





About Heartfulness



- Programs are offered by The Heartfulness Institute, a nonprofit global organization
- **Mission:** Develop peaceful, healthy and holistically-educated individuals and children, families and communities, organization and businesses, and government organizations with a spirit of human well-being and oneness
- Over 50,000 volunteers and 8,000 trainers in more than 130 countries in the world
 - Programs for children to improve their creativity, interest in learning
 - Community relaxation, meditation and rejuvenation practices based
 - Self-development programs in colleges and universities
 - Wellness programs for corporations to lower stress and improve teamwork




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<p>4</p> <p>Ghiqh#xuqrxw# # Vwhv</p>	<p>5</p> <p>Uhfrjqlh#kh# whvzw#lq#kh# djd#ur#hw#q</p>	<p>6</p> <p>Ohduq# Khdwbc@hw# whfkq#xhv#r# p dqdjh#xuqrxw</p>
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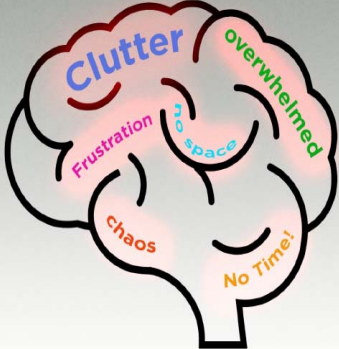
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Burn Out

- Emotional Exhaustion
- Depersonalization/Cynicism
- Sense of low personal accomplishment and inefficacy



Maslach C., Jackson S. Journal of Occupational Behavior, 1981



Factors

Clutter

overwhelmed

Frustration

No space

chaos

No Time!

Causes

Stress
Dg | r qh#grwkgghu#whvB

- Stress is your body's response to change¹
- Stress is caused by the body's instinct to defend itself²
- Stress is any experience that we believe should be different from what it is³
- Any circumstance that threatens, or is perceived to threaten, one's well-being thereby creates stress⁴
- Types of stress include conflict, pressure, frustration, change⁴

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s#D#p# h#E dg#E#d#g#p# |#s#E#p# h#E#k#|v#E#l#q#v#h#v#k#z#s#E#P#z#h#E#h#h#E# k#E#h#v#P#k#d#e#q#j#h#v#
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Statistics of stress among lawyers

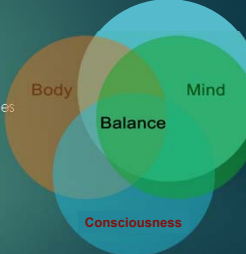
- Stress among law students is 96%, compared to 70% in med students and 43% in graduate students.
- Psychological distress, dissatisfaction and substance abuse that begin in law school follow many graduates into practice.
- After completing law school, 20-40% students have a psychological dysfunction.
- Lawyers are 3.6 times more likely to suffer from depression than non-lawyers
- Lawyers rank 5th in incidence of suicide by occupation.

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• S#r#x#q#g#l#j#h#d#w	• Z#r#u#l#j	• Z#k#g#u#z#d#d#l#g#q#h#r#d#v#e#g
• K#h#k#h#o#e#g#h#h#w#d#h	• h#h#e#E#M	• U#h#d#v#e#g#k#h#h#v#e#h#v
• V#e#r#u#h#w#e#h#h#d#w	• G#h#e#h#w#e#g	• M#e#E#h#r#v#d#d#f#v#e#g
• P#x#f#h#h#f#k#h#v	• W#g#h#w	• G#h#f#h#d#h#g#h#u#g#x#f#v#y#h#
• F#h#q#f#k#h#g#h#z#v	• Dq#j#h#u	• E#x#q#r#x#w
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- x Sk|v#d#e h#e#h#j# #0#h#w#d#
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- x Sv|f#k#r#j#f#d#e h#e#h#j# #D#w#e#g#h#i#q#e#l#v#l#U#e#s
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 - x O#y#j#j#h#k#h#h#h#v#h#g#w
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 - x F#h#g#l#d#w#e#q
 - x I#q#e#v#h#f#w#e#g#h#i#f#w#e#q



Iqghu#i#g#g#r#x#h#u#e#d#e#l#q#f#h



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Physiological changes occur when we meditate

Physical Benefits	Mental Benefits	Emotional Benefits
<ul style="list-style-type: none"> • Less Stress • Better Sleep • Deep Breathing • Blood Circulation • Deeper Healing 	<ul style="list-style-type: none"> • Focus • Awareness • Productivity • Positive Energy • Creativity • Emotional intelligence 	<ul style="list-style-type: none"> • Less Anger • Acceptance • Empathy • Happiness • Compassion


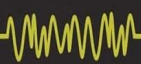
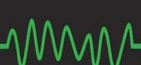

Effects on the brain

- “Fight or flight” center – the amygdala shrinks
- Pre-frontal cortex - associated with awareness & decision making - thickens


Effects on DNA

- Telomeres lengthened after 12-week study

Brain Waves

BETA 14 - 30 Hz		Awake, normal alert consciousness
ALPHA 9 - 13 Hz		Physically and mentally relaxed, awake but drowsy
DELTA Below 4 Hz		Deep (dreamless) sleep, loss of bodily awareness
THETA 4 - 8 Hz		Reduced consciousness, deep meditation, dreams, light sleep, REM sleep

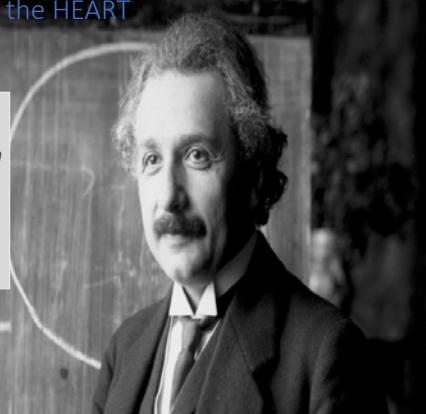
Effects on Brain Waves
Access deeper states of Alpha, Theta & Delta



Leading with the HEART

"I think 99 times and find nothing. I stop thinking, swim in silence, and the truth comes to me."

- A. Einstein



Khduixqhw#hfkqlxhv#r#
fudwh#e d@qfh#

U h a i {

P h g l d w h

U h x y h q d w h

F r q w h p s a l w h



How to Practice Heartfulness Meditation

Close your eyes

Have the suggestion that the **source of light** is present within your heart and it is attracting your attention from

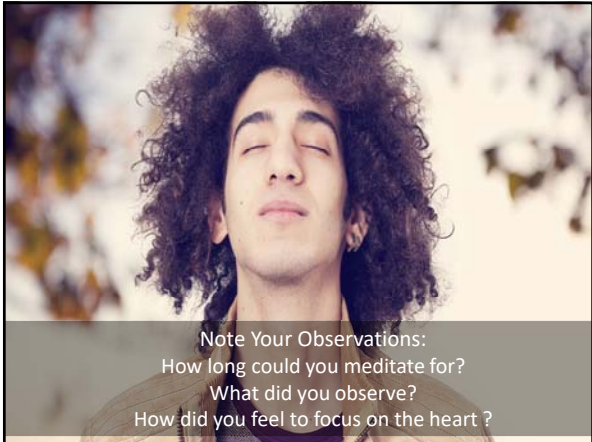
If thoughts arise, then gently bring your attention back to the “**source of heart**”



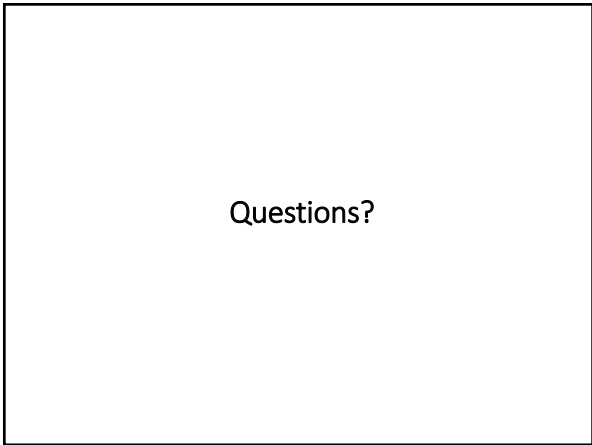
Relaxation & Meditation Session



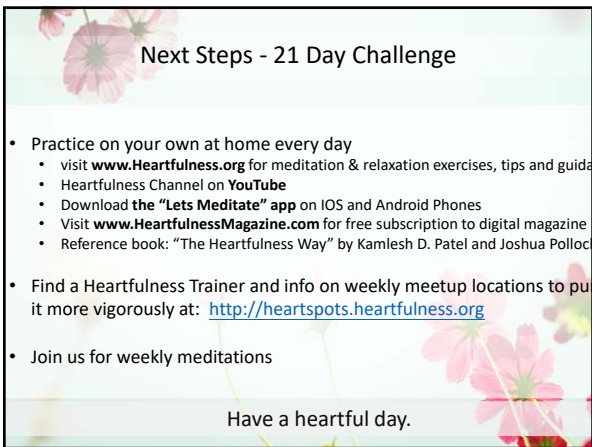
Meditation in Progress



Note Your Observations:
 How long could you meditate for?
 What did you observe?
 How did you feel to focus on the heart ?



Questions?



Next Steps - 21 Day Challenge

- Practice on your own at home every day
 - visit www.Heartfulness.org for meditation & relaxation exercises, tips and guides
 - Heartfulness Channel on **YouTube**
 - Download the **"Lets Meditate"** app on IOS and Android Phones
 - Visit www.HeartfulnessMagazine.com for free subscription to digital magazine
 - Reference book: "The Heartfulness Way" by Kamlesh D. Patel and Joshua Pollock
- Find a Heartfulness Trainer and info on weekly meetup locations to practice it more vigorously at: <http://heartspots.heartfulness.org>
- Join us for weekly meditations

Have a heartfelt day.