

June 2016

# heartfulness

purity weaves destiny

## THEIR SURVIVAL

*Wildlife*

## CONSCIOUSNESS

*The journey of expansion*

## HEART & MIND

*Integrating our two great assets*

SELF • RELATIONSHIPS • WORK • INSPIRATION • NATURE

# The Heart's Intrinsic Nature

Dear friends,

Why listen to the heart?

There is intrinsic goodness within everyone. We do not have to think how to be good. It just happens. When someone asks you "What is your name?" you do not have to think. It spills out. Does it require effort or imagination to speak the truth? Only lies require effort. Goodness comes naturally.

Some perform their daily rituals, whether spiritual or religious, out of fear. They think that if they skip the rituals, they may be fated for hell. Others, in enforced piety, perform rituals out of temptation for a heavenly abode, offering prayers to God to allow for safe passage in this world and for reception by Him into his.

But to seek a return on an investment of love is to profane that love. This is the reason why 'love for the sake of loving' has been highly praised. When our piety is tainted with desire or ego, the bond between the Divine and the devotee suffers. Bribing the Divine with ritual inducements in return for economic prosperity, not to mention a happy, healthy and wise life: can this be just? You do not have to be a sage to figure this out! When a person has a transactional relationship with the Divine, he will naturally learn to behave the same with other people, and he will take advantage.

Suppose a drug manufacturer wants to boost his profit by mixing harmless fillers with potent ingredients. But then he rethinks. It occurs to him that he might get caught and lose customers, so he decides against it. Does that decision make him virtuous? Although he did not cheat, it was for the wrong reason: his reputation. In so doing, he has compromised the intrinsic goodness of his own heart.



If we refrain from doing wrong only because we are afraid of being discovered, it proves that we still require rules and policies to avoid straying from a principled life. But if we allow our intrinsic goodness and decency to manifest and prevail, automatically and justly, as a natural outcome, rules and policies become redundant. The more the rules and policies, the further we have strayed from our intrinsic goodness.

When the heart responds with its intrinsic nature, the mind can simply rest at that time and observe. If the mind interferes in this process of the heart's intrinsic response to the universe, it starts forming the web of complexities and impurities. This is the basis of how and why we go on forming our own destiny.

When we truly come from the heart, we no longer need to choose; we know what is right. It is only when we compromise our intrinsic goodness that we even need to make choices in life. Think about it!

Please join us in June to meditate at the Heartfulness Conventions in the USA and start to uncover the intrinsic qualities of the heart, or go to [www.heartfulness.org](http://www.heartfulness.org).

All the best,

Kamlesh D. Patel

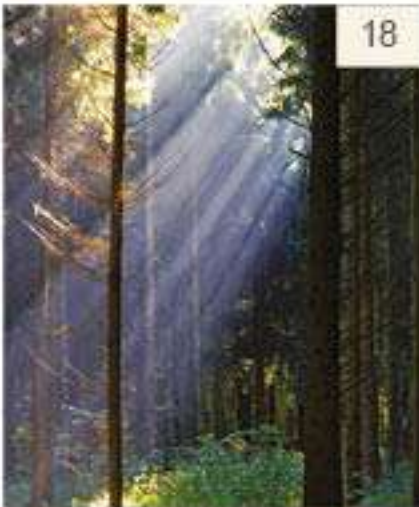




50



34



18



74



22



68



58

# INSIDE

- 12 The treasure that belong to each one of us
- 16 Heartfulness conferences
- 18 Heartfulness & mindfulness
- 22 Silent teaching
- 24 Stillness
- 26 Be grateful
- 28 Wax on. Wax off.
- 34 Love and meditation
- 38 A child at the core
- 42 A prayer for their survival
- 50 The evolution of consciousness
- 56 The icecube and the ocean
- 60 The most important thing you can do for yourself
- 66 We, our children & mother earth
- 70 Fiery beauty

## FOR CHILDREN

- 72 Mirror game
- 74 Mana, the elephant with a heart of gold
- epilogue

# Wisdom in Daily Life

What do we spend our time doing in an average day? Some things are specific, but there are many common to us all, like sleeping, eating, bathing and communicating with others. How often do we observe how we do these everyday things? Do we ever ask: What is my attitude to everyday living? How do I sleep? How do I eat my meals? How do I communicate with others?

For each of these common human activities, there is a vast field of wisdom amassed over thousands of years in all cultures. The wise ones have provided simple practical rituals to help people live in tune with Nature and stay healthy and happy. Take for example the Indian ritual of standing in water in the early morning rays of the sun. This ritual has been there since ancient times, and many people today may not know why they do it. When we learn that the sunlight passing through the water onto the body has the effect of removing the build up of positive ions that collect during the night, so that a person starts the day with a healthy negative ion balance, it becomes more than simply a ritual. It becomes meaningful for health. Similarly, the age-old tradition in many western countries of eating dinner before sunset so that food is properly digested before sleep, leads to a healthier digestive tract and overall well-being. Every culture has its wisdom around the everyday aspects of living.

Unfortunately, in our modern global society, we often make fun of these traditional rituals, or ignore them as meaningless in today's fast-paced and technological life where science rules and traditions are considered antiquated and quaint. What a pity! All that experience of thousands of years is discarded for what? For better health? It would appear not.

Take the time this month to explore the traditional rituals of your culture, and play detective to find the meaning and original purpose behind as many of them as you can. Imagine if we can collect all this wisdom into a compendium to pass on to our children, and them to their children. What a treasure! We are launching this project as 'Wisdom in Daily Life'. Please write to us with your contributions at [contributions@heartfulnessmagazine.com](mailto:contributions@heartfulnessmagazine.com).

We very much look forward to hearing from you,

*The Editors*



Elizabeth Denley



Emma Hawley



Meghana Anand

# CONTRIBUTORS

## *Gopi Kallayil*

Gopi Kallayil is the Chief Evangelist, Brand Marketing at Google. An avid yoga practitioner, triathlete, global traveler, and Burning Man devotee, he has spoken at TEDx, Yoga Journal LIVE!, and Wisdom 2.0.

Gopi's recent book, *The Internet to the Inner-net*, is available in bookstores and online.



### EDITORS

Elizabeth Denley, Emma Hawley, Veronique Nicolai (children), Meghana Anand

### DESIGN

Uma Maheswari, Shivam Bajaj

### COVER PHOTO

Rasmus Mogensen

### PHOTOGRAPHY

Faye Carnish, Rajesh Menon, Rasmus Mogensen

### ART

Pauline Clain, Jasmi Rathod (cartoons)

### WRITERS

Lakshmi Arvind, Viji Balasubramanian, Kyle Cease, Hester O Connor, Terran Daily, Connie Grogan, Gopi Kallayil, Victor Kannan, Shruti Pandey, Papij from Montpellier, Kamlesh D. Patel, Santosh Sreenivasan, Theophile l'Ancien

Issue 8, June 2016

## *Chris Mills*

Chris is a practitioner and instructor of Heartfulness Meditation, which he has practiced for over 20 years.

He is also a marketing professional who lives with his family in Torrance, California. You can reach him at [chris.mills@heartfulness.org](mailto:chris.mills@heartfulness.org).



## Kyle Cease



Kyle has been a prolific guest speaker, inspiring audiences with his unique blend of comedy and transformation. In addition to leading his own Evolving Out Loud events, he has spoken with Eckhart Tolle, Jim Carrey, Michael Beckwith, Louis CK, Tony Robbins, Deepak Chopra, Mary Morrissey and David Wolfe, among others.

He was previously a headlining comedian and has appeared often in TV and movies. He will soon be in print as well with Beyond Word Publishing.

## Viji Balasubramanian

Viji lives in Chennai, India. She enjoys every day with Heartfulness meditation, holistic nutrition and an exercise routine. Along with her young family, she is currently exploring the diversity of life in Chennai and surrounding areas. She loves the peace she finds in her heart through meditation.



## CONTRIBUTIONS

letters to the editors and guidelines  
contributions@heartfulnessmagazine.com

## ADVERTISING

advertising@heartfulnessmagazine.com

## SUBSCRIPTIONS

subscriptions@heartfulnessmagazine.com  
<http://www.heartfulnessmagazine.com/subscriptions>

ISSN 2455-7684

## PRINTED BY:

Sunil Kumar

Kala Jyothi Process Pvt. Limited  
I-1-60/5, RT C Cross Roads, Musheerabad,  
Hyderabad-500 020, Telangana

## PUBLISHER:

Sunil Kumar representing Spiritual Hierarchy  
Publication Trust on behalf of Sahaj Marg  
Spirituality Foundation, Chennai

© 2015 Sahaj Marg Spirituality Foundation

\* Printing, publishing, distribution, sales,  
sponsorship and revenue collection rights vests  
with the Publisher alone.

All rights reserved. 'Heartfulness', 'Heartfulness  
Relaxation', 'Heartfulness Meditation', 'Sahaj  
Marg Spirituality Foundation', 'SMSP', 'www.  
Heartfulness.org', the 'Learn to Meditate' logo,  
the 'Heartfulness' logo are registered Service  
Marks and/or Trademarks of Sahaj Marg  
Spirituality Foundation. No part of this magazine  
may be reproduced in any form or by any  
means without prior written permission from  
the Publisher.

The views expressed in the contributions in this  
publication do not always reflect those of the  
editors, the Heartfulness Institute, or the Sahaj  
Marg Spirituality Foundation.



Dear Editors,

My three-year-old daughter has started developing a 'self' attitude towards many things. I know it could be casual, but I truly want to know what good and powerful energies I can teach her right from this age so that she may be able to understand life, society and herself truly and may live a great life ahead.

Can I get any direction?

Thank you,

Suhas



Dear Suhas,

Here are some suggestions:

Offer prayer.

Teach your daughter the art of observing the stars, the moon and the sun.

Give her some idea about time management in a very simple manner.

Engage yourself in activities with her.

All the best,  
the Editors

Dear Editors,

I find that many of our family arguments seem to happen at the dinner table at night, when we are all together. Most of the time we end up stressed and do not enjoy the meal. What can we do?

Regards,  
Carolyn



Dear Carolyn,

The state of mind we have while consuming food is very important. In a stressful situation, any negative vibrations that are then carried in the food affect our body when we eat and digest it, and when it goes to all the cells it has a very negative effect.

What happens at home when there is a quarrel at the dinner table? Most of the quarrels I have witnessed between spouses are at the dinner table or in the bedroom. Try to avoid such arguments. There is nothing wrong with discussing family problems, but wait for a better moment, choose another time.

The moment of eating should be almost like meditation. Be grateful for the food on your plate. When you are grateful, if you consume food in that state of mind, can you imagine the benefit on your system? When you eat, be in a cheerful mood.

Best regards,  
the Editors





# Enjoy Relaxation..

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 ... your hands ... right up to your fingertips.

Relax the neck muscles. Move your awareness up to your face. Relax the jaws ... mouth ... nose ... eyes ... earlobes ... facial muscles ... 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. Rest there for a little while. Feel immersed in the love and light in your heart.

Remain still and quiet, and slowly become absorbed in yourself.

Remain absorbed for as long as you want, until you feel ready to come out.





Better keep  
yourself clean  
and bright;  
you are the  
window through  
which you must  
see the world.

**GEORGE BERNARD SHAW**

PHOTOGRAPHY BY FAYE CORNISH

# THE TREASURE

## *that Belongs to Each of Us*

I grew up in the Christian faith. I am grateful for this upbringing. The teachings of Christ are of love, compassion, humility and faith, and they are qualities that stem from the heart, which are needed today more than ever.

I started meditation more than 20 years ago with Parthasarathi Rajagopalachari, also known as Chariji. He would often instruct us to refer to the heart, and casually turn his hand towards the heart. At the time I found this message very frustrating. How does one refer to the heart? For so many years I went about trying to be a good person by using my critical mind, weighing the pros and cons a hundred times for each small decision.

Nowadays, I am able to live more in my heart, because the regular practice of Heartfulness Meditation naturally brings one's center of consciousness to the heart. I think that those who know me best, like members of my family, have come to know a more gentle person over the years. I would like to think that I have grown more patient and become a better listener. I have always been a hard worker and dutiful, but now I know that I do not own the result. It is not so much the outcome of one's actions that matter, because that is not entirely in one's hands. Rather it is the effort that one makes that counts, as long as there are well-meaning and honest intentions behind the effort. This comes as a natural development from Heartfulness Meditation.

For **CONNIE GROGAN**,

Heartfulness and Christianity are compatible. She shares something of her own journey exploring the treasure we call the heart.

Heartfulness is seeing myself as a part of the whole universe. It is being grateful for my small place on the earth. It is an aim for a balanced perspective where the heart comes first, and seeing that one's own heart is connected with the hearts of others and of nature and of worlds about which one can only dream.

Christianity fits into this life, because I am better equipped to follow Christ's teachings. With Heartfulness, there is also the practice of positive affirmations (prayerful suggestions) to develop love, faith and devotion, correct thinking, right understanding, an honest approach to life, and craving for the Ultimate. Also, Christian practices like the Lord's Prayer and the recitation of certain psalms complement Heartfulness.

To practice Heartfulness Meditation as a Christian is to become a better Christian. The same applies to people of all faiths or those of no religious affiliation who simply want to become better human beings. Continue with your church, your temple, your mosque, your synagogue, and any traditions and values that are important to you, but don't forget your heart, the treasure that rightfully belongs to each of us ●

---

Heartfulness is seeing myself as a part of the whole universe. It is being grateful for my small place on the earth. It is an aim for a balanced perspective where the heart comes first, and seeing that one's own heart is connected with the hearts of others and of nature and of worlds about which one can only dream.

---



## Why Heartfulness?

If self-development, expansion of consciousness and a vision for a better humanity are on your list of goals, you need a practical method to achieve them. Heartfulness is a very effective approach that is simple, free, and available to people from all cultures, backgrounds and walks of life.

Heartfulness is scientific, practical, and provides an introduction to the yogic techniques of relaxation, meditation with Yogic Transmission, cleaning of the subtle body, and connection with the Source. Learn these techniques at your own pace, starting with relaxation and meditation in the introductory programs.

Heartfulness can be done at home, in Heartfulness Centres, and through organizations that request the program.

With practice, the mind becomes peaceful and calm, and personal transformation and development become a natural part of life.

## About Heartfulness

Heartfulness meditation has been practiced since 1945. Today there are around 6,000 certified trainers worldwide in 120 countries. Every day, in our centres, as well as in schools and colleges, corporates and government organisations, villages and communities, people from all backgrounds and cultures come together to meditate in an atmosphere of peace, love, trust and harmony.

## Why Meditate?

Regular practice of Heartfulness meditation has the following benefits:

- Improved quality of life
- Stress relief
- Better quality of sleep
- Stimulation of the immune system
- Greater concentration
- Expansion and evolution of consciousness
- Spiritual growth

## How to contact us to learn more and start the practice

[www.heartfulness.org](http://www.heartfulness.org)  
[info@heartfulness.org](mailto:info@heartfulness.org)

Toll free numbers:  
North America 1 844 879 4327;  
India 1 800 103 7726

 /practiceheartfulness

 /heartful\_ness

 /+Heartfulness

 /practiceheartfulness



## Heartfulness Programs



# EXPERIENCE HEARTFULNESS

## *Relaxation and Meditation*

in the USA with the global leader of  
the Heartfulness Movement, Kamlesh D. Patel.

Detroit

**THE COBO CENTER,  
GRAND BALLROOM**

Saturday, June 4 2016, 9 a.m. to 12 p.m.

Los Angeles

**HMPS HALL, SANTAN DHARMA  
TEMPLE, NORWALK**

Saturday, June 11, 2016, 4 - 7 p.m.

Admission free, registration required, donations welcome.

Additional meditation sessions, music program, parallel tracks and one-on-one sessions available, free of cost from 2 to 5:30 p.m. for those interested in deepening the experience.

Keynote address by Gopi Kallayil, Chief Evangelist for Brand Marketing at Google.

Spotlight sessions by John D. Carter, President and founder, Gestalt Center OSD, and Veronica Hopper Carter, OSD program circle of founders, trainer of organizational consultants.

Music performance by Flute Maestro Shashank, Grammy nominated exponent of the bamboo flute.

Admission free, registration required, donations welcome.

Music performance by Flute Maestro Shashank, Grammy nominated exponent of the flute.

Spotlight session by Kamlesh D. Patel.





JOIN THOUSANDS OF OTHERS. LEARN TO MEDITATE. EXPERIENCE THE DIFFERENCE.

# MEDITATION *Conferences 2016*

Los Angeles

**UNIVERSITY OF SOUTHERN  
CALIFORNIA, BOVARD HALL**

Sunday, June 12 2016, 2 - 4:30 p.m.



Admission free, registration required,  
donations welcome.

Keynote address by Gopi Kallayil, Chief  
Evangelist for Brand Marketing at Google.

Spotlight sessions:

Interview of Kamlesh D. Patel by Dr  
Varun Soni, Dean of Religious Life at USC,  
Adjunct Professor in the USC School  
of Religion and a University Fellow at  
the USC Annenberg Center on Public  
Diplomacy.

Well-known keynote speaker, Kyle Cease.

New Jersey

**NJPAC NEWARK, NJ**

Saturday, June 25 2016, 4 - 8 p.m.



Admission free, registration required,  
donations welcome.

Guided Heartfulness Meditation session  
by Kamlesh D. Patel.

Music performance by Flute Maestro  
Shashank, Grammy nominated exponent  
of the bamboo flute.

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

