



heartfulness

Relaxation | Meditation | Detoxification
Stress Management | Consciousness

Meditate with us in person

1. Heartfulness Meditation Center,

Mon-Fri: 6, 7pm. | Sat: 8,9 am | Sun: 9am

2230 E Parham Rd. Richmond VA

**Note: Meditations at 6pm on Wed, Fri and 9am on Sun are larger groups*

2. Charter Colony Club House (Check HeartfulnessVA.org for exact time)

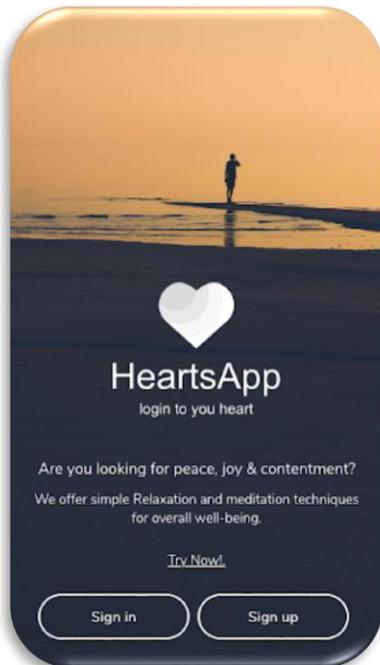
1101 Charter Club Way Midlothian VA 23114

3. Wyndham Swim & Racquet Club

Monthly 1st Wednesday 6 PM

6401 Old Wyndham Dr. Glen Allen VA 23059

Meet and Meditate with us online!



Study buddy



YOU-NIVERSITY

Meditation &
The Evolution of
Consciousness

In this video series,
you'll learn tools for
living a happy and
fulfilling life.

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www.Heartfulness.org
/Masterclass



HeartfulnessRVA

www.HeartfulnessVA.Org



Practice Elements

Morning Meditation <Recommended to do for 20 mins before you begin the day>

1. Gently close your eyes
2. Breathe and relax
3. Move your attention to the heart
4. Imagine that source of love and light in your heart is illuminated from within
5. No need to see anything. Rather, *feel* your heart illuminated from within
6. Rest in the feeling
7. If the mind moves [away from the heart]—gently bring your attention back to the heart
8. Rest and relax

Note: Having thoughts during meditation is normal. Just ignore them and bring your attention back to the heart

Evening Cleaning <Recommended to do for 20 mins at the end of your day>

1. Gently close your eyes
2. Make a determined thought that all the day's impressions are leaving
3. Imagine them leaving out your back from the top of your head to your tailbone in the form of smoke or vapor
4. Just visualize and stay with the smoke or vapor leaving for about 15 minutes
5. After 15 minutes (or when you start feeling light), gently feel that light from the front is filling up your heart. Stay with that thought for about 3 to 5 minutes.
6. Rest and Relax

Bed time Reconnection <Recommended to do for 5 mins before you go to sleep >

1. Sit comfortably in bed
2. Create a humble attitude
3. Connect with your heart and meditate on light and love in the heart for 5 minutes
4. Retire to bed with this meditative attitude

Helpful Links

- Heartfulness Relaxation <https://tinyurl.com/relaxanytime>
- Heartfulness Meditation <https://tinyurl.com/meditateanytime>
- Heartfulness Cleaning <https://tinyurl.com/detoxanytime>

Note: Heartfulness Institute is a non-profit service organization and there is no cost to start or continue the practice.