



Contents

Heartfulness Report, USA	Page 4
Fremont, CA	Page 4
Dayton, OH	Page 9
Charlotte, NC	Page 12
Toronto, Canada	Page 12
Northwest Region, US	Page 14
Western Region, US	Page 16
Chicago, IL	Page 17
Louisville, KY	Page 19
Temples	Page 19
Stratford, CT	Page 20
Columbus, OH	Page 20
Detroit, MI	Page 20
Indianapolis, IN	Page 22

Master's Talk on Heartfulness

6th December 2015, Sunday –
Monroe Meditation Center, New Jersey

Respected Elders, dear sisters and brothers,

We have completed six months since implementing Heartfulness [HFN] worldwide. Since then, the Sahaj Marg Spiritual Movement [SMSM] has taken on new life in the hearts of many of our abhyasis. Remarkable enthusiasm and fervor have spread throughout many corners of the world, but more so in India. In some locations, HFN has enabled us to introduce thousands of newcomers in one go. It has allowed us to form partnerships with various organizations, which are now hosting regular satsanghs at their respective places. While we may not be observing a swell in regular satsangh attendance at our local centers, we also have many new venues for satsangh: in colleges, corporates houses, and in government and private offices. In some colleges, we have established a regular twice-a-week satsangh. Other colleges have sanctioned us to conduct daily satsanghs. In other institutions, there are many similar scenarios. All the participants of this Sahaj Marg Spiritual Movement must be congratulated for listening to its clarion call, accepting its message in their hearts, and for carrying it into their communities so that it may be heard by multitudes.

How to take the Sahaj Marg Spiritual Movement forward?

Whether seekers or non-seekers, each individual should be treated as one of us. The idea that only we are on a spiritual expressway and that others are not must not be entertained at all. We must abolish the idea that others are non-abhyasis. If someone else wants to think it so, let it be his or her prerogative, but we should not fuel this idea of separateness. Every newcomer and participant in our relaxation technique should be encouraged and enabled to make others in their circle experience the beauty of Sahaj Marg, initially by





enabling them to provide a taste of relaxation to others. Heartfulness is paving the way forward without any resistance and touching the hearts of seekers from many faiths. Many spiritual movements will join us and as per Pujya Shri Babuji's vision, Sahaj Marg will be at its core. Looking from this perspective, can we afford to consider ourselves as a privileged lot or as superior beings? Our prayer, which speaks of "we," "our," and "us," clearly provides the vision, to go beyond oneself and include others in this all-inclusive SMSM.

In the video, Love Him who Loves All, our Beloved Master quotes Babuji Maharaj: "Parthasarathi, it does not matter why people come to me. Maybe for peace of mind or maybe something very small. It is my duty to teach what they should be looking for from Sahaj Marg."

That is Heartfulness! Welcoming all seekers for whatever reasons they may come, but slowly and with undemanding and kindhearted encouragements, we let them become aware of the true need for spirituality and what it stands for. We cannot alarm them, frightening them away by saying that Sahaj Marg is for the final merger and those with lesser goals may not come to us. Is that how we would feed an unwilling child? Would we say, "Eat what I am giving you, or else get up and leave!"? Sahaj Marg transmission is the sweetest nectar available today to mankind. We must not make it unpalatable or unacceptable through our conduct and behavior, but rather act as a bright and colorful flower, which magnetizes wild bees and provides sweet nectar.

Let us now dream together, visualizing a world that is inhabited by loving hearts imbued with Divinity, with abundant Grace pouring all around. There have been many messages like the one below, in which Babuji encourages us to visualize such a world and requests us to transcend the purely personal approach, to incorporate into our practice the idea of our Mission's expansion.



Wednesday, May 12, 1999 – 10:00 a.m.

I approve your desire. One can achieve much with one's mind and through visualization; you know it. Never stop proceeding in this way. Do it with joy and unfailing enthusiasm. Seen from that point of view, your role is even more active. When this work is presented in the necessary form, it will become constructive.

"It's all possible in this area. It is necessary to go beyond one's practice, even if it is rigorous. By having in mind, strongly, this idea of the expansion of the Mission, by seeing it being established across the entire world for the good of humanity, you act.

"A current of thought cannot be stopped when it is right. Such an effective and so simple way is accessible to all. Let us jointly express wishes so that a growing number of human beings can benefit from them and reach higher planes.

"Thus will we progress towards the golden age."

— **Babuji**

The Sahaj Marg Spiritual Movement requires tremendous forbearance and understanding of Sahaj Marg. Let us approach seekers with Heartfulness, whether through home gatherings, at schools or colleges, at public or private offices, or at temples or churches, and share the Sahaj Marg message of the Shri Ram Chandra Mission with one and all.

With prayers to the Great Master for His love and blessings,

— **Kamlesh D. Patel**



A sea of change is taking place . . .

— Chris Mills (next page)



Indianapolis, IN
(more photos on page 23)





Heartfulness Report, USA

Chris Mills, San Francisco, CA

A sea of change is taking place in the living rooms, doctor's offices, community centers, city parks and corporate offices across North America. Several months ago, Kamlesh bhai gave us the simplified approach of Heartfulness Meditation, but there has also been a major shift in receptivity to the message. We appear to be approaching 'super-conductivity' – a condition where there is little or no resistance to the discussion of meditation. Individuals, community leaders and business managers are searching for real solutions that will improve the dynamics, relationships and experiences in our culture. People are searching for ways to reduce anxiety and stress and to develop a more meaningful life. It is simultaneously humbling and invigorating to be part of this conversation and movement taking place right now in the world. To quote Kamlesh bhai, "the wave is already there."

The Heartfulness approach has been designed in such a simple, practical yet soulful way, that the experiences in these workshops, meetings and group meditations are palpable and transformative. Through the approach of Heartfulness, the pioneering spirit is taking hold and we are now picking up the pace as a spiritual movement within North America.

We welcome you to read through these articles on our current endeavors. Hopefully these articles will stimulate your hearts and give you ideas on developing meditation programs in your community, school or business. As you read through these articles, you can feel that the Masters are with us guiding the way. And, we also realize that this is just the beginning.

Fremont

Heartfulness for Presenters in Fremont

Fremont abhyasis

Our Beloved Master Kamlesh bhai's birthday celebrations, September 2015, sparked a very valuable and pertinent exercise at the Fremont Ashram—a practical workshop on preparing for Heartfulness workshops!

Spearheaded by brother Santosh Sreenivasan, the program was germane to the current evolutionary stage of the Heartfulness movement. The primary motivation behind the workshop was to have all abhyasis feel enabled and encouraged to conduct a Heartfulness session. The workshop addressed the following objectives:

- **Preparing for a workshop** – How to get the word out
- **Conducting a workshop** – How to conduct the actual session
- **Support offered after a workshop** – How to follow up after, with the latter two objectives assuming greater importance.

There was a short slide presentation on the first point above, urging us to bear in mind the intended audience, suitable location, timing, simple communication and build up of interest (for the workshop). We were to simply ask ourselves the question, "Why are we doing this?" and when we got reminded of the noble purpose, the attitude would be influenced very positively.

A mock-up of a workshop followed this brief note in groups of five; each group had a facilitator, an observer and a small audience. Each group walked through the entire sequence of a Heartfulness session, covering a brief introduction of the presenter/facilitator, along with setting the tone for the workshop. The use of simple language and very concise verbiage was emphasized. The elements conveyed to the audience at this stage



were regarding the importance of 'experience over explanation' and the format that would be presented (i.e. meditation without transmission followed by meditation with transmission) hence underlining a scientific approach to the process of meditation.

The presenter then went on to actually conduct the session; giving instructions for meditation without transmission, followed by guided relaxation, and the meditation with transmission; in short, the simulated session was conducted adhering very closely to an actual one, albeit abbreviated in terms of duration.

After this exercise concluded, the groups provided feedback to each other on some of the questions that came up and how they were able to address them. There was a Q&A session with brother Santosh covering some concerns and issues that came up during the roleplaying, and it exposed all to the little details that one needs to bear in mind while conducting a workshop.

Many questions were posed, the most common being, "What is yogic transmission?" His take on this, as well as on any other question, was to keep the answer as short and simple as possible. For example, one could say, "It is a natural energy that one can use to meditate better". The key aspect was to direct the members of the audience to have their own experience by meditating.

He then went on to provide some take-aways for supporting aspirants after the workshop. 'Heartful' communication was the crux of it. Interested seekers could be directed to take meditation at their own pace, with abhyasis offering as much support as possible, without overwhelming them with too much information. To this end, there were 'Stages of Practice', a series of PDF documents that could be circulated based on the aspirants' interest level.

This simulation gave all abhyasis a first-hand experience of an HFN workshop and a tremendous amount of confidence. Each one came away feeling inspired to

conduct one in their local community or workplace. It is indeed very heartening and deeply empowering to be involved in this blessed movement in such an intimate way, with Master's powerful words heralding its execution.

"We will be guided at every step of the way while this movement is taking shape. To be guided is like to be inspired, to act in newer ways that no one has taught as yet. The inspiration from above will be palpable to the extent that our heart is silent. This can happen in the depths of our heart. For this, more than ever our practice will determine the quality of our reception of inspiration and execution in our work."

- Respected Kamlesh bhai

[through email correspondence to Heartfulness team]

(Abhyasi Bulletin: No: 2015.111 Tuesday,
22 September 2015)





“The term (Heartfulness meditation) came on its own when we were discussing mindfulness and awareness. This is all about feelings. Our entire life is led by feelings and inspirations, and that is the role of the heart. And when we manage to listen to the feelings and capture the inspiration that comes from within, I think we can master our life by listening to the heart again and again. And the whole exercise of fine-tuning the heart with the mind is through this meditation on the heart. That is why we call this process Heartfulness meditation.”

- *Revered Kamlesh bhai*

(Interview on Heartfulness, May 16, 2015, Lyon, France)

Since Kamlesh bhai’s initiative of Sahaj Marg as part of the global spiritual movement, we have been giving Heartfulness sessions in the community as well as conducting them regularly at the Fremont Ashram.

Heartfulness sessions at Fremont Ashram

The Heartfulness sessions focus on ‘experience over explanation’. So we start with a brief five-minute introduction. In order for seekers to feel the difference in meditation, we offer a scientific approach of meditation both with and without transmission. First we invite participants to meditate on the suggestion of divine light in the heart for ten minutes. We encourage attendees to jot down their experience and their state of mind in the notepads provided. Then we give the Heartfulness relaxation technique, leading into a thirty-minute meditation with transmission. We conclude requesting that people make observations again, and share their insights. To avoid getting too mental, and to keep the atmosphere light from the meditation, we save questions for one-on-one sessions later. At the end of the session, we make sure to get the attendees’ email addresses and their interest in getting started. We follow up via email to schedule their initial three sittings with preceptors.

We have received mostly positive feedback from participants, who say that they feel calm and peace and also that there is a notable difference between the initial meditation and the one with transmission.

Heartfulness community events

As the Heartfulness initiative is about global awareness, we continue to contact local communities where there is openness to learning about the benefits of meditation. So far we have approached local yoga studios, wellness related facilities and local corporations and have conducted at least one session a month. We have also conducted impromptu Heartfulness sessions at community events, which have all had different flavors of participation and results.

For instance, when Worlds Yoga, Saratoga celebrated its third anniversary a Heartfulness team was invited to mingle. We connected to about twenty people, handed out rack cards and conversed with them about Heartfulness meditation.

For International Yoga Day, the Consulate General of India, San Francisco and Eye on India hosted an event at the San Jose City Hall Plaza. The program included many aspects of Yoga presented by various Bay Area Organizations. We were invited to conduct a 20-minute Heartfulness meditation session. We conducted the relaxation technique and a 15-minute introductory meditation. People responded saying that it felt very clear and connected.

We participated in Sevathon, a local event serving as a social and service platform and reached out to the local community to bring awareness of Heartfulness meditation. The need to meditate seemed to resonate with several of the participants whom we approached and they showed keen interest in starting. A few of them have scheduled their initial sittings with preceptors.



The World Inter-Faith Harmony picnic was a unique community event, organized by local inter-faith community leaders and public service officials, in Fremont's Meyer Park, to promote harmony and awareness among the local residents of diverse groups and different faiths. It was well attended by several County Assembly member assistants, church ministers, public service officials and local residents. We spoke with a minister who said that she and her team are working with community leaders to open their church to provide mental health services; a faith programs coordinator who works with several inter faith groups to help coordinate volunteers who build affordable homes (HabitatEBSV.org); and a minister who said his church is open weekly to provide wellness programs. Several local residents expressed interest in Heartfulness meditation. As one Heartfulness team member commented after the event, "I personally learned a lot today about how these different groups come together to work for the good of the community. I hope we can also try something new to include more of our local community in our Mission."

Recently, we also conducted a well-received Heartfulness session at the local Ericsson Corporation. A very brief 5-minute overview was given, followed by the relaxation audio and 20 minutes of meditation with transmission. There was a short Q&A after which we distributed the rack cards and collected the attendees' email addresses. Some people expressed interest in having a regular group meditation.

As the initiative gains ground, we are very open to receiving suggestions regarding companies or organizations that could benefit from a series of Heartfulness sessions. Echoing Kamlesh bhai's words, we go about this always remembering that it is how much we have touched the hearts of those we meet that matters most.



World Inter-Faith Harmony Picnic, Meyer Park

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This brief note was followed by role playing a workshop in groups of five; each group had a facilitator, an observer and a small audience. Each group walked through the entire sequence of a Heartfulness session, including a brief introduction of the presenter/facilitator, along with setting the tone for the workshop. The use of simple language and very concise verbiage was emphasized. The elements conveyed to the audience at this stage were regarding the importance of ‘experience over explanation’ and the format that would be presented i.e. meditation without transmission followed by meditation with transmission hence underlining a scientific approach to the process of meditation.

The presenter then went on to actually conduct the session; giving instructions for meditation without transmission, followed by guided relaxation, and the meditation with transmission; in short, the simulated session was conducted adhering very closely to an actual one, albeit abbreviated in terms of duration.

After this exercise concluded, the groups provided feedback to each other on some of the questions that came up and how they were able to address them. There was a Q&A session with brother Santosh on some concerns and issues that came up during the roleplay that exposed all to the little details that one needs to bear in mind while conducting a workshop.

Many questions were posed, the most common being, ‘What is yogic transmission?’ His take on this as well as on any other question was to keep the answer as short and simple as possible. For example, one could say, “It is a natural energy that one can use to meditate better”. The key aspect was to direct the members of the audience to *experience* for themselves by meditating. He then went on to provide some take-aways for supporting aspirants after the workshop. ‘Heartful’ communication was the crux of it. Interested seekers could be directed to take meditation at their own pace, with abhyasis offering as much support as possible, without overwhelming them

with too much information. To this end, there were ‘Stages of Practice’, a series of pdf documents that could be circulated based on the aspirants’ interest level.

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- *Rev Kamlesh bhai*

from an email correspondence to the Heartfulness team

(Abhyasi Bulletin: No: 2015.111 Tuesday, 22 September 2015)





Dayton

Heartfulness Programs in Beavercreek, OH

Uma Mullapudi, Beavercreek, OH

There have been numerous Heartfulness initiatives in Beavercreek recently. Several are described briefly below.

We had a great Heartfulness session with 27 Wright State University employees through their Employee Wellness Program. The Director of Wellness sent an email to 3,000 university employees with the Heartfulness.org website and an invitation to come experience this meditation on Thursday, May 28th, at 12 noon during their lunch hour. They received a brief introduction about the meditation followed by guided relaxation and group meditation. Five people started from this group. We had a follow up program where 60 employees of Wright State signed up and 35 people started from this group. Now we hold a weekly campus satsangh on Fridays at noon. And every month we are introducing participants to different aspects of Sahaj Marg.

On September 5th, we provided a booth for the students of Wright State. Seventy-five students signed up to attend Heartfulness session on September 18th, 2015.

We conducted a Yoga Day at the Beavercreek Ashram offering free yoga for the public followed by a Heartfulness presentation after which several people began meditation.

Fifteen people started meditation from Elements Yoga Studio in Greenville, where we now have weekly satsanghs on Thursdays.

We held Heartfulness sessions at GITA Group in Centerville and now we conduct satsanghs for 10 people in Centerville on Mondays

We held a Heartfulness session at Yellow Tree Yoga in Troy, Ohio where 8 new people started and now attend satsanghs on Wednesdays.

<http://www.sahajmarg.org>

We started yoga classes on Thursdays and Sundays and every week several new people are starting meditation.

We have scheduled a program at the Hindu Temple of Dayton on September 13th, 2015.

We are starting math tutoring classes September 9th, at the Beavercreek Ashram for sixth graders, and relaxation classes for students of all ages on Wednesdays and Saturdays. Parents are very supportive of this initiative.

We are planning a Heartfulness program at the Peace Museum for International Peace Day on September 20th.

We are conducting a Heartfulness program for Sinclair University at our ashram on September 8th, 2015.

We are exploring offering a C-Connect program at the Wilmer Hale Law firm where an abhyasi is an employee.

In October, we are approaching the Beavercreek Schools to have a Heartfulness program for teachers to teach them the relaxation technique, so they can in turn offer it to their students. A teacher in the school system is an abhyasi who is taking the initiative to make this happen. She has received a wonderful feed back from some parents.



Wright State University Heartfulness Session



Free YOGA & Heartfulness Meditation Classes



Learn yoga then experience Heartfulness meditation. Heartfulness is a simple practical way to experience the heart's unlimited resources. It includes guided relaxation, and meditation techniques. Ongoing individual and group meditations are offered.



Join us on seven serenely, wooded acres for peace of mind, a clear heart and relaxed body. We are a non-profit organization and all of our programs are free. Whether you're a beginner or more advanced - everyone is welcome.

Please plan to attend one or all of the events listed below.

Sundays

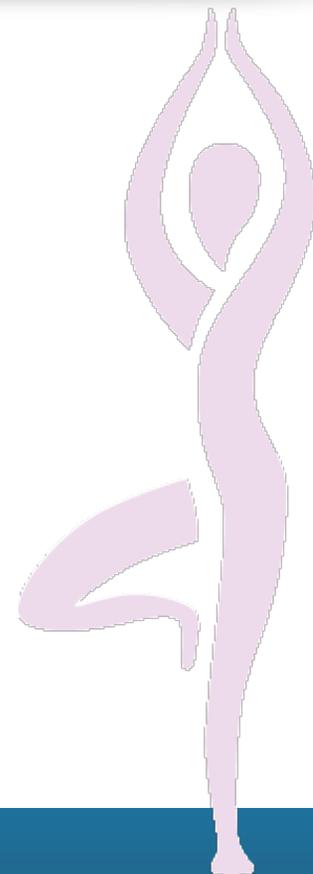
- 11:30am - 12:15pm Family Yoga (adults, and parents with kids)
- 12:30pm - 1:15pm Heartfulness Introductory Meditation session
- 12:30pm - 1:15pm Children's value-based education class and free play, while parents meditate

Thursdays

- 6:30pm - 7:15pm Yoga
- 7:30pm - 8:15pm Heartfulness Introductory Meditation session

For yoga, please bring yoga mat, towel or blanket with you if possible. Otherwise, there will be some yoga mats available for use at the center. We can do yoga outside, weather permitting, or inside as well. Meditations will be conducted inside our meditation hall.

For questions, email heartfulness.dayton@gmail.com
Visit www.heartfulness.org for more information on meditation.



Natural Path Meditation Center

3153 Lantz Road
Beavercreek, OH 45432
Ph: 937-427-0886





Heartfulness in Dayton

Anjali Brannon, Dayton, OH

I started a 'Be Well Naturally' series in the Dayton area in January, 2014, for the Osher Lifelong Learning Institute, which offers programs designed for seniors 50 years and over. Since it is a national organization, we could easily offer Heartfulness classes for this group either through a wellness series, like we have been doing in Dayton, or as a 6 week stand alone course all over the country at different Osher Lifelong Learning centers.

This program developed because a client asked me if I could volunteer my time to teach a 6 week course on Ayurveda through Osher. All the teachers there are volunteers. Being a mom of two young kids (5 yrs and 1 yr), and trying to maintain my health and wellness practice, and serve as a prefect, I said I couldn't do 6 weeks but I could teach 1 week and have a different member of my team teach the other weeks. So we have a different topic each week with meditation as one topic. The course has increased from 6 weeks to 9 weeks now, and has been taught twice through the Osher Lifelong Learning program – once for Wright State University employees and once through Sinclair Community College's Lifelong Learning program. We have had 45-50 people sign up each time through the Osher Lifelong Learning Institute, and at WSU, 65 employees signed up for the series!

The topics are

- Ayurveda
- Meditation
- Reflexology
- Energy Balancing, Reiki and the Chakras
- Complementary therapies of Polarity therapy, Cranio-sacral, Arvigo Maya Abdominal Massage and Somatic Trauma Resolution
- Essential Oils

- Shamanic Healing
- Qigong
- Somatic Experiencing

We have been offering Heartfulness Meditation as one topic – part of a larger wellness series. However it could easily be done as an entire separate course. We suspect that the wellness series has more appeal, attracting a larger audience, perhaps giving more exposure to meditation. Still it would be worth trying on its own so we are planning to do that for 2016.

Through my professional practice, I often refer people to meditation individually, giving them a rack card or a conveniently located trainer's information to contact if interested. But I also have Heartfulness information prominently displayed in my lobby/reception area for people to pick up on their own. I frequently go to health fairs and have always left a sign for FREE MEDITATION CLASSES and have information at my booth for that as well. Now, at health fairs we are having separate Heartfulness booths where another abhyasi is helping out. When I get a health fair invitation, I ask if it's ok for the meditation center to have a booth also, and this is usually welcomed.

So that's how it's working in Dayton. Heartfulness is growing quickly, like wildfire! All of our Masters' seeds are definitely bearing fruit now.



Charlotte

Heartfulness Workshops in Charlotte, NC

We had 9 people on the first night and 6 the following week attending the one-hour Heartfulness programs. Everyone seemed to enjoy their time.

After getting to know one another by sharing whatever experiences we had previously had with meditation, I explained what Heartfulness is and how to meditate. We then viewed two or three Heartfulness videos, which created a soft and quiet atmosphere. Each session was an hour long with the final half hour beginning with a reading of the relaxation technique followed by meditation with transmission given remotely by a prefect. After meditation, people shared how they felt. Some reported being relaxed, while others remarked that it was difficult and that time seemed to be going by slowly.

Each week, my intention is to present a different aspect of Heartfulness. Again, the videos help illuminate various topics.

Two individuals, who had meditated for many years in another system, asked about the transmission, Master, sittings, etc. Because they were very eager to learn more, I referred them to a prefect. I was not ready to discuss these topics with the other beginners.

I have learned two things so far as a presenter. It helps to spend time initially asking questions so that people talk openly and get to know one another. They might be more likely to return if they feel comfortable with the group. The other thing I learned is to be open to changing my agenda at the last minute. Based on having people from different backgrounds and familiarity with meditation, I have decided to adjust the topic for the evening at the last minute.

Also, I am not a teacher and I thought I would be very nervous presenting Heartfulness. Victor Kannan and Brian Jones guided me through the process and I was surprised that I was not nervous at all. Of course Master's grace helped as well.

We have had other programs at the church where we meet for satsangh, with 4 attending and at an abhyasi's home, with 5 attending. Many abhyasis have participated in the rollout of the Heartfulness workshops in Charlotte.

Toronto

Heartfulness in Toronto

Kim Hansen, ON

The Heartfulness movement in Toronto commenced during the seminar with revered Kamlesh bhai between June 4th and 6th, 2015. Abhyasis invited friends and family members to participate in all satsanghs during the seminar. While he was in Toronto, Kamlesh bhai proposed the new three-part format for Heartfulness workshops, and the first one took place that very evening in a hall close to the Toronto Ashram. After meditation without yogic transmission followed by the relaxation exercise, Kamlesh bhai conducted satsangh, which was also the 'first sitting' for about 50 new seekers, many of whom continued with their second and third introductory sittings. Since the inception of Heartfulness during the seminar, we've conducted a number of workshops in public spaces, as well as at our ashram, with many more planned to take place in abhyasis' residential condominium buildings, at wellness clinics, workplaces, and a yoga studio. Heartfulness volunteers started a meet-up group, Toronto Heartfulness Meditation, which continues to grow.

*Heartfulness in Toronto, cont'd.*

On the International Day of Yoga we conducted a Heartfulness workshop at a Toronto public library, easily accessible by public transit. Invitations were distributed to our near-and-dear; passers-by also attended, curious about the Heartfulness banner they saw at the library entrance. Fifteen seekers tried out the meditation. On the same day, Montreal had their first Heartfulness session at a preceptor's home, which was attended by eight people. Attendees posed a number of questions; they were encouraged to find the answers for themselves through regular practice of meditation, and all continued with subsequent sittings. Attendees at the next Heartfulness session, held at a Civic Centre in Toronto, again easily accessible by public transit, have started the practice of Sahaj Marg and are eagerly attending satsanghs and seminars at the ashram.

With the Heartfulness movement gaining traction, we decided to have a regular monthly workshop at our ashram on the first Sunday of every month. In effect, the Heartfulness workshop has become our 11 a.m. satsangh on those days. It's a great opportunity for our Heartfulness guests to experience meditation in the sublime environment of the ashram, and at the same time brings existing abhyasis aboard the Heartfulness train. At the ashram we have a permanent Heartfulness welcome desk, and the banner is displayed in our large front window.

Heartfulness guests are welcomed by volunteers and given a rack card. We made colourful Heartfulness buttons, with the website address, and we gift these to our guests. We offer light refreshments and then usher everyone into the meditation hall for the workshop. We've started using the audio of the guided relaxation from the website at some of our workshops. Typically, our Heartfulness sessions last about an hour, at the end of which our guests are offered options for continuing with the intro sittings: in-person or remotely with a preceptor, or by attending weekday evening satsanghs at the ashram.

We want to offer these Heartfulness workshops in all areas of the city. Abhyasis continue to disseminate information and organize more sessions. Residents at an abhyasi's condo building downtown were invited to a weekday evening event; an event notice was displayed in the building elevators for a week. It was amazing to see the interest this generated not only amongst the building residents, but also friends in adjacent buildings. Twenty-one people participated, many of whom expressed interest in continuing with sittings. It was a beautiful and calming session, as reported by a number of the participants. There were requests to have more such sessions in future, by participants as well as passers-by, who saw that something was going on but missed the event. One attendee from a neighboring condo building wants to organize a Heartfulness event at her building!

A physiotherapy clinic (owned and operated by an abhyasi's physiotherapist friend) now has rack cards on their front desk along with the Heartfulness buttons, for clinic visitors. They have been received with great interest. Heartfulness workshops will be conducted at the clinic one evening a month on an ongoing basis, for patients and public alike. A link to Heartfulness will soon appear on the clinic's website.

In November, we've been invited to conduct a Heartfulness workshop as part of the staff development day at a public library.

A sister who holds a key position in a voluntary organization called Women in Food Industry Management (WIFM) has been successful in making Heartfulness a benefit partner with the organization. Information on Heartfulness will go live on the organization's website as a lead-up to their next trade show, at which we will have a Heartfulness table next month. This opens up Heartfulness to about 200 women who will participate in the event, and others who will go through their website.



Thus Heartfulness has been gaining momentum steadily in the Toronto region and neighbouring areas. There is excitement in the centre and whole-hearted participation in spreading the word to family, friends and members of the community. Heartfelt thanks to Kamlesh bhai for kick-starting this movement which has now become a personal endeavor for all of us.

Northwest Region

Heartfulness in Seattle

Heartfulness@Expedia:

Seattle started Heartfulness in June when an abhyasi brother, an employee of Expedia, approached their Mindfulness programs organizer who was part of their corporate wellness program. The organizer was very receptive and happy to give Heartfulness sessions a slot. We requested 4 slots for 4 consecutive weeks, timed close to their regular programs.

We publicized the event using company distribution lists for these kinds of events and a few bulletin boards in the building. We also used our Meetup site as visitors are allowed to attend these events.

Our first session, a one hour program, started with a short video from the Heartfulness website. This was followed by a relaxation exercise and then a 30-minute meditation with a trainer. Overall we had around 20+ attendees. One brother attending the program shared his inner experience at the end of session and was delighted to take introductory sittings.

We repeated the session for three weeks, and the attendance stayed from 5 to 15. We had a few visitors through the Meetup who took part and they were happy to leave their contact information for details about the program.

What worked well:

Our programs were timed in the same slot as corporate wellness programs increasing the reachability.

Reading the relaxation exercise seemed more natural than using the audio file.

What could have been better:

We could have communicated the next steps (like cleaning techniques, deeper meditation...) of the program without the appearance of advertising.

Heartfulness@IDY:

For the International Day of Yoga on June 21st we approached a local Bellevue, WA yoga organization through their Facebook page. In addition to having the use of a booth, we received 30 minutes of stage time at no extra cost because we are a non-profit organization. On event day, our booth was active with many local abhyasi volunteers showing interested seekers the relaxation exercise. On stage that evening around 50 people attended a demonstration of the relaxation exercise followed by meditation with yogic transmission. Overall the event inspired us in our hearts to take it forward to create more awareness about Heartfulness in the places in which we live.

Heartfulness@Google:

In August an abhyasi brother working at Google conducted Heartfulness sessions at his office. Registered as one of the learning programs Google offers for corporate wellness, he booked a conference room one hour a week for four consecutive weeks. The program was advertised in the corporate internal channels.

Each Session included a one-hour program with a short video, followed by meditation without yogic transmission, the relaxation exercise and meditation with yogic transmission. Around 15 people attended. One mentioned she was looking forward to a second session.



What worked well:

The unguided meditation seemed at first confusing; that might have well made our point for meditation with yogic transmission.

What could have been better:

Using a feedback form, like a short survey.

Heartfulness@Microsoft:

One abhyasi brother working at Microsoft took a different route. He booked a conference room for 30 minutes each morning and invited various internal meditation forums to join and meditate together. The group does a relaxation followed by meditation and several people have found it helpful to start their day with this routine.



International Day of Yoga, June 21, Seattle

Heartfulness in Vancouver

Lou-Anne Bryant, Vancouver, BC

I volunteer at the hospice in my community where the Palliative Services Coordinator provides workshops several times a year to over 150 volunteers; between fifteen to thirty-five volunteers usually participate. With that in mind, last spring our Regional Coordinator and I offered to hold a Heartfulness workshop for the volunteers.

Three sessions, over a week and a half were planned and dates arranged. Written invitations with RSVP and Heartfulness flyers went out to the volunteer contact list, followed up with a reminder the day before the event.

At the first session, twenty-six participants received a brief explanation of the program, followed by meditation without transmission, guided relaxation and then meditation with transmission. After each meditation, time was given to note experiences (pens and paper were provided if needed). About a dozen participants dropped out after the first session, however several new people came to the second session and most of that group finished the third session. At the end of each session, participants could sign up for sittings on the following two days and altogether six participants took their long distance introductory sittings.

A couple of weeks later we started a local meditation group on Monday evenings, with three of the workshop participants and one other who plans to come when her life settles down in the fall. Five abhyasis, including a preceptor living in the surrounding area, also attend.

We are currently submitting Heartfulness workshop proposals to several community centres and school district continuing education programs in the Greater Vancouver Regional District.

We have a bi-weekly Heartfulness open house at the Vancouver Centre, mostly advertised through the Vancouver Heartfulness meet-up site. Most sessions have only had a few new-comers show up so far.





Heartfulness in Phoenix, AZ

Arati Madhineni

Two Heartfulness workshops were held in the Gilbert and Scottsdale suburbs of Phoenix, on August 29th and 30th, organized by local abhyasis and conducted by brother John Barlow. The first workshop was conducted at the Interfaith Church and the second in a local temple. About seventy interested people from different backgrounds and walks of life attended the two sessions and meditated in unison for about 40 minutes. To begin both sessions, John Barlow spoke for about 10 minutes about the benefits of meditation, from his personal experience. He explained that he was visiting Sedona from out of state and decided to drive a few miles to Phoenix to conduct this workshop. He mentioned that Sedona is a place of special energy and that he felt his own meditation to have been stronger and deeper in Sedona. He then explained the technique of meditation on the heart and said that for the next 10 minutes everybody would meditate using this technique without the yogic transmission. At the end of 10 minutes, a guided relaxation session was conducted to allow the body and mind to relax prior to deeper 30-minute mediation with yogic transmission. John asked everybody to meditate using the same technique as before but informed them that he would commence the yogic transmission and encouraged everybody to observe what they felt and how it is different from meditation without the energy. At the end of a very charged session, people commented on how calm and deep their meditation was; one person said he had not imagined that silent meditation could work and was amazed at the depths he could feel. About fourteen people expressed interest in continuing the meditation with support from local prefects. The sessions ended with light refreshments and general interaction.

These workshops were publicized mostly by word of mouth. Abhyasis informed their friends and family and they in turn attracted additional interested participants.

Fliers were also posted in local grocery stores and small bookshops. Sunday satsanghs are held at the Interfaith Church, therefore renting that as the workshop venue for Aug 29th was simple. The coordinator for the church also helped publicize the event by placing it on the church website and verbally informing people coming for different services and activities. This location attracted diverse attendance. The second workshop was held at the Hindu Temple in Scottsdale on Aug 30th. The venue was obtained free of cost with the help of a friend whose colleague was on the temple's Working Committee. In general, these two workshops proved to be successful and will pave the way for several more that will be held in Phoenix area.

Heartfulness in San Diego, CA

Harshat Pant

Qualcomm Inc., employing around 20,000 people in its San Diego headquarters has proactively embraced Heartfulness meditation as part of its QMeditates club. Since July 10th, weekly Heartfulness sessions, open to all employees, take place every Friday at lunch time between 12-1 p.m. To promote the sessions, almost 300 posters were placed on noticeboards across Qualcomm's offices in San Diego and the event was also featured for several weeks in the company's official weekly newsletter.

The logistics are managed by a group of abhyasi volunteers who are also working at Qualcomm. Slowly there is developing a small group that attends these sessions frequently, with at least one new person attending the session every week. Some of them have gone on to take introductory sittings.

In the session, as the attendees come in, they are greeted by one of the volunteers and handed a rack card, a notepad and a pen. The session format is adapted to the composition of the attendees on a particular



day. The usual format is a 5-7 minutes introduction, including a brief video, followed by 10 minutes of meditation without transmission, then relaxation and 25-30 minutes of meditation with transmission. In the end, attendees are encouraged to note their observations during meditation. If however, most of the people in the session are repeats, then we only do the relaxation followed by meditation with transmission. If there are questions, the trainer takes them up individually at the end.

Apart from the weekly meditation, Qualcomm has invited us to talk about Heartfulness in its quarterly speakers forum. The session is planned for October 26th. This session is widely attended and advertised by the company on a large scale and will help bring about more awareness of Heartfulness within Qualcomm. Efforts are also underway to replicate the model at Qualcomm's Bangalore office.

Heartfulness in San Jose, CA

Lakshmi Gunbala

A Heartfulness session was conducted at Ericsson, San Jose campus, on Aug 25th, 11:30 a.m.–12:30 p.m. Three prefects were present to facilitate the session which was attended by eighteen employees. A Heartfulness vertical banner was placed outside the conference room. The program began on time with an introduction to Heartfulness meditation, the reason to meditate on the heart and how to meditate. It was followed by a seven-minute relaxation using the website audio and twenty minutes of meditation with transmission. There followed about ten minutes of several comments related to the meditation and the technique. Some of the questions were related to how to ignore thoughts, the duration of meditation, best time for meditation and how often to meditate. Feedback included: the relaxation session almost made us go to sleep; it was the most relaxed we felt in a long time; we did not feel like opening our eyes.

To conclude, facilitators distributed rack cards and asked those who are interested to send an email to the address given in the rack cards. Facilitators also collected all the attendees' email-ids. One of the facilitators will follow-up by email. There were a couple of lessons learned. Though around forty employees registered for the event, eighteen attended the session. The rest could not attend due to various reasons – not sending reminders a day or two before the event is probably the main reason, so send reminders and also the display the Heartfulness banner.

Some employees requested facilitators to co-ordinate a weekly or bi-weekly session at their campus in the future. Overall the session went very well.

Chicago

International Day of Yoga, Chicago

Raga Ragavendran, Chicago, IL

Some of us attended the first ever International Day of Yoga sponsored by the Indian Council of Chicago. It was a huge event hosting about 1,800 attendees, which took place at the Odeum Expo Center in Villa Park, IL. We received a lot of exposure from this event, which will surely help future events grow.

Since this was a very first event of its kind for the organizers as well as for us, we have learned a lot from it. We all felt blessed to be a part of such a huge change for all humanity. We have come away feeling hopeful for all of humankind as there were so many wonderful organizations like ourselves offering something good for all!

We hosted the Consul General, Dr. Sayeed, as well as a dozen other community leaders including representatives from Mayor Rahm Immanuel's and Governor Rauner's offices. (please see attached photos from the event)



We attended the inaugural ceremony, where a Heartfulness representative was invited to be on the stage. Throughout the day we occupied a booth and later a table for our display and presentation. It was wonderful to meet so many dynamic individuals in the community as well as the seekers. We have been invited to conduct these workshops by a couple of organizations.

Heartfulness at The Art Institute of Chicago on September 12th, 2015

Chicago abhyasis were given an opportunity to present a paper on Heartfulness as part of the five International conferences by ISOL (Integrating Spirituality and Organizational Leadership) attended by representatives of various corporate and academic institutions. The theme of the conference was ‘Spirituality for Global Economic Development’. The event is significant for its venue and the very dates upon which the historic Parliament of World’s Religion was held back in 1893, when Swami Vivekananda made such a profound impact. Heartfulness made its presence felt amongst the delegates and academicians who attended. We hope to have made a silent and elemental impact on the spiritual essence of organizational leadership through our Master’s guiding force – his forceless force that creates infinite ripples in the ocean of all existence.



Naperville, IL



Odeum Expo Center in Villa Park, IL





Louisville, Kentucky

Heartfulness open house at Louisville, KY

Prasad Venkat, Louisville, KY

There were about fifteen people who came to receive information and experience Heartfulness. The session consisted of playing the Heartfulness video followed by a brief meditation without transmission, followed by one with transmission. There was a Q & A at the end. Many interesting questions were asked and number of people shared their experience with the guided meditation session. About nine people signed up to start meditation.



Open House, Louisville, KY

Temples

Heartfulness outreach in Temples

Som and Gita Soni, Dayton, OH

Initially, through email, we contacted the priest at the Hindu temple in Beavercreek, Ohio, on August 7th, proposing to present a Heartfulness program there. He accepted our idea and encouraged us to discuss it further. We went again on August 18th to chart out some plans for a Heartfulness meditation session. During this meeting, he offered us a time slot for August 25th, from 7-8:30 p.m., which we accepted. He then facilitated our making food arrangements. We prepared and printed some flyers that we gave to the priests and posted at places they advised. As a result, more than 20 individuals, including the priest, attended the session.

Later on the priest came to tell us that he feels recharged and asked us to do these sessions once a month. We have been in touch with the event coordinator and will schedule future Heartfulness sessions on a regular basis at their convenience.

We have contacted a program chairperson at a Cincinnati Temple where we hope to offer Heartfulness programs soon.

Heartfulness Program in Novi (temple), MI

Jyothi Joseph, Novi, MI

The SV Temple and Cultural Center in Novi is the newest and largest Indian temple in the Detroit metropolitan area. Its executive committee has enthusiastically agreed to provide a place for weekly Heartfulness sessions. Starting September 2nd 2015, we began conducting Heartfulness sessions each Wednesday, beginning with an introductory session followed by satsangh.



Based on the initial response, the organizers are planning to formally invite their members to participate in the Heartfulness sessions. With this endorsement, we anticipate larger numbers joining the sessions on a regular basis. Once the circulars are sent out, we also plan to conduct an open-house where temple members can satisfy their curiosity about Heartfulness and consider incorporating this practice into their daily routine. We are excited and very positive about the anticipated outcome.

Heartfulness Program in Stratford, CT

Varsha Tantri, Simsbury, CT

Twelve people attended a Heartfulness program at the Hindu Cultural Center in Stratford, CT, an excellent facility with welcoming organizers.

There were several encouraging responses from participants. One who is a teacher at a nearby college shared that she has tried many kinds of meditation before but this was different as she was *still* for an entire half hour. She would like to do two separate Heartfulness programs at her college, one for faculty, who she considers stressed out, and one for students. Another person, who sat in the back expecting to leave before the end, was still there when I opened my eyes, and as I was leaving, she came and thanked me.

Two local prefects also attended the session for support. They will conduct two consecutive follow up sittings for the next two days, and also conduct sessions on a weekly basis. They also plan to set up and conduct more sessions at the nearby college as the opportunity develops.

Columbus

Heartfulness Programs in Columbus Center

Columbus Abhyasis

On Saturday, August 16th, the Columbus Center held a 'How To' workshop for Columbus abhyasis to increase the confidence and understanding of those interested in offering Heartfulness workshops. The event, attended by 35 abhyasis, consisted of a potluck lunch followed by a presentation and video about how to conduct a Heartfulness workshop. After the video there was much enthusiastic networking with many questions answered and next steps discussed. Columbus prefects met the next week to discuss the Columbus Center's first Heartfulness event. It was decided that we would hold the event in New Albany in October and all prefects would invite 5-7 guests. This Heartfulness event will be combined with a Columbus Center workshop in the morning followed by an afternoon Heartfulness activity with the invited guests.

Detroit

Heartfulness in Detroit, TANA

Jyothi Joseph, Detroit, MI

Detroit Center conducted a Heartfulness event at the Telugu Association of North America's (TANA) 12th annual celebration, which was held at the COBO center, June 20-21, 2015. COBO is also where the North American International Auto show is held every year – just to give you an idea of the size of the place. TANA had taken over the entire building for this biennial event, and the space was packed. There were about 8000 participants, mostly professionals – doctors, lawyers, IT professionals, scientists, a few entrepreneurs and so forth, who came from all over the country and from India as well. It was a two-day event with dining and entertainment and was quite a grand affair.



TANA cont'd

In order to obtain an opportunity to present Heartfulness, the Detroit Center sponsored a booth. In return, TANA interviewed us for Telugu Channels 7 and 5, which are broadcast in Andhra Pradesh, India. They also provided us a room with all the necessary set-up. The location of the room was perfect – directly opposite the only seating lounge on the floor, close to the restrooms and most importantly, right next to the chai/coffee/water tables, providing a lot of foot traffic, which helped us greet people and encourage them to try out Heartfulness meditation by participating in a Heartfulness session.

Our original plan was to have three relaxation sessions and three meditation sessions over the course of the two days. However, by the end of the first day, we were conducting a 10-15 minute relaxation session immediately followed by a 15-minute meditation session, once every hour! Participation grew from 2-3 in the first session, to about 15-20 per session by the end of the second day. Several relaxation sessions were conducted by younger abhyasis, while the meditation portion was conducted by a prefect. After that, depending on the questions asked, discussions took place and participants who expressed interest were encouraged to give their contact details for further follow up. Those who wished to have their introductory sessions had these in an adjacent room.

About 150–200 people attended the Heartfulness sessions (see picture). We also ended up having several TANA officials, as well as government officials, ministers and TANA special committee members visit and participate in the sessions. TANA interviewed us for their TANA promotional video and we were also invited to the Ladies’ Forum to conduct a relaxation session. We are also following up on requests to conduct this program in local temples. We had printed Heartfulness rack cards ahead of time and handed them to the participants to ensure that everyone had our contact information if they desired to be in touch for individual

sessions. Several of the participants were out-of-town visitors. All in all, it was a wonderful experience where everything just fell into place at the right time.

Two key lessons from this event are: Firstly, the process of getting the contact details of the participants and the follow up process have to be thought through and specific people assigned to do this task. Secondly, for such annual events, we have to start talking to the organizers several months ahead so that they get a full understanding of our offerings and provide us with the right time slot and other resources.





Indianapolis

Heartfulness Programs in Indianapolis, IN

Janmarie Connor, Indianapolis, IN

Monumental Yoga. Like Aesop's fable of the tortoise and the hare, abhyasis from Indianapolis, IN, and surrounding cities were nicely settled into a slow but steady approach of sharing Sahaj Marg meditation in our communities. However, on June 21, 2015, serendipity presented us with the chance to become a sponsor of one of North America's largest yoga events in celebration of the Summer Solstice and the first UN International Day of Yoga. As part of our sponsorship we requested to offer a Heartfulness relaxation and meditation experience and the organizers happily agreed. As a sponsor, we were featured on Monumental Yoga's web and Facebook pages, which gave us great visibility leading up to the event. By linking Monumental Yoga's fb (Facebook) page to our Heartfulness fb calendar, and vice versa, we received local and global exposure to our event and to our Heartfulness website. Some local abhyasis used their own fb pages to establish links as well. Additionally, we became a contributing sponsor of Indy Yogi, an online blog and calendar advocating all things yoga in our state. In order to take full advantage of the opportunity, we needed a place to hold Heartfulness workshops for several weeks in advance of and following the event. It became the perfect time for us to graduate to a public space for our local satsangh and regular Heartfulness events. In less than 48 hours after becoming a Monumental Yoga Sponsor, we found and then moved our local satsangh to Healing Arts Indy, a wonderful downtown studio and art gallery that now offers free Heartfulness meditation on Sundays.

The celebration took place at the epicenter of downtown Indianapolis known by its 280 ft. tall historic Soldiers and Sailors Monument. The monument is encircled by a broad cobblestone promenade where the 2000 plus attendees and their yoga mats filled the circle and spilled onto connecting roadways. Our Heartfulness meditation booth shined like a gem (by all accounts) and was prominently placed. Abhyasi volunteers wore name badges with the new Heartfulness logo and the phrase "Ask Me About Heartfulness" and attendees did just that. At 10:30 a.m., those interested in experiencing Heartfulness relaxation and meditation sat near our booth and many more sat from wherever they were on the circle. When the sitting began, it felt as if the Monument itself became a beacon, transmitting unity consciousness far and wide. Faces softened and smiles broadened, inspiring many to follow up for remote introductory sittings. We developed a schedule ahead of the event with morning and evening time options, in batches. Those taking sittings had the extra good fortune of a final sitting with respected Kamlesh directly. In looking back, it feels like a dream. But it's a dream that all of us dreamers of the Highest are bringing about together under the guidance of the Master dreamer. And it was significant for us here locally to dream big together and take a hare's leap forward in bringing awareness of our Sahaj Marg to so many. The ripple goes on and on. (see photos page 23)



Monumental Yoga in Indianapolis, IN



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