

NEW YEAR

JANUARY 2017

Resolve... to Meditate... to Achieve

Heartfulness



The Stillness Paradox

Daaji explores a fascinating aspect of consciousness

Compassion and Social Issues

Dr James Doty on the survival value of compassion

The foundations of Healing

The roles of meditation and cellular nutrition



RNI No.TNENG/2016/68243



With this new year,
resolve
to meditate
to achieve





Join us for 3 free online masterclasses in meditation,
conducted by the teacher of Heartfulness, Kamlesh D. Patel.

2, 3, 4 January 2017

Times:

The masterclasses will be available online each day, starting at midnight, and accessible throughout the day. Each class runs about 1 hour.

Register:

Heartfulness.org/masterclass
or Facebook - [Heartfulness masterclass](#)

**02
JAN**

RELAX. EXPAND CONSCIOUSNESS

In the first class, learn the Heartfulness relaxation for physical well-being, as well as the Heartfulness guided meditation on the source of light within your own heart.

**03
JAN**

UNWIND. SIMPLIFY

In the second class, be guided through a simple rejuvenative technique to unwind the mind at the end of the day, to let go of stresses and emotions, and simplify your life.

**04
JAN**

CONNECT. WITH YOUR INNER SELF

In the third class, learn to connect with your inner Self by listening to the heart's voice. Observe your deepest feelings, make wise choices and weave your destiny.

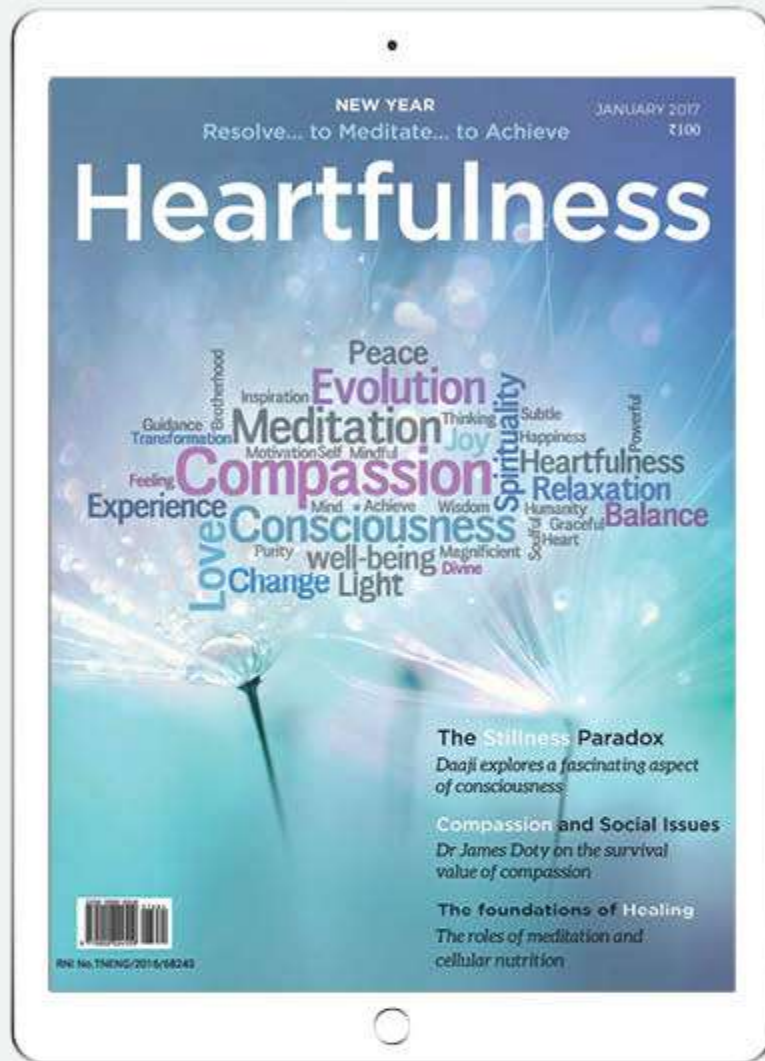


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Through meditation, motivation

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Heartfulness
Through meditation, calm

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 jaw ... 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.



To experience Heartfulness,
please contact one of our trainers at heartspots.heartfulness.org
or via the website at www.heartfulness.org
Toll free numbers: North America 1 844 879 4327 | India 1 800 103 7726



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EMBRACING *Change*

Dear readers,

Another year has passed, and hopefully we are all another year wiser! The festive season has also passed – an important time of year in most cultures and religions, signifying the winter or summer solstice, as well as endings and new beginnings. It can be a joyful time and also sad, probably both, depending on circumstances. Certainly only the hard-hearted are immune to the feelings and memories of family members who are not with us, as well as the delights of family gatherings and celebrations, and young children's enjoyment during Christmas, Hannukah, Milad un-Nabi and Bodhi Day.

The beginning of January is when we evaluate what has been, and resolve to realize our hopes and dreams for the coming year. It is a time for change. The list of New Year's resolutions can be endless: lose weight, get fit, eat healthier, drink less, be more compassionate and accepting with our loved ones, work colleagues and friends, spend more time with the people that matter, work smarter, spend less ... and on it goes.

What if there were some simple practices that would help us to embrace these changes naturally and easily? Well there are. The ancient art of meditation is designed to clear the mind, open the heart, and allow us to access our inner potential, so that decision-making becomes effortless, and we learn how to embrace change. Woolly brain syndrome disappears. Confidence and courage radiate from the heart. It is not magic – work is required – but the results are there for all those who wish to make the effort.

If you would like to give yourselves a gift for the New Year, please join us for a series of three masterclasses in meditation on the 2, 3 and 4 January 2017, conducted by Kamlesh D. Patel (www.heartfulness.org/masterclass).

And Happy New Year from all of us at Heartfulness Magazine.
May 2017 be filled with peace, love and joy.

The Editorial Team

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James is the author of *Into The Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart* (Avery, 2016) and is co-founder of the Center for Compassion & Altruism Research & Education (CCARE) at Stanford University in Palo Alto, California, USA.



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Josh Bulriss

A passionate devotion to capturing the core of culture has driven this New York photographer to wander the world.

Josh's ultimate goal is to enhance his viewer's awareness of the everyday beauty that this world has to offer. He challenges his viewers to look deeper into his images to capture the innermost soul of his subjects. With a thread of inner peace that emanates throughout his work, Josh holds just one mantra to his heart: "The world is my studio."



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Celebrate the New Year

What changes will you make in the New Year?

Here are the most popular New Year's
Resolutions we gathered from our readers:

Fitness	Positive thoughts
Lose weight	Happiness
Healthy food	Inner calm
Natural sleep patterns	Realize goals

————— How will you achieve them? —————

Relax when stressed

Meditate to expand consciousness
and regulate thoughts

Rejuvenate the mind at the end of
each day to release heaviness

Connect with your own source
before sleeping to wake refreshed

Exercise regularly

Eat simple, natural food

Go to bed early to be in tune with
natural cycles

Remember your goals and focus
attention on them

Treat others with great kindness

Accept whatever life brings
you graciously, with a cheerful
disposition

Be grateful for everything



BETWEEN STIMULUS

and response - PART 2 -



In Part 1, DR DOTY explored the evolutionary advantage of compassion in human beings and its relationship with our physiological responses. In Part 2, he takes us further into aspects of human behavior that relate to compassion and collective social issues.

INTERVIEWED BY JOHN MALKIN, AUGUST 2016

{ Q & A }

IN CONVERSATION WITH
DR JAMES R DOTY

JD Another one of those is this inherent desire to be tribal in nature, and again, there is an evolutionary reason. We talked about hunter-gatherer tribes as our primary survival strategy and we know that people tend to gather or connect with others who look like them, act like them and share the same socio-economic status, culture, religion and color. Why? When you are with people who are like you, what happens? Your sense of fear, anxiety or threat diminishes.

The problem is that this type of interaction can act as an echo chamber to reinforce negative behavior or a perception of fear or threat, which results in you being closed to the opinions of other people and groups. Or you may feel a desire to eliminate them because of this false notion that they are going to threaten your existence. It is often a self-fulfilling prophecy. This is a natural state of being, unfortunately; we know that it can be activated and we have seen this happen. You alluded to the political environment, where you see groups stoking fear and anxiety to engage this primitive part of us that responds to fear or threat. This results in individuals identifying with groups that think or act like them in the false notion that this is protecting them.

Politicians and others have used this reality for their own purposes for millennia. The problem is that it is not a long-term survival strategy, and it is

...in the context of our modern global society; the reality is that what happens in one part of the world can profoundly affect another part of the world.

certainly not a long-term solution in the context of our modern global society; the reality is that what happens in one part of the world can profoundly affect another part of the world. We are no longer in this position of small hunter-gatherer tribes where we can engage in conflict in small areas and have no big effect on the rest of the world.

Frankly, our survival demands that we gain self-awareness of these issues. We need to understand this reality and also that, in fact, there are resources for all. If we change our behavior, look into ourselves, and understand the negative

Technology and digital technologies have had a very profound positive affect in many domains and allow us to live as we do today. That being said, what we do know is that for some individuals, as you point out, these types of technologies do not truly create a connection with others.

attributes that we have, and our biases toward others – we call these cognitive biases – it can actually lead to a society that works for everyone's benefit, in which we care for those who look and act like us, our tribe if you will, and also care for others outside our close-knit group.

As an example, if we took one week's worth of the monies spent every year on military technology, we could provide education for tens of millions of children from kindergarten to year 12. And that is just one week. Imagine what we could do if we markedly decreased expenditure on military technology and armies! How many people could

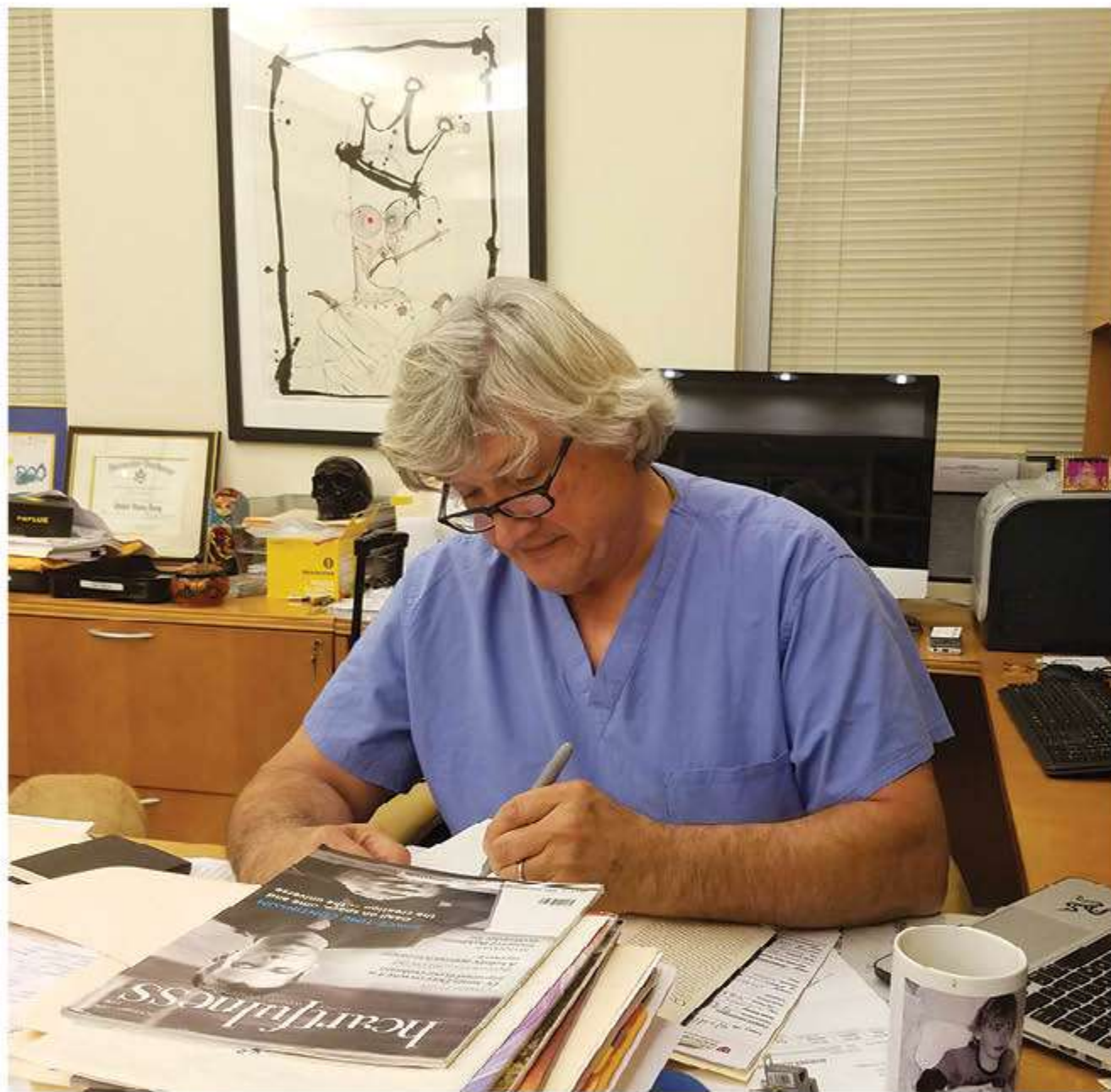
we feed? How many buildings could we build? How many people could we educate? This ultimately has to be the paradigm as we look toward the future.

Q I am curious about the effect digital technology is having on human compassion. I am reading in studies that as people are looking at screens so much and interacting with machines more and more, they have a diminished capacity for empathy and more difficulty reading facial and emotional cues from others and recognizing their own emotions. What is your sense of how the new digital technologies are affecting human compassion?

JD This is a two-edged sword. Technology and digital technologies have had a very profound positive affect in many domains and allow us to live as we do today. That being said, what we do know is that for some individuals, as you point out, these types of technologies do not truly create a connection with others. It is a reality that we as a species are profoundly social and when we do not connect with others we are lonely.

As an example, in the United States one quarter of people when they are suffering, hurt or are in pain, feel that they have no one to share that with or be comforted by. Also remember that we have an epidemic in the West of loneliness, isolation, anxiety, stress and depression. You simply have to look at whether it is digital technologies or modernity in regard to what has happened.

Two to three hundred years ago we lived in multi-generational environments and most people grew up in one part of the country. Often times their parents, grandparents, siblings and children all lived in close proximity, if not the same building.



They stayed in the same place for the entire length of their life and as a result each individual knew that they were part of a community and that community cared for and nurtured them. It accepted them for the good parts of themselves and also the bad parts and still loved them.

In modern society many of us do not have that type of environment. When growing up we often

times move from city to city, so there is no stability and acceptance in the interactions we have with others. As we become adults we move away to go to college and then have a job where we are separated from siblings and parents. We go to places where we know no one. And that creates an environment for many people of loneliness, despair and anxiety. When we include then the effects of digital technology, which can make this even worse, it can have a profound negative affect.

We also know that when a person is lonely or anxious this leads often times to rumination and makes the situation worse.

That being said, we also know that there are certain digital or artificial technologies that can have a positive benefit. Some of these are technologies that allow us to connect with people who are like us and share our interests, which is wonderful. Robots are being used to interact with people who are lonely or elderly and can potentially even perform aged care, if you will. There is evidence that we can develop a positive relationship with these artificial entities. But these artificial entities are artificial entities. They will never replace a human, even though in certain contexts they can be beneficial. So, it is a two-edged sword.

As we see the evolution of artificial intelligence and machine learning, this leads into another potentially very difficult issue, because who is behind all this? Who are the manipulators? If we examine the issues of free will, we appreciate that many of the actions we engage in are related to environmental cues on a subconscious level. We also understand now that we can be manipulated. And when there are terabytes of data on how individuals move, and we have the ability to collect and analyze immense amounts of information about an individual, it potentially means that the subconscious cues can be manipulated in very negative ways. These may have no negative effect on the savannah in Africa – in fact they were part of our survival mechanism – but in a modern environment we can be manipulated by a small group.

In some ways it is already happening; there is a whole field called Neuromarketing, which takes

advantage of our biases and utilizes this knowledge to motivate us or manipulate us to buy things or do certain actions for the benefit of others. This has to be kept in mind, because if there are no safety checks it will lead to a small group of people being able to manipulate large segments of our society.

Q I am very interested and concerned about what you are talking about. It's remarkable that there is worldwide warrantless surveillance by governments and corporations collecting data and keeping track of people. It is well beyond what George Orwell imagined. It seems people don't quite realize this is going on. With so much information generally, people seem overwhelmed and interested in one topic for an hour and then something else happens and they move on to the next item.

JD That is probably a discussion we could engage in for a long time.

To be continued ●

DrDoty is the author of *Into The Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart* (Avery, 2016) and is co-founder of the Center for Compassion & Altruism Research & Education (CCARE) at Stanford University in Palo Alto, California, USA.

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Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.

- VIKTOR E. FRANKL

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