

Guided Meditation

- Gently close your eyes and relax. Take a couple of minutes to relax your body, using the Heartfulness Relaxation.
- Turn your attention inwards and take a moment to observe yourself.
- Then, gently make a supposition that the Source of Light that is already within your heart is attracting you from within. Do this in a gentle and natural way. There is no need to concentrate.
- If you find your awareness drifting to other thoughts, gently come back to the idea of the light in your heart.
- Feel immersed in the light in your heart, and try to become absorbed. Remain absorbed within this deep silence for as long as you want, until you feel ready to come out.

Observe and Reflect

How long was I able to meditate?

After meditation with transmission

How do I feel now? What is my state of mind and consciousness?

Where was my attention during meditation?

Do I notice any difference in my state of mind or consciousness before and after meditation?

Any other notes/observations.
