








HEARTFULNESS AT A GLANCE

SIMPLE HEARTFULNESS PRACTICES WITH THE AID OF YOGIC PRANAHUTI

TOOLS & TECHNIQUES		RELAXATION	POINT B CLEANING	MEDITATION	CLEANING	POINT A MEDITATION
PURPOSE		Body & Mind Relaxed	Purity and expand Sub-Consciousness	Regulation of Mind	Remove Impurities & Complexity	Purity and expand Super-Consciousness
ATTITUDE		WILLINGNESS		JOY	CO-OPERATION	
POTENTIAL BENEFITS	Qualities	Relaxed	Contentment	Centred	Purity & Simplicity	Harmony
	Impact	Stable Posture	Moderation	Focus	Sacredness	Acceptance
WHEN		When Stressed	Early morning (before morning meditation)	Early Morning (5 am to 7 am)	Night (last activity of the day)	Before Bed Time
DURATION (MINUTES)		05 Minutes	05 Minutes	30 Minutes	30 Minutes	05 Minutes
HOW						



95% is attitude behind practice

5% is practice

TOOLS & TECHNIQUES		PRAYER	DIARY WRITING	UNIVERSAL PRAYER	CONSTANT REMEMBRANCE	INDIVIDUAL SITTING	GROUP MEDITATION
PURPOSE		Connection with Inner Source	To Record your experience	Universal Brotherhood	Develop Divine Consciousness	Spiritual entouring	Collective Consciousness
ATTITUDE		HUMILITY		LIVELINESS		SENSE OF URGENCY	
POTENTIAL BENEFITS	Qualities	Gratitude	Clarity & Observation	Love	Poised	Growth	Inclusivity
	Impact	Goal oriented	Sensitivity	Global Peace	Excellence	Refinement	Brotherhood
WHEN		Before Bed Time	Everyday	09.00 PM	Attitude behind every work	Once in a week (with a trainer)	Once in a week (with a group)
DURATION (MINUTES)		10 Minutes	05 Minutes	15 Minutes	Daily	30 Minutes	45 Minutes
HOW							