



Free online
meditation masterclasses

Mastering Being

2018 meditation masterclasses by Daaji

Learn to Manage Your Life and Your Emotions
the Heartfulness Way

Mastering Being will be available starting
January 2018

REGISTER: www.heartfulness.uk/masterclass

Global Press Release

January 2018

Starting January 2018, the global guide of Heartfulness meditation, Kamlesh D. Patel, known as Daaji, will offer free online meditation masterclasses, *Mastering Being*, which can be accessed globally.

The *Mastering Being* series is an invitation to begin our first day of the New Year with oneness through meditation. "The series of three classes encompasses effective relaxation and meditation techniques that anyone over the age of sixteen can practice," announced the Heartfulness Institute, a non-profit organisation and the masterclasses organiser. No prior experience in meditation is needed to join in and feel the benefits.

In the past year alone, more than 1.2 million people in around 160-countries have accessed Daaji's online meditation masterclasses, during which he guides listeners through a set of simple practices for inner calm and balance.

*“A teaching may be true. But it matters little unless you have realised that truth for yourself.
It is not enough for a teaching to be true.
It must be true for you.”*

- Daaji

These are just some of the natural outcomes of the silent heart-based Heartfulness meditation.

Daaji also addresses how to overcome stress, how to let go of negative habits, and how to feel refreshed with the Heartfulness technique of cleaning amidst life's competing demands.

The online masterclasses bring immediate, practical and effective guidance from the century-old lineage of Heartfulness right into your home and boardrooms. Each class runs between 35 and 45 minutes. Registration is required and free of charge.

Victor Kannan, Director of Heartfulness Institute in North America, said, “Daaji's masterclasses are so vital to anyone who resolves to achieve a calmer, focused and

peaceful life. This is achieved by practicing the Heartfulness way. The heart is now understood to have its own intelligence, magnetic field and energy flow, so learning to meditate on the heart and keeping the heart simple and pure are important gifts we can give ourselves, our families and friends.”

Hundreds of corporate, civil society and academic institutions across the world have accessed Daaji's online classes. As with previous masterclasses, there is no cost to access the *Mastering Being* series. And for those who want to continue with Heartfulness meditation after the masterclasses, HeartSpots in 130 countries are available with thousands of certified volunteer trainers.



Day 1: Relax and Meditate

In this first masterclass, learn Heartfulness Relaxation for physical-mental coherence and calm, followed by Heartfulness Meditation on the source of light in your heart to take you deeper within.



Day 2: Clean and Simplify

In this second masterclass, be guided through a simple rejuvenative cleaning method to detox your mind. It is useful at the end of the day to let go of stress and complex emotions, and will leave you feeling light and refreshed.



Day 3: Connect. With Your Inner Self

In the third class, learn to connect with your inner self by listening to the heart's voice. Observe your deepest feelings, make wise choices, and weave your destiny.

Origins and Global presence

Heartfulness is an approach to the Raja Yoga system of meditation called Sahaj Marg, founded at the turn of the 20th century and formalized into an organisation in 1945. More than seventy years later, Heartfulness has been adopted globally by groups across civil society, government departments, schools and colleges and the corporate world. In 130 countries, supported by thousands of certified volunteer trainers, over a million people are practicing Heartfulness. This number continues to grow globally through hundreds of Heartfulness Centres or HeartSpots worldwide (www.heartfulness.org)

About Kamlesh D. Patel



The teachings of Kamlesh D. Patel, known as Daaji, arise from his personal experience on the path of Heartfulness, while reflecting his deep spirit of inquiry and respect for the world's great spiritual traditions and scientific advancements. While deeply immersed in his own meditation practice for more than three decades, Daaji also worked as a successful pharmacist and entrepreneur in New York City. In 2014 he became the fourth in this century-old lineage of spiritual guides. He is the co-author, most recently, of *The Heartfulness Way: Heart-Based Meditations for Spiritual Transformation*. To learn more about Daaji, go to www.daaji.org

About Heartfulness UK

Heartfulness UK is a registered charity and non-profit organisation providing training to anyone over age 16 in many centres across the UK as well as in schools, universities, public and private organisations and in the community. Heartfulness is also a global organisation with centres in over 130 countries worldwide.

There are no charges for the Heartfulness practice, the meditation sessions or any teaching offered.

Contact: uk.info@heartfulness.org