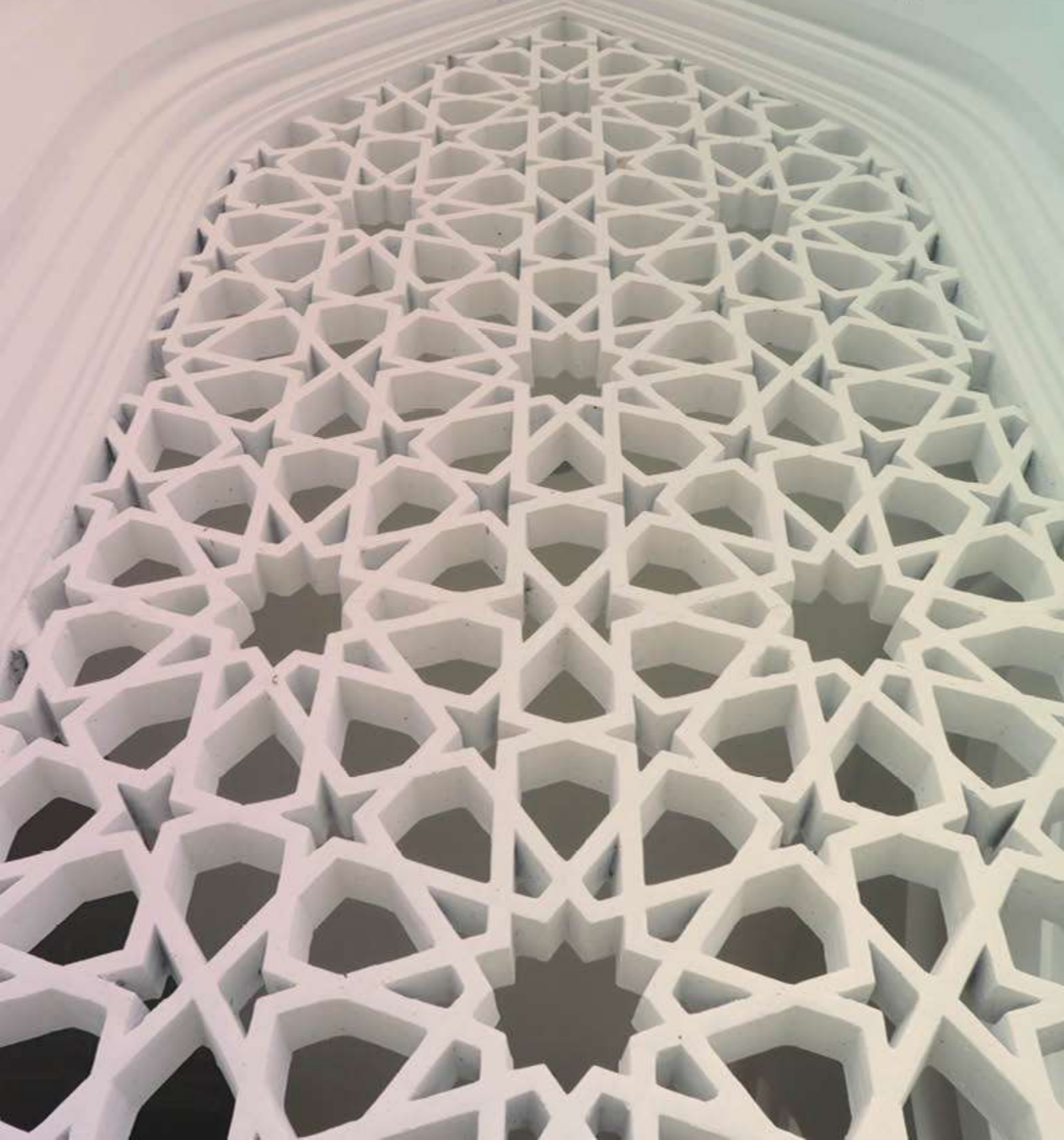
Positive thinking, transformed into positive beliefs, can
be powerful in shaping our life, mind, heart and character.
Scientists are now studying this concept in many fields
– genetics, medicine, psychology, biology and quantum
mechanics. A mere two-page article cannot even begin
to summarize these efforts and the myriad of research
publications that investigate the above-mentioned, yet
intangible concepts. How do you measure the power
of belief or positive thinking? But sure enough, we are
finding ways to study it, measure it and then integrate it
into our lives.

This is just the tip of the iceberg ●

Whatever you believe
in your heart to be
true is a reality in
your life. As a result,
you then attract
events, experiences
and people in your
life to match your
'loves' or 'beliefs'.

When heart and skill work together, expect a Masterpiece.

-JOHN RUSKIN



Beholding and Becoming

NEGIN MOTAMED

What would you wish for if you had a genie? A villa in the Canary Islands? A Lamborghini? A luxury vacation? Or something more sustainable: a bank account that never ends, which would maintain a high standard of living with all these things and many more? Or perhaps you wish for beauty? Or for the man or woman of your dreams, your perfect mate, with whom you can live happily ever after?

Let's pause right here, on the very last phrase, "happily ever after", the words that all our fairy tale stories end with. Isn't it the core and the essence of all our endeavors? Isn't this everlasting happiness the reason we need our jobs, titles and money? After all, happiness is what we pursue through all these things. We believe they will make us happy, be it our hard work, our career, our leisure activities, our relationships, and our material possessions and money. So why not focus on our goal in the first place, instead of the tools that might help us to achieve it? Why not focus on happiness?

So let's look at the quiddity of happiness. How exactly can you define it without getting into the trap of equating it with the ways and means to getting it? So to be very clear, happiness is not the money, the luxury lifestyle, the most exotic and desirable food you may think of, a perfect relationship, or being in a happily balanced family life with your children around you, etc. These are all ways we think will help us reach a state of happiness.

In order to define happiness, let's recall the inner state and condition we have when we achieve any of the items on our list. How did you feel in that moment when you reunited with a loved one after being apart for a while? How did you feel when you were holding



So when we go within, tune into it, feel the connection and behold it, day after day, we start a process of becoming one with it.



and inner contentment. This brings us to the heart; not the physical pump that we have in our chest, but the field where we receive our emotions. It is the core of our being where we can settle in and enjoy the feeling of connectedness to the whole of creation and feel at home.

So it seems the journey of a thousand miles has brought us to the closest possible corner of the world, right here, available anytime; our heart. Isn't it amazing how available is that we have searched for throughout human history?

Now the question is: how to access this seemingly familiar and close corner, which tends to recede and stay far from reach? Both logic and experience says the means to simple things must be simple.

Meditation is a simple way to access the simplicity of the heart; to feel the inner presence, the joy we all are in our essence, the light that we are. This is our natural state. So when we go within, tune into it, feel the connection and behold it, day after day, we start a process of becoming one with it. This apparently very insignificant and passive activity of meditation that we do every day is the most potent way to explore this inner world. It also allows us to create our day and in perusing it persistently we can create our life in a balanced harmonious state that is full of happiness.

Heartfulness is the process of finding the philosopher stone rather than the gold. For then we can turn every ordinary thing into gold, every ordinary moment into a joyful experience. That is the miraculous alchemy of Heartfulness, when you are in that lovely corner of the whole world, your heart ●

your baby for the first time? Or how do you feel in simple moments of satisfaction, for example after a good meal in a nice environment? It seems that in all these moments we experience a feeling of our needs or desires being fulfilled, whatever they might be, so we are able to go beyond and immerse ourselves in a state of balance, serenity and harmony. We are where we have to be, in the blissful present moment. We do not want to go anywhere else, as we are happy being exactly where we are.

We feel a sense of belonging to something bigger than ourselves, connected, surrounded by it, and fulfilled. It is a feeling of being safe and supported, complete, whole and at home.

This feeling of connection in the moment, of feeling safe and at home, seems to be the key factor associated with happiness. So to further our search for happiness maybe it would be wise to search for its essence; this feeling of connectedness, unity



In conversation with
CHIRAG KULKARNI

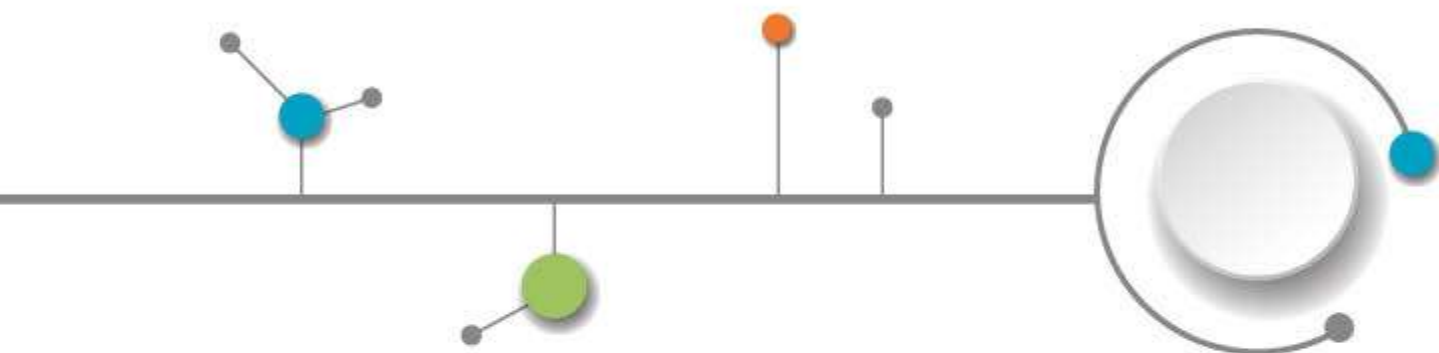


Q: WHAT DO YOU
DO FOR YOUR
WORK?

CK: I help companies with marketing – content marketing, PR, social media, and Search Engine Optimization. What drives me is the hunger to learn more. When you do things, you practice things, you learn more than when you talk about those situations theoretically. When I work for companies, it is really amazing to see results come. If they don't come, it is really interesting to see why they don't come.

I really like understanding the processes behind how things work, and then figuring out how to game that process.

At the end of the day, what probably drives me is the love to be competitive and just learn.



CK: Failure is part of the journey. I take the approach that statistically 99 out of 100 ideas and experiments will go wrong. So if you are not failing, then you are not innovating.

The best mentality is not to see it as failure; it is the process to figuring something out. Also, it helps to learn from other people, whomever they may be. They can guide you and show you what they do, their 'failures', so that you don't make those same mistakes. It is not that you have to necessarily go through the same situations they did to become successful, but it is part of the journey you need to go through.

It is not something negative per say, it is just part of the journey.

Q: HOW DO YOU DEAL WITH FAILURE?

Q: HOW DO YOU NAVIGATE WORKING RELATIONSHIPS?

CK: Working relationships are not different from regular relationships. At the end of the day, a friendship is a friendship. So the way you become friends with somebody at work is no different from the way you make friends with somebody in a social context or in a sporting context. You share a common ideology, a common value system, and that is how you connect; or you connect over a certain aspect of life. So it is not any different, the way I see it. In the workplace it is often about maintaining and cultivating that relationship over a longer period of time.

CK: Consciousness is, I think, 95% of the game. Work requires execution and ideation, but your ability to understand what is going well and what is not, and having the ability to understand it before it even happens, requires a greater sense of self-awareness and an expansion of consciousness.

With an expanded consciousness, over time you pick up signals quicker and you are more self-reflective and have greater self-awareness. Let's say in your business you are working with a client, and find yourself going through the same situation as with a past client where it didn't work out well. Then you need to be aware, understand and acknowledge: instead of signing a deal for a year, sign it for a month.

You pick up on patterns faster and internalize what is really happening in any situation. Then you can make sure that you spend time on those things that really move your business forward, and avoid things that won't be successful for you in the long term.

Q: WHAT IS THE RELATIONSHIP BETWEEN CONSCIOUSNESS AND WORK AND SELF-AWARENESS?

With an expanded consciousness, over time you pick up signals quicker and you are more self-reflective and have greater self-awareness.

Q: CAN YOU SHARE
SOME TIPS ON HOW
TO APPLY THESE
PRINCIPLES?

CK: Yes, here are a few:

1.

On the core, we all have strengths and weaknesses. Figure out where your strengths lie and stick to those strengths. Generally, if you grasp something, are good at it and like it, you are likely to be more self-aware than when you are struggling to even stay afloat. If you work with your strengths, you are not worried about multiple things going wrong, you are usually pretty steady, and it is easier to internalize what is happening around you.

2.

Meditation is very important. I think it really helps with self-reflection for a start. Every morning you meditate, you give yourself an opportunity to listen to your heart.

3.

Keep a journal for self-development. In the morning, write down what you are grateful for and five reasons why. Write down the course of action for the day. Over time you can look back in that journal and see your challenges and the mistakes you have made in the past. You become more self-aware because you are writing it down.

4.

Ask the people who are close to you, "Hey what can I do to improve?" Then it is up to you to determine whether that piece of information is true or not and internalize and apply it. It is a first step to understanding whether your judgment is actually correct based on what other people say about you.

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