



Now more than ever, let's meditate

Masterclass Day 3: Connect. With Your Inner Self.

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Namaste and hello everyone. Welcome back. Today is the third and final masterclass in this series.

In the past two sessions we practised relaxation and daily meditation with transmission. This was to connect ourselves with our own heart. We also practised cleaning, trying to remove the impressions that hinder our connection with our heart.

Today I would like to explain in detail how we can create the conditions that will nurture the inner connection with our heart. It is easy to create the connection, and it is equally simple and easy to keep nurturing and making this connection stronger.

The process is very simple. Let's understand what happens. Generally after meditation, the deep state of meditative consciousness, also called **samadhi** in the ancient literature, lasts for a few seconds or a few minutes. How to make it possible that this high level of meditative consciousness rests with us for the longest duration possible during the daytime?

I will explain and then we will meditate together. Our practice of meditation must result in the meditative state.

Even when we are not meditating, that is, when we are at work or going about our daily activities, and especially while sleeping, the meditative state must accompany us, for longer and longer durations throughout the day and night.

So how to foster this? The key is to create a cycle of constant connection with the heart.

How do we create that cycle of constant connection? First, we start the day with morning meditation. As soon as we wake up, we try to offer to our own self a reminder that, "Yes, I am going to meditate. I'd like to connect with my Self." It is an autosuggestion. And as we remember to unite with our heart, we are setting the tone and direction for our day.

Next, the cleaning technique: it is ideal to do our cleaning at the end of the day's work, because during the day we acquire many impressions in the form of repetitive thoughts, emotions, inner disturbances, etc. So we want to remove them so that we clear our inner space, our heart space.

Finally, at bedtime, just before we sleep, we do a short meditation, a prayerful meditation. We meditate for a few minutes, bringing our attention to the light in our heart, like we do in the morning, and we set our intention, which is to be attuned to our heart at all times and to be one with the highest potential that is within us.

If possible, scan through all the day's activities, to see where we went wrong, where we need to improve. And resolve at that time through this meditation, in a very subtle way, in a very gentle way, how not to repeat the same mistake again.

This resolution is improvement, and such constant improvement in ourselves makes us better and better all the time. I would like to call this continuous improvement.

So, at bedtime, we kindle our longing for this inward connection to deepen, knowing that the guidance we need is also within our heart. Our heart is now our guide.

As we go to sleep, this connection continues in our subconscious, making it easier for us to meditate the next morning. Thus we are also able to make use of the idle unproductive hours of sleep. Sleep no doubt gives us rest and helps us recuperate our system at a physical level, but now we are also trying to make use of these hours of sleep for improving our consciousness.

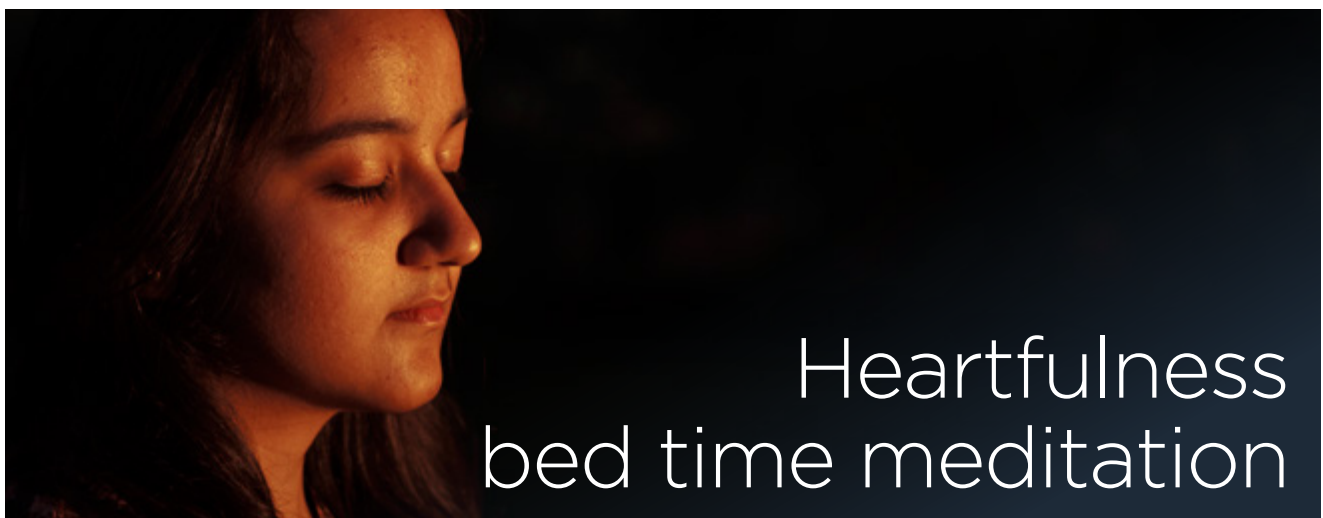
In the Yoga Shastras, we see the progression from *sushupti* or deep sleep into the *turiya* state, the fourth condition, which is described so highly. Maybe in the future we will be able to discuss more on the *turiya* and *turiyateet* conditions, of the fourth state and the stages lying beyond.

Anyway, the first thing we do consciously in the morning is to connect, and the last thing we do at bedtime is to bring this conscious connection with ourselves into the subconscious while we go to sleep.

And over time, through repetition and through fashioning a routine, through the cycle of connection, we expand our capacity to be attuned to our heart and the highest potential within us at all times.

That is also why I recommend you to fix a regular time and set aside a regular place for daily meditation or practice. A routine helps tremendously. It is like establishing a biological clock in our system.

Okay, so dear friends, now more than ever, let's meditate together.



Gently close your eyes. We will be meditating now.

Please sit in the same comfortable posture, with your attention drawn very gently towards the heart.

Think that “The source of light which is already present inside my heart is drawing my attention inward, it is pulling my attention inward.”

If thoughts do arise, just gently remind yourself that we are in meditation, meditating on the source of light.

Let us rest our attention in the heart, feel the longing that is there in the heart to be one, and the highest one can be. Call upon this deepest Self for guidance. Try to go deeper within.

Once this process of meditation is over I will say, "That's all." That is when you open your eyes.

So, let's meditate.

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That's all.

So dear friends, please make a short note of how you felt after this meditation. Let's take a few moments to gently observe how you felt, scan the whole system, your entire body, your mind and your heart. Stay in this condition and allow it to settle in you.

You can make some notes:

Where was your attention during the meditation?

How do you feel now?

Any inspirations and ideas during meditation?

Write them in your journal. Of course, it will take more than one session to feel progress. But I emphasize that your condition, your confidence in mastering the techniques, and in tracking and validating the results for yourself, is what Heartfulness Meditation strongly recommends.

When I offer this meditation at bedtime, I often remind myself what is helping me to transform myself to become a better human being. What is it that has actually drawn me back or pulled me back from my onward journey, that is preventing my evolution at a consciousness level?

Doing unwanted things brings us down, and doing generous acts of kindness, compassion, empathy, etc., seems to be uplifting for our spirit. Well, anyway, it is for

each one of us to decide and conclude at the end of our day's activities, just before bedtime, and remind ourselves what to do and what to avoid.

We are now coming to the end of our session. Every day you will have newer, deeper and longer-lasting experiences, I assure you. I promise you, you will have them. Like any other skill, meditation requires discipline. Practise and witness the results.

And one last thing I would emphasize: when you meditate, do it with a joyful heart, a joyful attitude. Meditation must be a joyous exercise. Only then can we master it.

Namaste and thank you.

