



Heartfulness Rejuvenation

How can I listen to my heart? It's not so hard, first we need to quiet all of our thoughts down. We do that when we relax or rest our mind with Heartfulness meditation.

Now what do we do about all the feelings and emotions that fill our minds. Sometimes we are angry or disappointed and at times we ponder over pleasurable thoughts. Sometimes if someone says something that hurts our feelings, it keeps playing over and over again like a song stuck in our head.

We will teach you a way to let go of all these things. Just like taking a shower after long game of soccer or volleyball, you will feel refreshed and rejuvenated. This is called Heartfulness Rejuvenation.

Sit in a comfortable position. Close your eyes and relax.

Now let's have the intention to rejuvenate and fill ourselves with light and love.

Imagine that all the impressions you felt today are evaporating out your back like mist evaporating into the air.

You don't need to think about the things that happened, just stay with your imagination – this mist is leaving your back. [Pause]

Imagine this mist is leaving straight out your back creating a lightness in your heart. [Pause]

If your attention drifts, and you find yourself involved in other thoughts, gently bring your attention back to the process.

Imagine the mist is evaporating out your back even faster taking with it all these emotions.

Continue doing this for a few minutes or until you feel lighter inside, like a big weight has been removed from you.

When you feel lighter, you can start the second part of the process.

Let's imagine a gentle wave of lightness and love is entering you from the front. This lightness and love are filling your heart and making it shine.

Feel that you are light, that you are safe, that you are loved. Everything is okay.

Now you can slowly finish. Feel you are refreshed and rejuvenated.