

heartfulness

purity weaves destiny

THE SCIENCE OF HAPPINESS
Create infinite happiness

THE SACREDNESS OF PLAY
The fascinating part of you

THE RHYTHM OF THE UNIVERSE
The beauty of stillness

EXPERIENCE HEARTFULNESS

Learn to Meditate
with the help of yogic transmission.
Experience the beauty of the heart.

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ADOPT POSITIVITY

Our destiny is in our hands, for no one else can shape it as much as we can, though everything else contributes to it in some way - where and to whom we are born, what we are exposed to during early years and the rest of our interactive life. Humans have the most potent mind to feel, think, discriminate and choose.

Thinking arises out of feeling, and feeling good and positive is the foundation of positive action and hence our desired destiny. So it goes without saying that positivity, as a habit, is essential. To make this habit we first have to recognise it as vital and then practise inculcating this habit of being positive. "Well begun is half done," goes the saying. How we begin the day is critical in this habit formation.

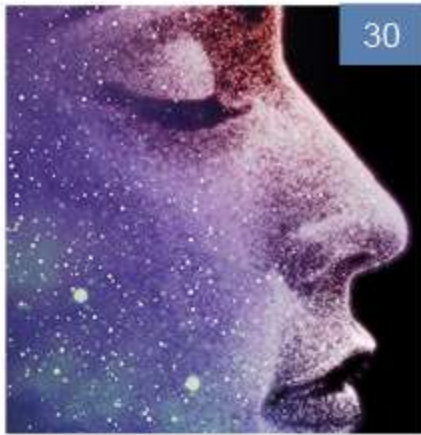
To feel positive, try starting the day with Heartfulness meditation for twenty to thirty minutes. Something in the natural environment helps us to be uniquely energised. This can be called the effect of transmission or *pranahuti*.

As the year comes to a close, December is an excellent time to resolve to feel positive for years to come.

Come experience Heartfulness and become that which we can become!

Victor Kannan,

Director, Heartfulness Institute



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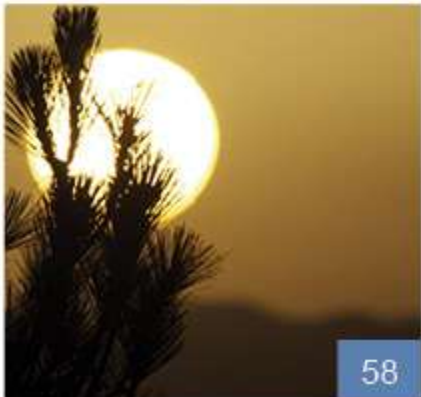
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What determines your reality?

Dear readers,

December heralds the end of the year, a time for reflection on how the months have unfolded and our wishes for the year to come. Is the glass half empty or half full? We know the metaphor, but how do we evaluate our lives? Those of us who think positively will respond enthusiastically, "Half full," but those of us who are truly grateful for everything that happens in life, and remain happy under all circumstances will say, "Completely full." Full of water and air – happy things and difficulties. This small shift in consciousness opens up a new approach to how we live life. If we can see beyond the dualities of good and bad, right and wrong, happy and sad, every precious breath we take is an opportunity for evolution.

This month, the new Star Wars episode *The Force Awakens* will be gracing our screens. To honour this event, our theme for this issue is the venerable Qui-Gon Jinn's wise advice to young Anakin Skywalker in episode one:

"Always remember, your focus determines your reality."

What determines your reality? How does it reflect in what you think and do? Take some time out as the year closes to focus; the best way to do this naturally and simply is to meditate. If you meditate on the heart, you will journey into a deeper universe within and discover, in the words of our favourite Jedi Master, Yoda, that:

"Luminous beings are we ... not this crude matter."

Happy reading!

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Always
remember,
your focus
determines
your
reality.

QUI-GON JINN,
STAR WARS EPISODE I



PHOTOGRAPHY BY JORDAN MCQUEEN



Happiness

KAMLESH D. PATEL

The German philosopher Schopenhauer asked the question, “How can we determine whether a man is happy or unhappy?” He defined true happiness as the complete satisfaction of all desires. You could say that the happiness of a person can be described mathematically as:

$$\text{Happiness} = \frac{\text{Number of desires fulfilled}}{\text{Total number of desires}}$$

So if you have ten desires and five are fulfilled, you have fifty percent happiness. If ten are fulfilled, you have one hundred percent happiness. The more desires you have, the harder it will be to fulfil them all, and so the less happy you will be. Happiness is inversely related to the number of desires.

What happens when you have no desires at all? The denominator becomes zero. Anything you divide by zero is infinity. If you have zero desires, limitless will be your happiness.

In this desireless state, we don't expect anything. When we don't expect anything, we don't play games with ourselves and others. We don't manipulate others because we don't expect anything from anyone.



PHOTOGRAPHY BY BHARATH KRISHNA

“If you want to have infinite happiness, infinite bliss, then minimise your desires, from more and more to less and less and finally to zero! Make peace with yourself.

How do we destroy our inner condition and our humanness? It is mentioned in the Bhagavad Gita, in chapter two, that when desires are not fulfilled there is disappointment. Disappointment leads to anger, anger makes us lose our balance, and once we lose our balance, our mental equilibrium, we are destroyed and lose our humanness.

Ram Chandra of Shahjahanpur spoke about, “More and more of less and less.” What is he talking about? He is talking of desires: more and more of less and less desires. When you look at it in a mathematical way, you see so much wisdom in that simple statement. If you want to have infinite happiness, infinite bliss, then minimise your desires, from more and more to less and less and finally to zero! Make peace with yourself. “My Lord, whatever you have given me and you continue giving me in the future, I am happy.” Does that mean you should not have an iPhone? You think about it ●

About Kamlesh Patel

From an early age, Kamlesh Patel was interested in spirituality and meditation, and eventually came to the feet of his Guru in 1976 while still a student. He is now the fourth spiritual guide in the Sahaj Marg system of Raja Yoga meditation.

Kamlesh is married with two sons, and is a role model for students of spirituality who seek that perfect blend of Eastern heart and Western mind. He travels extensively and is at home with people from all backgrounds and walks of life, giving special attention to the youth of today.



Pure State of Being

N. S. NAGARAJA takes us beyond thought into the realm of feeling, and onwards to a state of higher consciousness.

The “Cogito ergo sum” idea of René Descartes is widely accepted as a way to prove that I-awareness exists independent of sense organs. According to Descartes, thinking proves that the thinker exists.

Mind, body and senses are bound together somewhat tightly. Senses influence the mind and the mind influences the senses. Our existence is linked to mind. The state of mind and the thoughts we have often dictate our actions. We could even say that our state of mind defines us (well, most of the time).

It is possible, with effort, to alter and improve our state of mind. The art of Mindfulness teaches us that we can influence our quality of life by achieving a better state of mind through meditation. What is this better state of mind? It is a mind mindful of its business! It is an active observer of its thoughts without judgment. Essentially, it is a mind that does not react to every input from inside or outside of itself, but watches without judgment and chooses to act wisely. That is Mindfulness.

“Beyond mind,
what do we know?
We all know ‘feeling’,
an experience or
condition related to
our heart. Heart has
the strongest presence
in us, even in terms of
its electrical field.”

Now a question arises. Is the mind just a thought machine, constructing and deconstructing thoughts? From where does this mind manifest? Is the mind truly independent? Is there anything beyond mind? Is mind a continuum and are we seeing only a part of it?

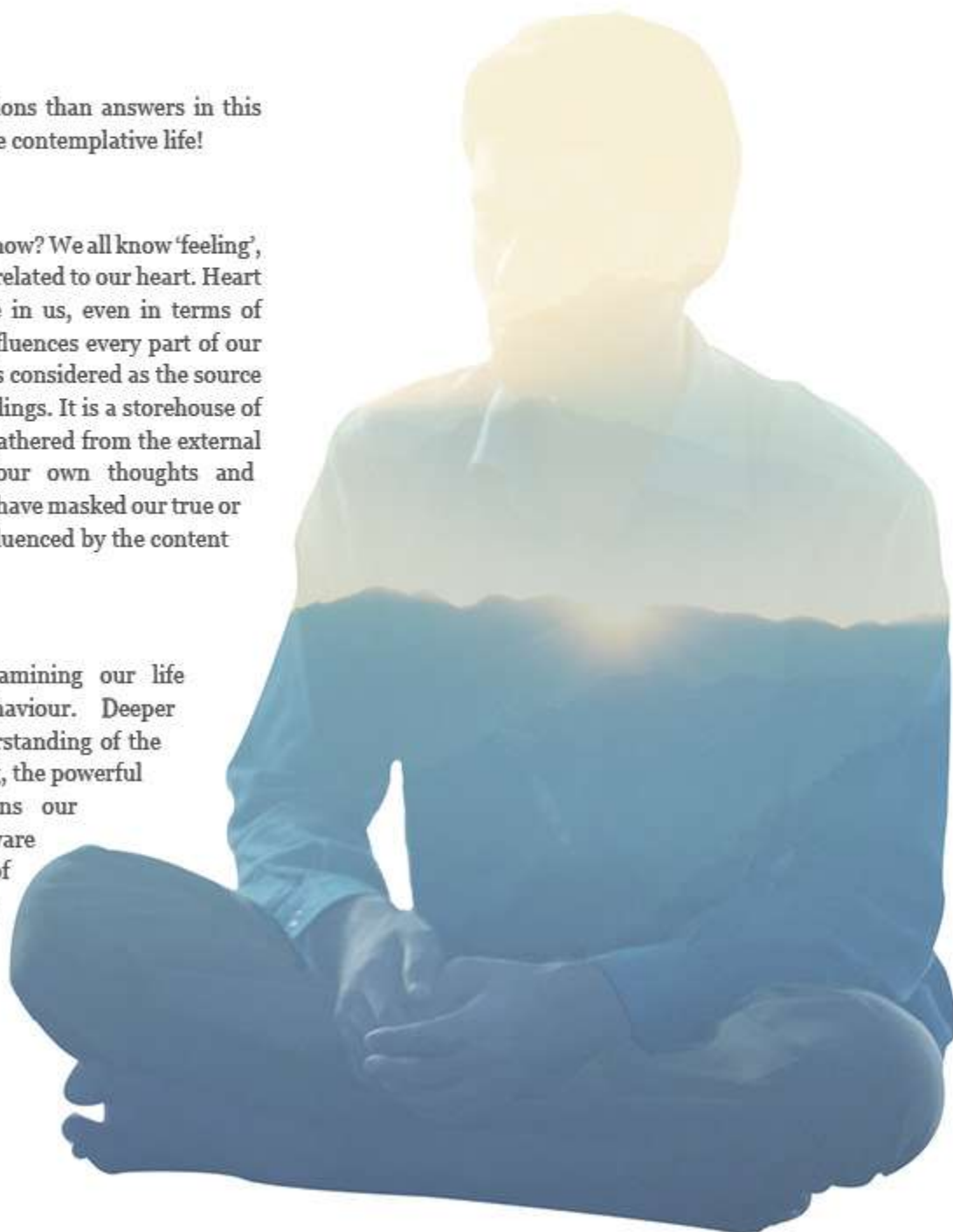
Well there are more questions than answers in this little article. Welcome to the contemplative life!

Beyond mind, what do we know? We all know 'feeling', an experience or condition related to our heart. Heart has the strongest presence in us, even in terms of its electrical field. Heart influences every part of our body and mind too. Heart is considered as the source of wisdom, courage and feelings. It is a storehouse of impressions that we have gathered from the external environment, and from our own thoughts and actions. These impressions have masked our true or original nature. Mind is influenced by the content of heart.

Robert Gerzon says, "Examining our life reveals patterns of behaviour. Deeper contemplation yields understanding of the subconscious programming, the powerful mental software that runs our life. Unless we become aware of these patterns, much of our life is unconscious repetition."


Is it possible to remove this deep programming and bring forth the true original and pure nature of our own Self?

When our inside and outside reflect the original nature of Self, then we have achieved a state of being which is closer to higher consciousness. Living life from this purer state of being is Heartfulness ●



CONSCIOUSNESS





ROSALIND PEARMAIN shares some observations and insights into how our minds work in day-to-day life, and the quality of consciousness that results from calming the mind.

As soon as we wake up in the morning, our attention goes somewhere. Like a radar system, our minds pick up whatever seems to be loudest in their field of sensitivity. They might go to uncomfortable thoughts about the day ahead. They might focus on the question of how tired we still feel, or how drained we are, or how we can motivate ourselves to leave the snug invisibility of the duvet realm! Our attention might go of course to the dreams from which we have just awakened. Our focus might be seized by our nearest and dearest, our problems at work, our pets demanding attention, or our children needing help. It could also be that our direction of mind goes towards something to which we are looking forward.

So each day, we start the waking hours with mind activity that also has physical experience and emotions mixed with it. If you think about it, very often the first impressions of the day are shaped by the kinds of thoughts, sensations and emotions that arise when we wake. They affect the day that unfolds, like a filter or haze or particular tune playing across the course of the day. This is like a quality of consciousness.

There can be so much variation in how we feel when we wake up. We can feel down or up, energised and fresh or tired and depressed. Children seem always to wake up with some kind of zest for the new day. I was surprised once when I interviewed Heartfulness meditators and heard a few say that the practice made a difference to how they felt in the morning. They felt a kind of joy for the adventure of the new day ahead. It reminded them of how they had felt as a child.

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