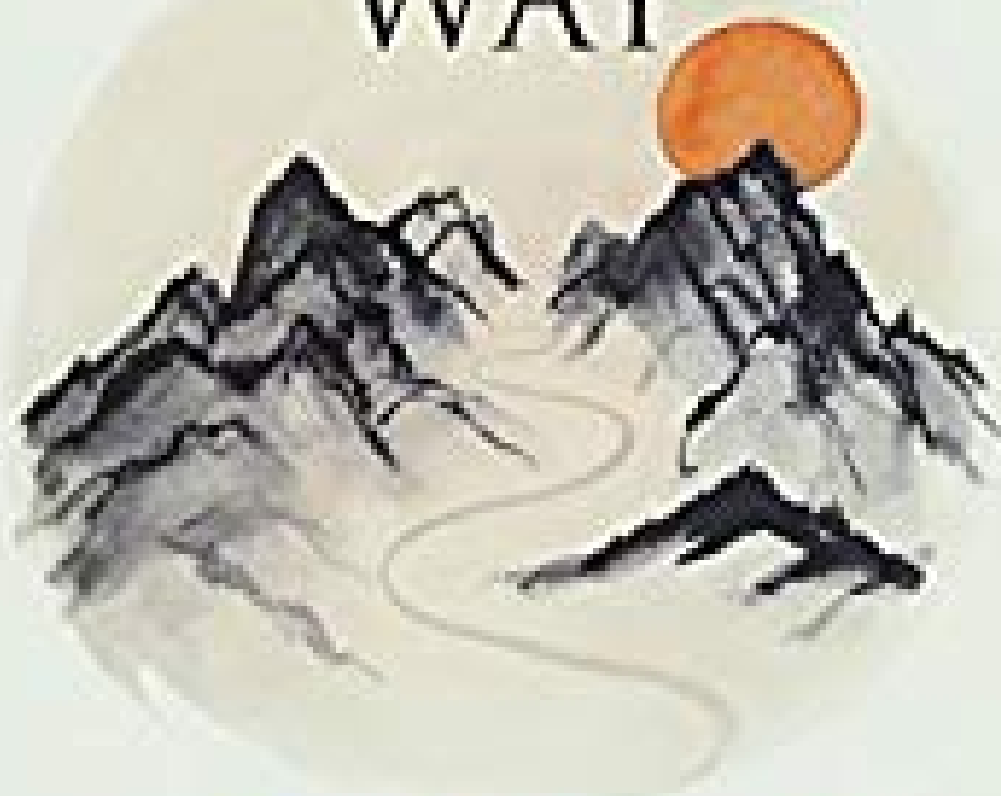


"A must-read for anyone interested in incorporating meditation into their lifestyle." —SANJAY GUPTA, MD, chief medical correspondent for CNN

The HEARTFULNESS WAY



Heart-Based Meditations for
Spiritual Transformation

KAMLESH D. PATEL
JOSHUA POLLOCK

Foreword by Yaron Sont | Afterword by James R. Doty

Kamlesh D. Patel

The Heartfulness Way: Heart-Based Meditations for Spiritual Transformation



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“—present a unique method of meditation with the power to facilitate an instantaneous, tangible spiritual experience, irrespective of a person’s faith. A must-read for anyone interested in incorporating meditation into their way of life. Sanjay Gupta, MD, chief medical correspondent for CNN Heartfulness can be an ideal, a spiritual approach to life by and from the heart that is inclusive of all of the ideologies, beliefs, and religions. In this heart-centered publication, a student in conversation with his teacher, Kamlesh D. Patel— Each day, we” —Our modern, fast-paced world is definitely an overwhelming place. affectionately known as Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—re bombarded with communications telling us that to become happy, fulfilled, and worthy, we should be better, do more, and accumulate as much material wealth as you possibly can. Most of us move through our active lives with our minds filled with these ideas, multitasking as we strive to navigate the obligations and expectations we should meet just to make it during the day. But what if there is another way? What if, instead of letting the busyness of existence overtake our thoughts, we learn to be heartfelt rather? Predicated on Daaji’s own combination of approaches and procedures for the present day seeker—and illuminates the ancient, defining feature of yogic transmitting (or pranahuti), the use of divine energy for spiritual development and transformation. Natural Path”—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga exercises, a tradition that enables the practitioner to realize the bigger Self within. Even though many books explain refined states to be, The Heartfulness Method goes further, providing a pragmatic course to experience those says for oneself, which, per the publication’ll reach fresh degrees of attainment and figure out how to live a lifestyle more deeply linked to the ideals of the Heartfulness way—greater than knowledge.” Heartfulness meditation includes four elements—relaxation, meditation, cleaning, and prayer—which draws from the teachings of Sahaj Marg, meaning “ Utilizing the method, detailed practices, tips, and practical philosophy provided in this book, you’s guiding basic principle, is “with acceptance, humility, compassion, empathy, and love.



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This book nicely explains how one can transform from restlessness to peacefulness Why Meditate? This publication nicely explains methods to transform from restlessness to peacefulness, from selfishness to selflessness, from superficial to genuine, from imbalance to stability and etc which are very necessities in the current modern world where distractions pervade Atlanta divorce attorneys aspects of one's existence. This book explains what sort of simple practice called "heartfulness" with its unique factors, helps someone to achieve a state of stillness in this continuously changing world and be in the condition of observer. The author beautifully clarifies how this heartfulness approach is an developed and refined version of the traditional ways of meditation and how well it matches for the modern life. The writer narrates his own encounters with this practice which leaves an excellent self-confidence on the reader that the spiritual transformation is at the reach.. You need to be open minded and practice meditation. Spiritual Wisdom Weaved Into Modern Day Practicality I have browse several books on spirituality, philosophy or mysticism like Autobiography of a Yogi, JUST HOW of the Sufi, Searching for the Miraculous, The Way of Zen, Apprenticed to a Himalayan Grasp, Tao Te Ching and many more. They will have all been amazing accounts of authors' own encounters or their way of thinking.. However, when I experienced The Heartfulness Method I recognized what I was lacking so far was to have a simple and practical way to enable myself to possess such encounters that I admired from others. I've been waiting this book because it was launched in India in Jan'18 and became Amazon's #1 best seller.. It helps in bringing more clarity and eliminating biases that people may have accumulated consciously or subconsciously. My mind found resolution to spiritual queries I didn't know I had. When we put Heartfulness Method into practice, we realize how simple it is, especially using Yogic Transmission and we start continue on the road of our own experiences. This helped me learn how to achieve stability inside our emotional state, which is a pre-requisite to take pleasure from higher levels of calm and longer period of peace. I function in healthcare and hear people talk about their stress the whole day. Sometimes I would recommend meditation as a way for increasing health and wellbeing. A lot of people express some misunderstandings about how exactly to meditate. Others say they try to meditate and feel that they possess failed because they are not sure about what they are doing. The Heartfulness Method is a great source for learning meditation. It can help answer plenty of questions about the "doing" section of meditation. How to sit, how to proceed with thoughts, the optimum time of day time and place to practice. The stories and conversational style make it a straightforward read. I've got this publication as pre-purchase from Amazon and also have examine it once, reading it second time, and recognizing the potency of this high-energy yet basic for a commoner to comprehend the "Inner Connection". Filled my heart with love on first reading This book is as profound as it is practical.. A peace and deep sense of blessedness and warmth diffused my center. And as they say, reading a book alone cannot transform us. I've also had a profound experience of transmission as mentioned by among the trainers. For anyone thinking about personal, spiritual development, that is a great reserve! Give it a potential for you feel your center calling you. Inspired to meditate more regularly!. The most important will be the ideas to reduce anger, anxiousness, improve calm and focus. It really is experiential journey and not a intellectual reading the reason why I love this book. Informative and entertaining! I am even more motivated to meditate daily and thanks. This book is among the best additions to my book collection This book is among the best additions to my book collection, book is a conversation emanating from the heart of a teacher and guiding the disciple effortlessly ... released in India in Jan'18 and became Amazon's #1 best seller. I was wanting to know the adjustments India has . Using the meditation and prayers suggested, I was

opened up to new and wealthy realms of heartfulness..The book is filled with dialogues between Joshua and Kamlesh (Daaji) which are like pearls of wisdom scattered through the entire book. I was wondering the changes India has gone to make a Spiritual Book as number one in 2018, I could not believe!! It really is a great publication to recommend to sufferers, clients and close friends who want to learn a simple meditation system.I'm enjoying with simplicity of guru-disciple dialogue. I've already gifted over 10 books and everyone of my getting close friends are taking pleasure in it. It is awesome! I am just beginning this book, but it is quite interesting and We am looking forward to the info it offers and the meditation. This reserve is so well crafted and organized! Not only I enjoyed reading them, but I was also able to summon their teaching in my own life at events. In today's internet driven, violence ridden society the technique prescribed helps humanity connect through the center and spread love. This conversational design of writing was very helpful to me as I possibly could see myself in the place of Joshua as a seeker, having the same kind of questions and wonderments about meditation and yoga.. Through this moderate of inquiry, I realized we also keep questioning our beliefs and understanding and find them in a better light. Shifting towards Sense i.e. moving away from Thinking. Also, the explanations about the relationship between the nerve plexus of the center and the duality of feelings was splendid. I hope more humans will join this humanity-journey utilizing the simple methods of life's balance, so vital for our well-being of everyone on planet earth. . It was hard to maintain this reserve down once I began reading. best is definitely what, how and carrying out . Must have for inner peace! Read the book, taking some local classes to get me thru the eliminate of my daughter.. The depth I'm viewing during second time is much more with regards to my past reading connections, in-answered question from various other literatures and factors of so many things we do in our life . brilliant A great primer in meditation and spiritual research.! It's helped to make all this a lot more real for me. Half helpful This meditation method has transformed my practice. Nevertheless I did not resonate with the "cleaning" and prayer steps or the theory that I need a trainer to "transmit" a magical vibe to me in order to knowledge deep meditative states. The meditation method itself was enough to help me go more deeply - no purification or intercession needed. Great book to learn about Heartfulness!! Heartful reading! We practice Heartfulness Meditation...!! Great book! Amazing book Very easy read, plenty of brand-new information, simple language.! Wonderful book to read Book gives very good explanation on how to meditate and the science behind meditation. Answers many questions you may have about the practice in easy to understand words!. It would be great to possess another way of connecting with the center.! Loved it.



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