

# **Connecting the Dots (Mechanics of Heartfulness Meditation and HeartsApp)**

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## **Abstract**

Heartfulness (HFN) is a simple practical method to experience heart's unlimited resources. It includes guided relaxation, and a meditation technique with yogic transmission. Heartful Institute has developed a HeartsApp to practice HFN and is illustrated here. This app can be downloaded from Heartfulness.org without any charge and is free to use 24 hours/ 7 days all over the globe. Since the Covid-19 outbreak, the application of meditation and HeartsApp has increased multifold. Just like, one can describe the taste of mango only by eating; one knows the effect of meditation with transmission by practicing. Key features including, Meditation with a trainer, Guided practice with introductory sessions, Master classes with Daaji (Heartfulness global Guide) and Lifestyle in a Heartfulness way are given in this study.

## **Keywords**

HeartsApp, Heartfulness Meditation, Lifestyle, Transmission, Relaxation

## **1. Introduction**

On May 15, 2014 morning, I was watching a ZEETV show. The speaker was saying that it is amazing, how we give lot of importance to material success and no importance to the job for which we were given opportunity to incarnate on the planet earth. From birth onward, we spend time to get good education, be competitive to get high education in reputable universities and work hard to obtain good jobs and make lot of money. Many of us spend whole life accumulating wealth and leave that money to children. Most of the time the inheritance left behind is not properly used. Children, for whom the property is left don't even need the property. While living we don't even give the material assets for meaningful use by the needy. Instead, we need to spend time to use the wealth for making life more meaningful. What an unfortunate state of affair. This idea has been in my mind for quite some time. This should be brought to the people's attention. Everybody should pay more attention to their contract with God than to the arbitrary things on planet earth. The Heartfulness meditation connects us with inner self and alerts us to do what is required not what is desired.

Key features including, Meditation with a trainer, Guided practice with introductory sessions, Master classes with Daaji (Heartfulness global Guide) and Lifestyle in a Heartfulness way are given in this presentation. Meditation helps create synergy amongst physical body, subtle body and causal body for leading a purposeful life with harmony, compassion and generosity. Figure 1 shows the HeartsApp and Figure 2 shows the human body constituents. Meditation helps create synergy amongst these constituents for leading a purposeful life with harmony, compassion and generosity.

## **2.0 What is Meditation?**

Meditation means thinking one thing continuously. Heartfulness meditation is heart based meditation [1,2]. We sit comfortably and gently close our eyes. Then assume the source of light present in the heart. If thought comes don't pay attention to it. Let it go. Consider it as uninvited guest. Do this for about 30 minutes. Heartfulness trainer can guide you to do it effectively. These trainers are available all over the world, free of cost. Just google Heartfulness Meditation, you will find one nearby. Also use downloadable free HeartsApp which will help you to do meditation

anywhere. The capabilities of HeartsApp are given in this article. AT the end of the article, you will gain insight into the practice of Meditation.



Figure 1. HeartsApp Downloadable

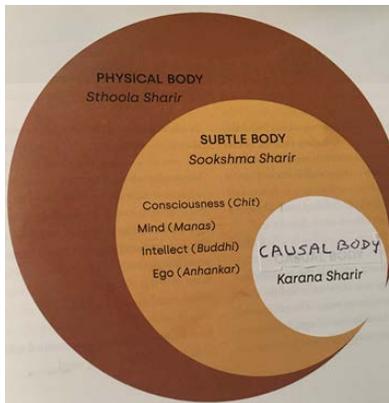


Figure 2. Human Body Constituents

### **3. Balance**

Several things attract our attention for example social life, career, money, etc. and we are invariably pulled towards them. We are so lost in our daily lives that we don't even realize that there is a lack of balance. As a result we feel the absence of something that we are unable to explain. We feel the necessity to pause and reflect on the prevalent situations. Even if we do pause, we realize that our mind is not stable and is constantly thinking of different activities.



Figure 3. The effect of too much mental load causing imbalance

This article attempts to provide information as to how to integrate meditation into your daily life and learn how to start the practice (Figure 4). Also, what is HeartsApp and how to use it; which is very simple and effective? As much as we need the material life to eat, sleep, live comfortably (Figure 3), it needs to be balanced with the spiritual life (Figure 4).



Figure 4. Need for balanced existence

#### 4. HeartsApp

Figure 1 is the HeartsApp symbol. Figures 5 to 10 show the screen images from HeartsApp for meditation practice. Touching this symbol in your phone will open the window given in Figure 5. This window provides data pertaining to meditation sessions going on at that time, trainers available and individuals waiting to receive meditation session. If you are a trainer then you have two choices to offer your availability to provide meditation sessions using red marks. Following that are 4 choices; 1) Meditate with a trainer, 2) Guided Practice with introductory sessions, 3) Master Classes with Heartfulness meditation leader, and 4) Lifestyle with a Heartfulness way. One can make an appropriate choice to proceed with meditation practice.

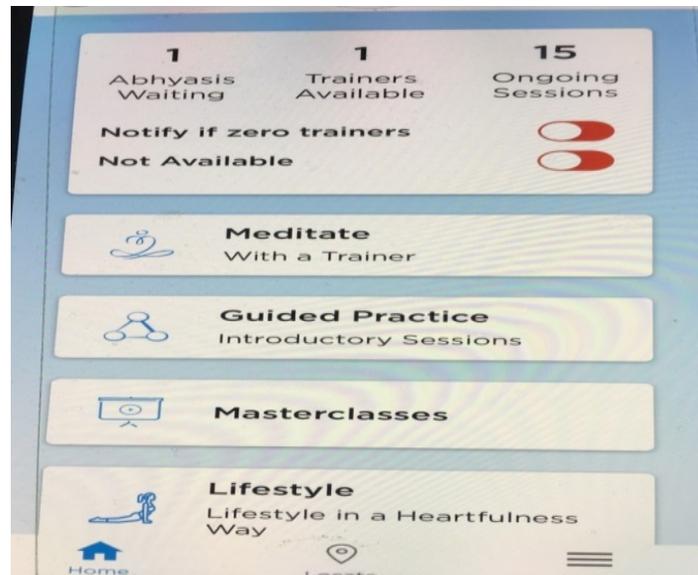


Figure 5. HeartsApp options

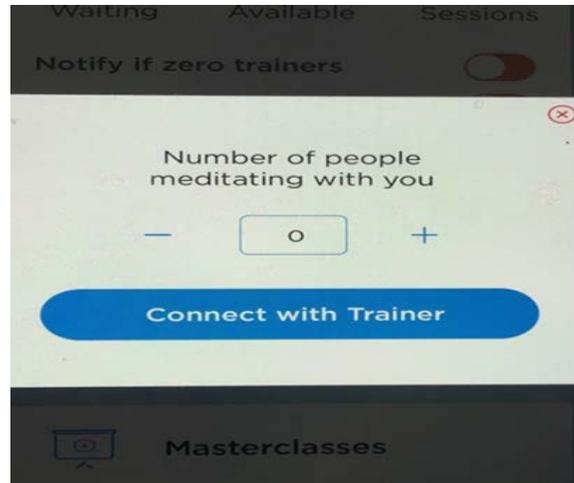


Figure 6. Meditate with a trainer

#### **4.1 Meditate with Trainer**

Trainers are available 24/7 all over the globe. On selecting this one gets a screen given in figure 6. The choice will connect you with a trainer based upon the availability of trainer. Heartfulness Institute has trainers available anytime to serve the the interested individuals. Just try it and see what you get.

#### **4.2 Guided Practice**

Figure 7 shows the result of selecting guided practice – introductory sessions. These are recorded sessions to start meditation practice. Further steps are self explanatory. Meditation practice involves relaxation, meditation, cleaning and prayer. Appropriate selection provides a video and relevant description. One can find a trainer in the region for personal guidance.

#### **4.3 Masterclasses with Daaji**

Figure 8 shows the description for masterclasses. In this case Heartfulness global leader (Daaji) explains the meditation and provides a guided practice session for starting the practice. There are 3 sessions on Day 1, Day 2 and Day 3.

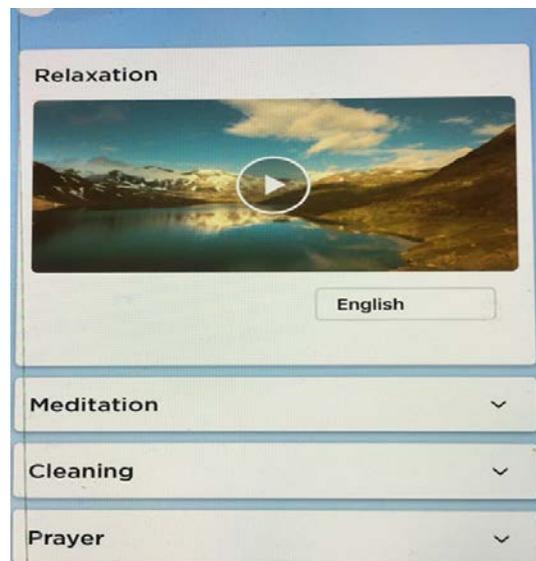


Figure 7. Guided Meditation

On Day 1, Daaji explains and guides you to relaxation practice with him. Relaxation prepares one to do meditation on the source of light in the heart effectively by promoting physical and mental calmness.

On Day 2, Daaji explains the cleaning method, also known as rejuvenation technique, to lighten the mind from day's impressions causing stress and heaviness.

Day 3, and final day of Masterclasses consists of a process of connecting yourself with your inner self, observe your deep feelings consequently weave your own destiny.

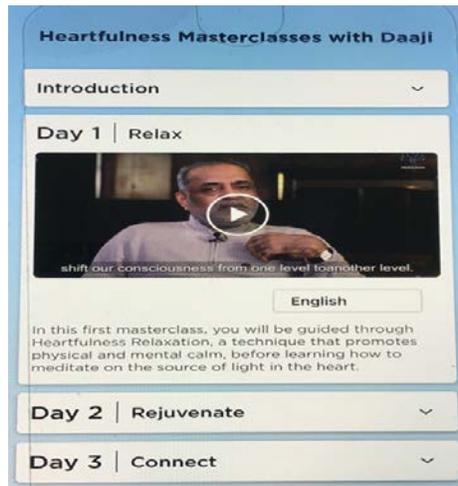


Figure 8. Heartfulness Masterclasses with Daaji

#### 4.4 Lifestyle

Item number 4 given in Figure 5 is Life Style adjustments by following Heartfulness meditation and associated principles. Key elements disturbing life are stress, fear and anger detoxification. The simple guided procedures to detox these elements are shown in videos given in Figures 9 and 10.

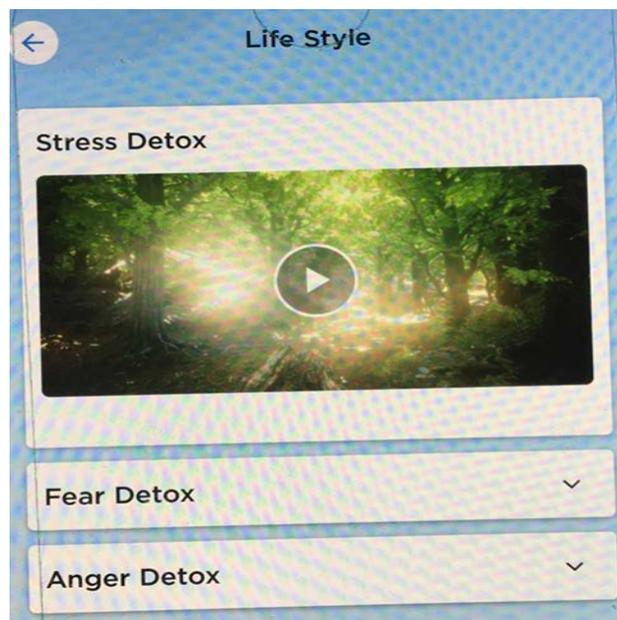


Figure 9. Lifestyle (Stress Detox)

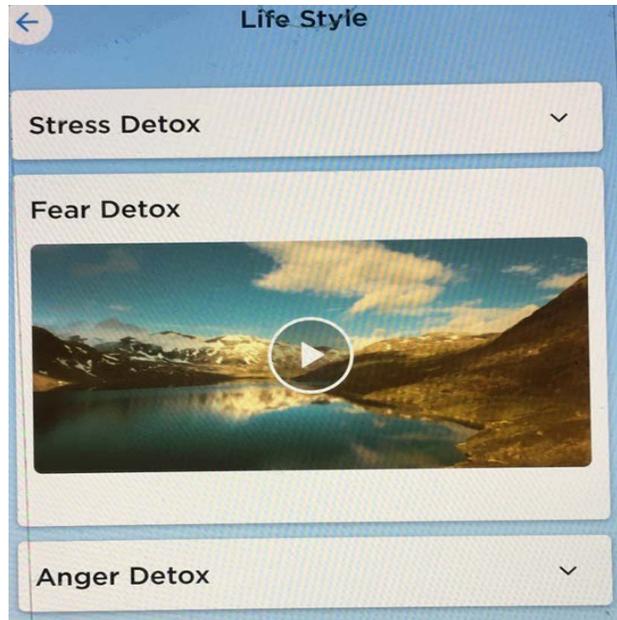


Figure 10. Lifestyle (Fear/ Anger Detox)

## 5. Transmission

Figure 11 shows a visual illustration of HeartsApp, meditation and transmission in the mechanics of Heartfulness meditation. Bottom symbol shows the heartsApp, middle symbol shows the assumption of source of light in the heart and top symbol shows the transmission of divine energy showered in to the heart to nurture inner transformation.

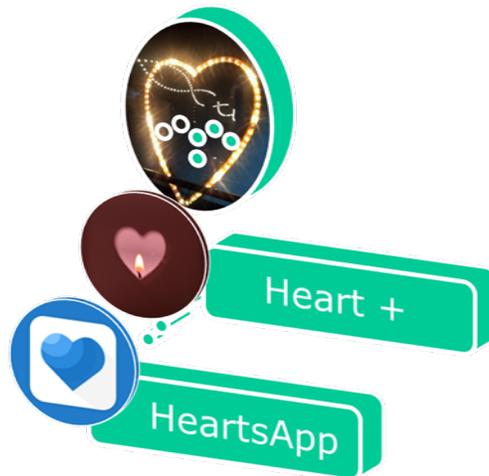


Figure 11. Bottom to top (HeartsApp, heart with source of light and heart with transmission).

## 6. Summary

Heartfulness is a heart based meditation. Different steps consisting of morning meditation, evening cleaning, prayer for practice are demonstrated in the HeartsApp. This helps to strike a balance in a meaningful existence. It is a simple but challenging practice followed all over the world. Free downloadable HeartsApp is illustrated.

### **6.1 Morning Meditation**

For maximum benefit, it has been advised to do morning meditation before sunrise. Sit comfortably with closed eyes. Think that the source of light is present at the heart. Don't try to look for light. It is just an assumption. Say the prayer given below once. Sit in meditation for half an hour to 45 minutes. Try to be unmindful of the thoughts arising during meditation.

### **6.2 Evening Cleaning**

Sit for 15 minutes to half an hour with a suggestion to yourself that all complexities and impurities including grossness, darkness etc. are going out of your body from the back in the form of smoke or vapors. In its place sacred current of divine grace is entering into your heart from Master's heart. Do not meditate on those things you want to get rid of. Simply brush them off.

### **6.3 Prayer**

*O Master!  
Thou are the real goal of human life  
We are yet but slaves of wishes  
Putting bar to our advancement.  
Thou art the only God and power  
To bring us up to that stage.*

Just before going to bed at night offer the prayer. Proper and most effective method of prayer is to sit in a supplicant mood and repeat the same mentally twice or thrice. Then begin to brood over its meaning/ sense and try to get lost in it and sleep.

### **References:**

Kamlesh D. Patel and Joshua Pollock, "The Heartfulness Way", Reveal Press, 2018.  
Kamlesh D. Patel, "Designing Destiny, "The Heartful Way", Wetland Publishers, 2019.

### **Biography**

**Dr. Soni** has PhD from University of Roorkee (renamed as IIT Roorkee) India, 1972. Dr. Soni has more than 40 years of experience in teaching and research related to systems engineering design, analytical and experimental mechanics of composite materials and structures. Dr. Soni retired from AFIT in December 2011. Before joining as an Associate Professor in Air Force Institute of Technology in December 2005, Dr. Soni was involved in AdTech Systems Research Inc. as President and CEO for more than 20 years (1984- 2005). He has worked as a senior Scientist for the University of Dayton Research Institute (1981- 1984) conducting research in composite materials and structures. Dr. Soni's recent studies include: a) Cost modeling of composite Aircrafts; b) Systems Engineering Approach to Integrated Health Monitoring System for Aging Aircrafts; c) Ballistic response of co-cured adhesive bonded composite joints; d) Bonded and Bolted Joints which resulted in a fully documented software package called **BBJ**. Dr. Soni is author/ co-author of 100+ research publications in the field of mechanics of solids and structures with special emphasis on composites. Dr. Soni is a Fellow of the American Society for Composites, has been an Associate Fellow of AIAA and a member of SAMPE. He has won numerous awards including Co-author of Air Force Materials Laboratory's Cleary Award publication, State of Ohio Edison Emerging Technology Award, Enterprise Spirit Award of Kettering Moraine and Oakwood Chamber of Commerce; and Engineering Science Foundation (Affiliate Society Council) Award for Outstanding Professional Achievement for his accomplishments. Dr. Soni is a Heartfulness trainer for more than 30 years.

**Mrs. Gita Soni** has Master of Science (Statistics), Wright State University, Fairborn, Ohio, 1983. She has taught Mathematics and Statistics in Wright State University. From 1986 onwards, Mrs. Soni worked as Chairman of Board of Directors of AdTech Systems Research, Inc., Beavercreek, Ohio. She was responsible for corporate accounting receipt and payment. Mrs. Soni is a Heartfulness trainer for more than 30 years.