



Now more than ever, let's meditate

Masterclass Day 1: Relaxation. Expand Consciousness.

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Recorded 24 January 2017, Monroe, NJ, USA

Transcript of 1 February 2017 Masterclass

Dear Friends,

Welcome to day one of the Heartfulness masterclass series. I am glad to be here with you.

Our sessions will be very practical. For the next few minutes I'll explain the basics of meditation and then I'll walk you through the Heartfulness Relaxation and Meditation techniques.

Decades of rigorous scientific research have addressed and endorsed the benefits of daily meditation for physical and emotional wellbeing, so I won't lecture to you and perhaps bore you with why you must meditate. What we are interested in is **how** to meditate so that we feel its benefits and are encouraged to meditate more.

Meditation is a skill. Repetition is the key to mastering this skill. The more we practise meditation, the easier we understand how it works. But if we don't feel anything, why

would we ever meditate? Instead of a feeling of peace and harmony and stillness within us, and the ability to keep our poise in the midst of our hectic lifestyles, meditation becomes a dry exercise with no joy. So experience is a must.

We would also like to experience the benefits of meditation today – not a week later, or a month later, or in a year’s time. So, we will look forward to meditating regularly when we feel and experience the promise of meditation in this instant.

Let us now adopt a scientific approach to meditation. Like a scientist who sets up an experiment, who makes observations and draws conclusions, so, too, we will take up this experiment in the field of spirituality. Let us join together and demystify the spiritual aspect of meditation. We will meditate and observe our experiences, and draw our own conclusions, based not on hearsay or faith or a belief system, but through our actual experience arising out of the meditation of the Heartfulness practice.

In Heartfulness Meditation we go into the heart. We meditate on the heart. Why the heart?

It is through the heart that we feel things.

It is through the heart that we make rightful decisions.

It is through the heart that we are inspired to act.

It is through the heart that we interact with the world.

It is through the heart that we remain creative with our ideas.

Being rooted in a peaceful and meditative heart increases our capacity to discern and make wise choices in life.

The unique feature of Heartfulness Meditation is transmission. We can evaluate the effects of this transmission with a scientific approach. Let’s take an example from the pharmaceutical industry. The effectiveness of an active ingredient or active drug is measured against a placebo. This placebo actually contains no active ingredient or medicine. And if the active drug performs significantly better than the placebo, then this new drug is considered effective.

Now with same scientific approach to spirituality, we will measure the effectiveness of transmission versus no transmission. Perhaps you may have meditated without transmission. Now you can try and meditate with transmission. In Sanskrit this transmission is known as *pranahuti*. You will experience this *pranahuti*, or transmission, during the Heartfulness Meditation and feel it for yourself.

I would like to address some other aspects of meditation.

Often people have confusion about whether to start meditation or not because when they try meditating on their own they get discouraged due to the rush of thoughts. The moment we close our eyes this rush of thoughts prevents us from meditating. We see this as our own inability to meditate. So the rush of thoughts is the biggest problem we all face when we are trying to meditate.

Second, we try to accelerate the process of meditation to somehow bring about a state of concentration, without realizing that concentration is the by-product of doing meditation. Can you concentrate? Concentration is a state not a process. We are here to practice meditation not concentration. So let's abandon this idea of concentration once and for all.

Thoughts are natural to us, just as our eyesight and our hearing are natural. What is a mind without thoughts? But through meditation we train our mind, we use its ability of thinking so that this thinking can be heightened to a creative level.

Whenever thoughts do arise in the mind, we just simply remind ourselves that, "I am meditating", whatever the thoughts may be. If we pay attention to them they will draw our own energy and they will thrive. So, whenever thoughts arise in our mind and trouble us, we just have to simply remind ourselves that, "I am meditating on the source of light."

We have to remain unmindful of these thoughts, whatever they may be. As we learn how to meditate, the thoughts will not bother us. They will simply pass like clouds in the sky.

Now, for the next few minutes we will do the Heartfulness Relaxation. It is a preliminary to meditation. Once we know how to relax, we need not go through the process, because that relaxed state of being can be invoked - we will be naturally relaxed without going through the process.

In the same way that the relaxation starts with a technique that requires a little effort and in due course becomes effortless, likewise, meditation is an effort in the beginning, but it also automatically becomes effortless. The state of a relaxed mind will help us settle down properly and we will be able to invoke this source of light in our heart in a very easy way. We will be in tune with our heart.

When this transmission is experienced while we are meditating on the source of light in the heart, then, just as a person who cannot walk uses a crutch or a cane, a person who cannot focus his mind in a relaxed way is actually able to meditate in a masterful way because of the transmission. Transmission is like a cane – it helps us to walk. Transmission helps us to dive deeper. Transmission is an instrument that helps us shift our consciousness from one level to another level.

Moreover, when we meditate with the mere idea, which is nothing but the thought that the light or that source of light is within my heart, and we are trying to meditate on that, this transmission makes us move from mere thinking to this wonderful feeling of experiencing the presence of the source of light in the heart. The outcome is very profound.

I will not colour your experience by sharing what can happen, or what will happen, during this meditation. I will not spoil this experience of yours. Let it be your own experience. Let it be your original experience.

If someone says what you should feel in meditation, then you may wonder if the effect you feel was cast by someone else's thoughts. So we will not get into this troublesome borrowing of ideas from others. Let it be our own original experience. This is what I always insist on – that a spiritual seeker who wants to find the truth for himself or herself must rely on his or her own heart's experience.

Even when someone says, "You must experience this or you must not experience that," I must be able to accept what I feel through my heart. If I am not able to accept it then that experience is not mine, it belongs to someone else.

The relaxation technique can be tried before you go to sleep, especially when you feel stressed or anxious. Try the relaxation technique on yourself, and you can experiment with your family and friends as well.

For example, if a panic attack hits you, first do this other method: breathe via your left nostril ten times. How? Just close your right nostril with the thumb and breathe through the left nostril very deeply ten times. You will be amazed to see, to witness, how easily the panic attack goes away, or how a state of anger can disappear in just a few seconds.

So now, dear friends, let's really begin with what we have been waiting for – the actual experiment.

First, I'll walk you through this relaxation technique. I hope you will thoroughly enjoy it. Immediately after that, I'll walk you through the process of meditation.

So, dear friends, are you ready to relax and meditate? Okay, let's begin then.



In Heartfulness there are no strict postures. Sit comfortably now. Gently close your eyes.

Wiggle your toes.

Feel the energy entering into your toes from Mother Earth. See its relaxing effect.

Let this energy move upward to your feet and ankles. Feel how it rejuvenates and relaxes this part of the body.

Let this energy move upward to your lower legs. Feel the de-tensioning effect of this energy moving upward to your calf muscles ... your knees ... your upper legs ... and the entire area touching the chair, including the back. Feel this energy relaxing the entire back.

Let this energy move forward relaxing the abdominal muscles ... the chest area ... your shoulders. Here especially feel the melting effect, the de-tensioning effect, in your shoulders - feel that they are melting away.

Let this energy move to your arms, feeling its effect though your biceps ... and elbows ... your wrist area, your palms, fingers and fingertips. Let this energy move and rejuvenate the entire length of your arms. It's okay if this energy oozes out through your fingertips. Let it.

Now let's pay attention to the neck muscles. Feel the energy relaxing all the neck muscles.

Let this energy move upward, relaxing all the facial muscles ... forehead ... your eyes ... lips ... earlobes ... the top of your head.

Feel this energy now flowing in a very gentle way from the feet, rising slowly upward through the steps we just followed, to the crown of your head.

If you feel like revisiting a stressed area of your body, you can pay extra attention there now until that part of the body is also fully relaxed.

Let's scan the whole system now from top to toe or, if you prefer, from toe to top.

Kindly take a minute or so to make a note in your journal of how you felt during this experience. Okay. If you have made an entry, fine.

Now we gently move into meditation. With this meditation we'll be going deeper into ourselves through our heart with the help of transmission. I'll be transmitting to you all, and I assure you that you will all feel it.



So, now, once again, let's close our eyes. Gently focus on the heart just where it's beating, two or three fingers-width below the left nipple.

Think that the source of light that is in my heart is pulling my attention inwards, and let this thought rest there.

We'll continue with this meditation for about twenty minutes, at the end of which I'll say, "That's all."

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That's all.

Before you open your eyes, take a moment and observe how you feel. Scan your whole system, your entire system. Compare your inner state from what was before the meditation to what it is now after meditation.

Perhaps you feel calmer. Perhaps you feel more relaxed. Perhaps you feel more peaceful. Perhaps you were deeply anchored in your heart. Maybe you had tons of thoughts. That's okay. You had thoughts during meditation, but can you see the difference between how you feel before and after?

My guide used to tell me that it really does not matter what goes through us during meditation. What is important is how we feel after meditation. That's more important.

At times, even after years of practice, some of us feel restless during meditation, but that's okay. It's part of the process. It's a test, and we need to overcome that. Our heart, the resources of the heart, will prompt us how to dissolve this restlessness.

As you gently open your eyes, write down your observations:

Where was your attention during meditation?

How do you feel now?

Did you have any inspirations or any great ideas during meditation?

Why we take up meditation is because we are looking to nurture a deep satisfying connection with our heart. Our aim is to nurture this connection so that we can feel the meditative state for longer and longer periods.

It is good to meditate for half-an-hour each day, but we should not leave this meditation at the end of that half-an-hour. We may actively meditate every day, but we must remain meditatively active during the daytime. There's a big difference here. To remain meditatively active during our worldly activities is also training.

We'll walk you through these classes. If you are not able to finish this training in the three classes, we'll be offering many more. We have a lot to learn.

I recommend that you sit every morning to meditate more or less at a fixed time, if it suits you. Sit for a few minutes but do it regularly. Be receptive to the transmission.

What will happen during this set of three masterclasses on meditation? The number one thing is that our heart will be prepared to receive transmission.

The second thing is to clean our system to the extent that we are enabled to do this cleaning on our own.

I'll explain in the second class tomorrow how to do the cleaning and what is it that we are cleaning. It is not that we are dirty inside. It is not that there is something terribly unwanted inside us, but there is no better word to describe something that we are trying to remove.

So, let's end today's session of meditation. I hope to see you all tomorrow. Have a wonderful day and thank you.



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