

## **HFN Meditation Leads to Efficiency in Any Profession**

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### **Abstract**

Heartfulness (HFN) Meditation has proven to be very affective in nurturing balanced lifestyle in practitioners [Patel, 2023, Soni and Soni, 2021,2021,2024]. Meditation consists of 3 steps involving meditation, cleaning and night prayer integrated with yogic transmission. In meditation one assumes the presence of divine light in the heart and if a thought comes don't pay attention to it. In this step one trains his mind not to pay attention to thoughts. In real world, we get thoughts which are only 10% are worth attending to. This training of paying attention to 10% useful thoughts helps one to be 10 times efficient in conducting his duties. Further, a continuous systematic practice provides inner peace, settled-ness and acceptance. Through this practice one starts seeing hidden guidance through even unacceptable happenings. This paper gives a set of experiences encountered in the process. One is related to conflict in the schedule and acceptance resulted in an efficient outcome. Second is effect of meditation to treat the fatigue because of radiation therapy. In October 2023, we had a conflict of interest between treatment and participation in IEOM conference in Dubai. The acceptance emerged into the situation that resulted into accomplishing both tasks very efficiently.

### **Keywords**

Heartfulness Meditation, physical body, lifestyle, peace

### **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 the 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). Dr. Soni's recent studies include: a) Cost modeling of composite Aircrafts; b) Systems Engineering Approach to Integrated Health Monitoring System for Aging Aircrafts; and c) Ballistic response of co-cured adhesive bonded composite joints. 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 and A Google Scholar. 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. Co-author of First place winner of IEOM international Conference, Lisbon, Portugal in Modeling and simulation competition 2023. Dr. Soni is a Heartfulness meditation 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.