Meditation - Heartfulnessness

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Welcome to Meditation Course - Week 2

Class Duration: 45 min

Topics:
- Getting ready
- Heart-centered Living
- Relaxation & Meditation exercise
- Thoughtful Observation & Wrap up
Mind-centered living

Decision making Mind-centered way

• Making a list of pros and cons
• Assessing all possible outcomes
• Reviewing each likely scenario

Whew! Are we exhausted yet?

• Mind is a powerful tool to use for planning, sorting details and taking action steps
• Provides guidance based on what’s happened in the past as a point of reference
• Solely mind-centered approach to life causes frustration and burn out.

“Follow your soul’s footprints, rather than your mind’s guessing’s”
Heart-centered living

- Learning to live with the heart and less with the mind, can be a difficult to master
- Mind guides us through life activities
- Matters of the heart, or situations which your mind cannot reason, inner wisdom
- Heart is our inner compass, helps us realize – “Who we are”
- Knowing “Who we are” defines our life’s purpose

“You cannot think your way into your life purpose, it can only be felt with your heart.”
Heart-centered living

How to follow Heart-centered living:
1. Don’t Over-Think or Over-Plan (Let it Go)
2. Be Honest With Yourself, say “No”
3. Right Here, Right Now, focus
4. Honor Who You Really Are, ignore thoughts of insecurities, our quirks make us unique
5. Meditation, to quieten mind and listen to the inner center
6. Trust your inner voice and have patience

Making Decisions with Heartfulness:
https://youtu.be/06fiQQOCikg
It has to “Feel Right” & “Make Sense”

If it doesn’t feel right but makes sense, pause, investigate your inner center;
What feels right but doesn’t make total sense, ask the mind to trust your heart little more;
The heart is usually the wiser of the two!
Thoughtful Observation

Record after every meditation:
- How did you feel during the meditation?
- What types of thoughts arose?
- How do you feel compared to before your sitting?

Purpose:
- Allows to look into oneself with absolute candor
- Helps increase sensitivity and maintain a balanced condition
- To Gain perspective, understanding and knowledge of our spiritual growth
“Let’s practice”: Heartfulness Meditation

Relaxation & Meditation:

http://en-us.heartfulness.org/experience-heartfulness/?target=try-heartfulness-on-your-own#
“I’ve come to believe that each of us has a personal calling that’s as unique as a fingerprint - and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you.”

- **Oprah Winfrey**

“When you see what you’re here for, the world begins to mirror your purpose in a magical way. It’s almost as if you suddenly find yourself on a stage in a play that was written expressly for you.”

- **Betty Sue Flowers**
Thank you for participating. See you next week!