

THE SCIENCE BEHIND HEARTFULNESS



HEARTFULNESS

What is Heartfulness

Heartfulness practices guide us on a journey of inner connection, bringing peace, resilience, and well-being into our lives.



Why Heartfulness

The unique and transformative aspect of Heartfulness is the deep connection with one's heart. It helps practitioners experience the deepest states of consciousness. It naturally brings out the heart's qualities of contentment, calmness, compassion, courage and clarity (the 5Cs).

Heartfulness is about feeling. Our entire life is led by feelings and inspirations, and that is the role of the heart. The whole exercise of fine-tuning the heart with the mind is through meditation on the heart, and that is why it is called Heartfulness Meditation.



HEARTFUL words of wisdom

"Peace is not something we find. Peace is what we are, to begin with. It is overshadowed by distractions, sensations, images, feelings, thoughts and perceptions. Meditation helps us uncover it."

Excerpts from the conversations with Daaji



Dr. Deepak Chopra

Renowned Author

Clinical Professor of Family Medicine and Public Health
Chairman, Founder, and Director of the Chopra Foundation

"Heartfulness meditators often experience deep restful states, usually observed with deep sleep. But, with Heartfulness Meditation, this state is simultaneously present with a restful awareness. This is a unique state of consciousness achievable through Heartfulness."



Kamlesh D. Patel

DAAJI

Global Guide, Heartfulness



"Stress causes inflammation of the brain and damages nerve cells. Desires and fears play a role in stress. Don't let the desire become an addiction. Don't let that fear become a phobia. By connecting the brain to the heart, evolution moves towards self-awareness of yourself as part of a greater community and connects us to empathy and altruism. The result is mental vitality and happiness. Meditation is a way to achieve this."

Excerpts from the conversations with Daaji











Dr. Rudolph Tanzi

Professor of Neurology, Harvard University,

Director of the Genetics and Aging Research Unit

Co-director of the Henry and Allison McCance Center for Brain Health, Massachusetts General Hospital

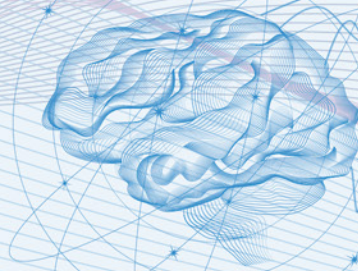
Through Heartfulness Practice

-  Enhance Mental Well-being
-  Reduce Anxiety
-  Combat Burnout
-  Manage Stress
-  Curtail Loneliness
-  Improve Quality of Sleep
-  Increase Longevity
-  Boost Cardiac Health
-  Enrich Quality of Life
-  Improve Gut-Brain Health

DEEP MEDITATION, even the first time, through Heartfulness



Heartfulness
Meditation
results in
deeper
meditation
experience.



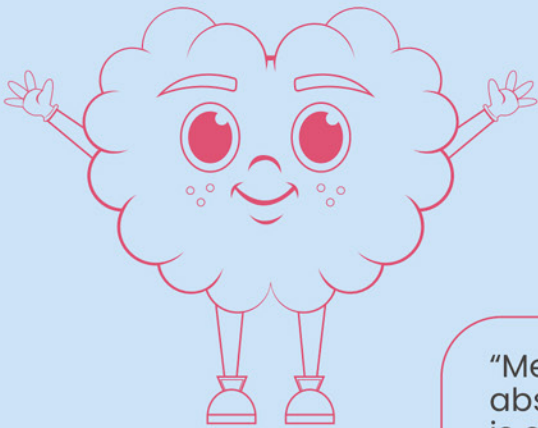
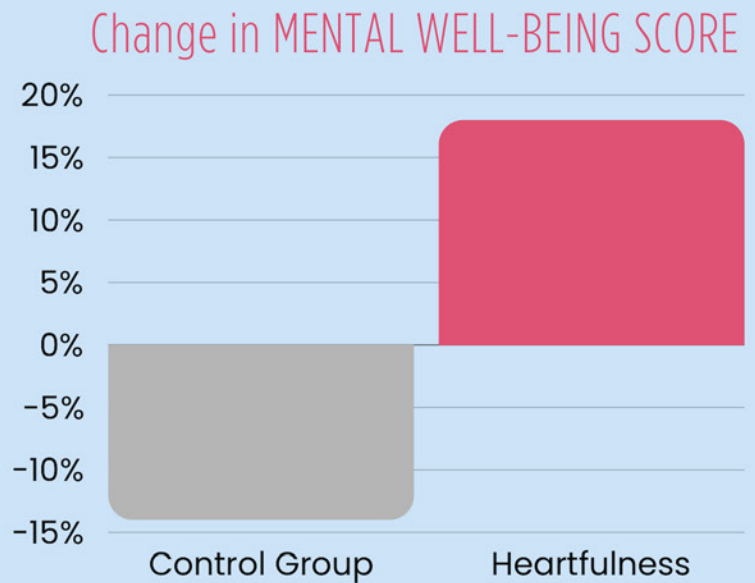
"EEG studies have showed that Heartfulness Meditation can result in calm states (state effects) very early, within a few weeks after starting meditation. When meditated for longer time periods, they go on to enjoying higher levels of wellbeing and life satisfaction. In addition, the long term meditators showed gamma wave activity in the occipital region of the brain that are associated with higher perceptual clarity and awareness of deeper self."



Dr. Krishnamurthy Jayanna
MD, Professor of Public Health

Be resilient, Enhance MENTAL WELL-BEING

There was an 18% improvement in mental well-being scores among participants undergoing the Heartfulness program, whereas there was a 14% worsening in mental well-being scores among participants in the control group.



“Mental health is more than the absence of mental disorders. It is a dynamic state of internal equilibrium that enables individuals to use their abilities in harmony with the universal values of society.

Heartfulness Meditation programs have been shown to positively impact mental well-being among different groups of participants.”

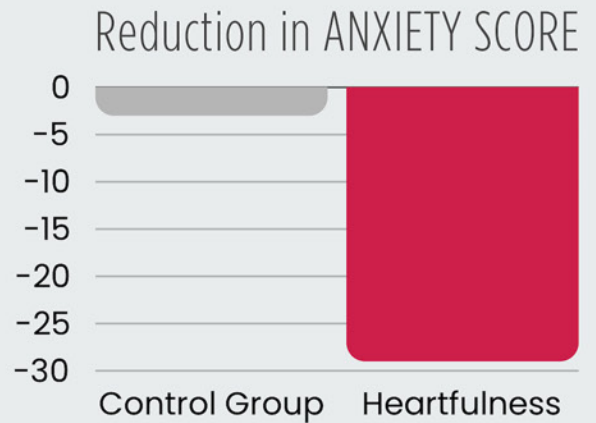


Dr. Alpana Soni
MD, General Surgeon

Say NO to ANXIETY



There was a 29% reduction in generalized anxiety scores among participants who completed a 12-week Heartfulness Meditation program.



Dr. Hester O'Connor
Clinical Psychologist

"According to Anxiety Disorders Association of America (ADAA), anxiety disorders are the most common mental illness in the US, affecting 40 million adults every year.

Self-care tools offered by Heartfulness can help combat and prevent generalized anxiety."



Don't BURNOUT



Burnout is a syndrome resulting from unmanaged chronic stress. Burnout is characterized by:

- a feeling of energy depletion or exhaustion
- an increased mental distance from one's job, or feelings of negativism or cynicism or depersonalization related to one's job
- a reduced sense of professional efficacy



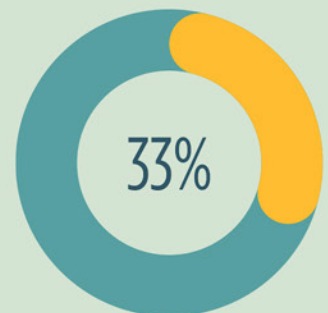
Dr. Jayaram Thimmapuram
MD, FACP, Internal Medicine

"Burnout and lack of emotional well-being in the workforce are common challenges that most organizations face in current times.

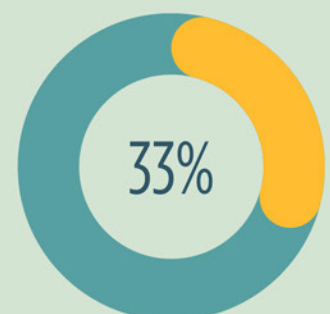
Heartfulness Meditation practice has been shown to have a positive impact on reducing burnout and improving mental well-being, resulting in increased work satisfaction and productivity."

Heartfulness Meditation showed a 33% reduction in various parameters of burnout compared to a 9% in the control group.

Reduction in
EMOTIONAL
EXHAUSTION



Reduction in
CYNICISM

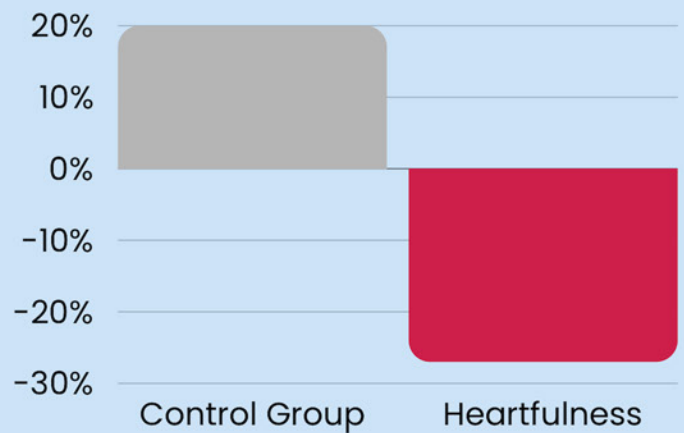


Reduce STRESS, enjoy your day



There was a 27% reduction in perceived stress levels in those who underwent the Heartfulness program, whereas there was a 20% increase in perceived stress levels among the control group.

Change in STRESS LEVEL



Dr. Rohit Parmar
MD, Cardiology

"Meditation can help you manage stress, sleep well and feel better. It is a great addition to your overall wellness plan that includes eating healthier, managing your weight and exercising regularly."

There was a 53% reduction in blood cortisol levels among participants who completed a 12-week Heartfulness meditation program.

Reduction in
CORTISOL

53%



Curtail LONELINESS



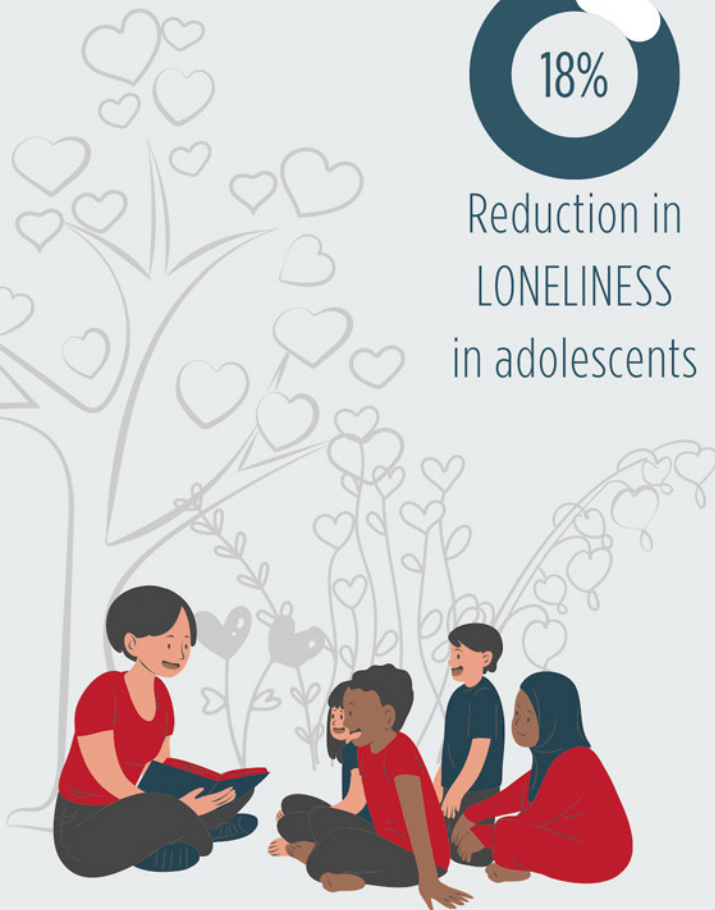
An estimated 44 million American adults experience significant loneliness, as identified in the Gallup National Health and Well-Being Index.

Loneliness increases the risk for premature death by 26%. It is also associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.



Reduction in
LONELINESS
in adolescents

A 13-week course on Heartfulness for students showed reduced stress levels and improved well-being in children by cultivating positivity and fostering social and self-awareness.



"Heartfulness Self-Care program could help decrease loneliness and anxiety and improve life satisfaction in teens and adults, thus improving the health and well-being of the whole school community."



Dr. Ranjani Iyer
PhD, Assistant Principal

Improve SLEEP QUALITY, Get sound sleep



Several studies have shown a positive impact on different parameters of sleep with even a few weeks of Heartfulness practice.

"Psychological stress and poor quality of sleep are two sides of a coin. Heartfulness practice can significantly reduce stress levels and improve sleep quality."



Dr. Kunal Desai
MD, Infectious diseases

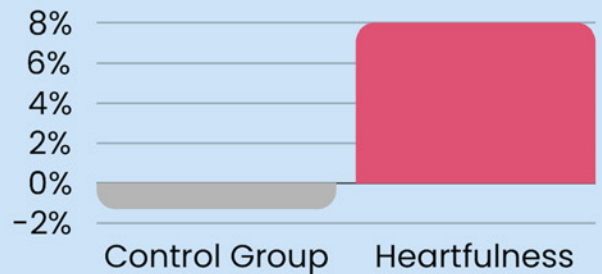
Live healthy, Increase LONGEVITY



A research study demonstrated an 8% increase in telomere length after 12 weeks of Heartfulness Meditation practice against a decrease by 2% in the control group.

A telomere is a region of repetitive DNA sequences at the end of a chromosome. Telomeres, the caps that protect the end of linear chromosomes, are known to shorten with age, inducing cell senescence and aging.

Change in TELOMERE LENGTH



“Long-term practice of Heartfulness Meditation can further improve mental health along with a slow cellular aging process, and hence promote well-being.”

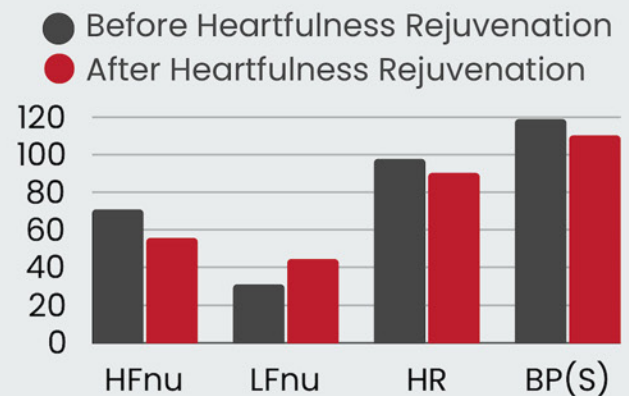
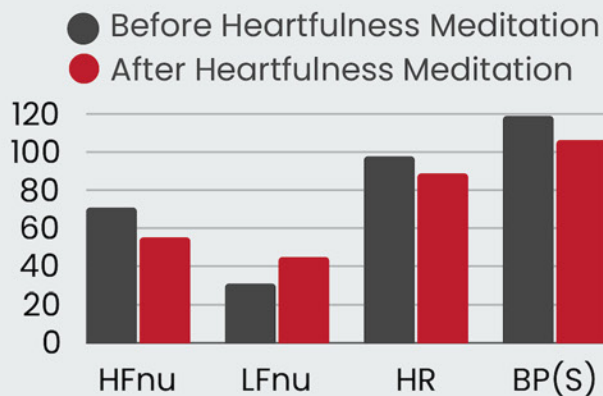


Dr. Mansee Thakur
PhD, Medical Biotechnology



Nurture your heart, Boost CARDIAC HEALTH

Heartfulness Meditation and Rejuvenation practices showed significant positive effect on sympathovagal balance evident by positively influencing Heart Rate Variability.



HFnu/LFnu = High/Low Frequency Powers of Heart Rate Variability in Normal Units
HR = Heart Rate, BP(S) = Systolic Blood Pressure

A significant effect of Heartfulness Meditation and Rejuvenation was observed on the three variables of Heart Rate Variability (LFnu, HFnu, LF/HF ratio).

The maximum Heart Rate along with systolic Blood Pressure was also found to decrease significantly with Heartfulness practices.

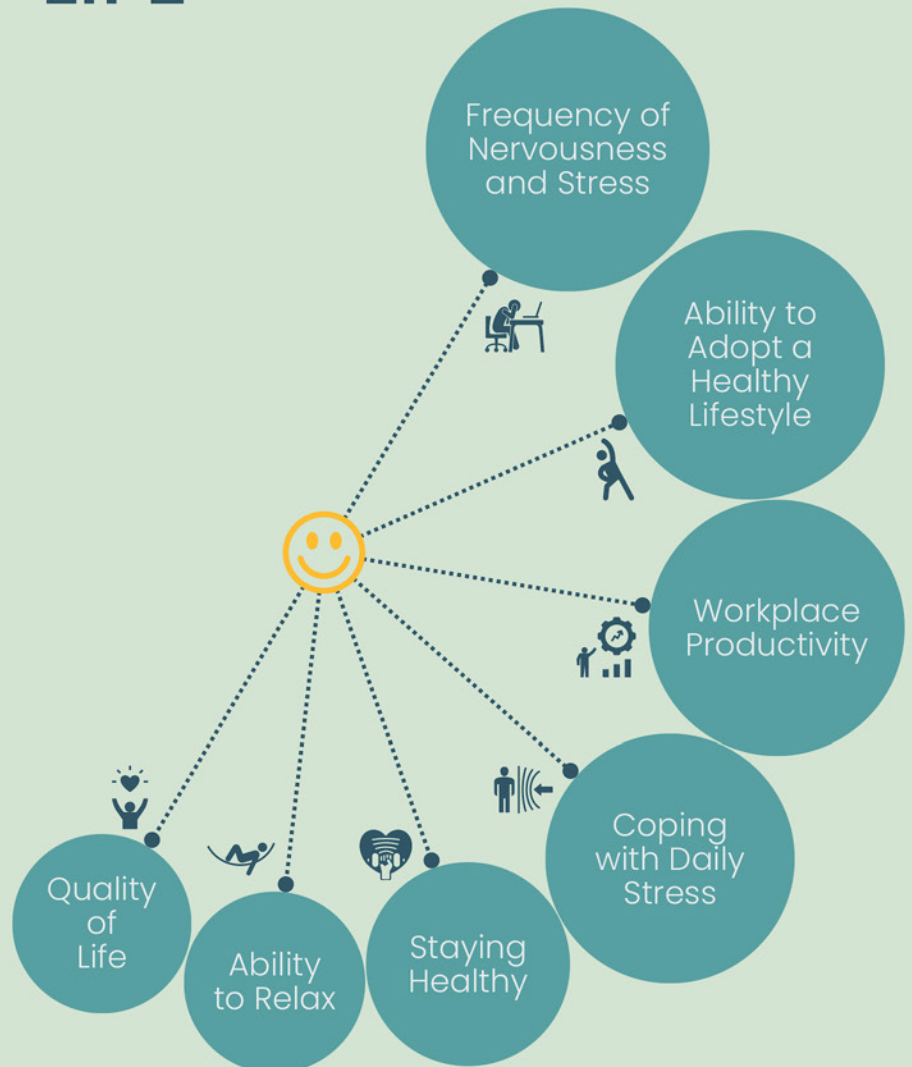
“Heartfulness practice is highly beneficial for cardiac health. Many participants in our study found meditation enjoyable and peaceful.”



Dr. Rahul Mehrotra
MD, Cardiology

Live joyfully, enrich your QUALITY OF LIFE

A multinational cross-sectional study of more than 3000 Heartfulness practitioners from 39 countries during the COVID-19 pandemic reported better outcomes in all 7 domains of HRQOL (Health Related Quality of Life).



Dr. Margaret Schenkman

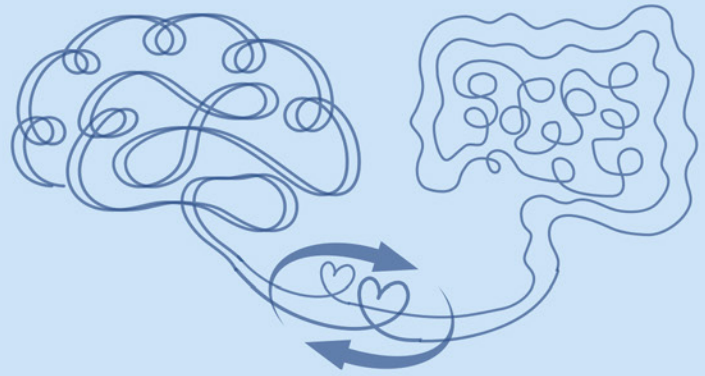
PT, PhD, FAPTA,
Professor Emerita

“Health-related quality of life (HRQOL) is an individual’s or group’s self-perception of their physical and mental health over time which includes quality of life, ability to adopt a healthy lifestyle, ability to relax, frequency of nervousness and stress, coping with day-to-day stress, workplace productivity, and staying healthy.”

Mend your GUT-BRAIN relationship



In one of the first randomized controlled trials using Heartfulness Meditation versus usual care for cyclic vomiting syndrome, a disorder of gut-brain interaction, there was a significant reduction in psychological distress, improvement in coping, sleep quality, and physical health-related quality of life.



“Disorders of Gut-Brain Interaction are a group of gastrointestinal disorders typically aggravated by stress and thought to be due to a miscommunication between the gut and the brain.

Complementary therapies like Heartfulness Meditation have a broad range of applications not only in healthy individuals but also in chronic conditions that are exacerbated by stress.”



Dr. Thangam Venkatesan
MD, Professor of Medicine

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HEARTFULNESS PRACTICES

Heartfulness is easy and practical to incorporate into the modern lifestyle. The four core practices are inclusive, intuitive, and integrated.



RELAXATION

Do away with stress and anxiety to bring back a sense of calm, inner peace and well-being, which is essential for holistic wellness.



MEDITATION

Bring your mind to a state of focus and clarity to explore true inner potential. This is key to productivity and performance.



REJUVENATION

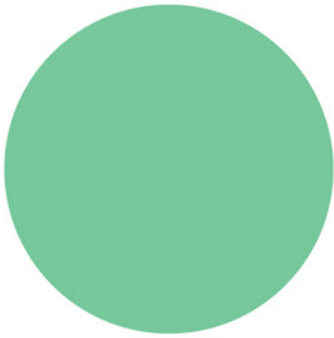
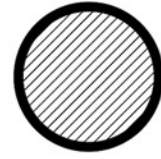
Clean the emotional impact of the day's activities and learn to "let go". This reduces worries and evokes feelings of lightness and joy.



INNER CONNECT

Tune into your heart to unlock inner qualities such as kindness, empathy and confidence. Embark on a journey of inner transformation.

heartfulness
advancing **L** with compassion



Heartfulness provides simple and practical tools to tap into the heart's unlimited resources, easy to incorporate into a modern lifestyle