



Heartfulness Education Trust  
From Wonder, Wisdom

# HELP

Heartfulness - Experience of Life's Potential



Dear students,

Welcome to the ONLINE HELP program. As informed to you all, we will be sharing reading materials as part of every session. The reading materials will be a short collection of notes, stories, quotes, and other inspiring material that will help all of us to deepen our understanding and experience of essential life-skills that are necessary as part of our lives. Please see the reading materials below.

***Read and Enjoy, Do and Feel and Become***

Yours affectionately  
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<https://hfn.link/dd>



## HELP SESSION 16

### Designing Destiny

*“The only person you are destined to become  
is the person you decide to be.”*

- Ralph Waldo Emerson

#### Concepts

1. Who am I?
2. What am I made up of?
3. What propels & guides me to design my destiny?
4. What is Mental Body?
5. Thoughts & Impressions
6. Purity Weaves Destiny
7. Vasudhaiva Kutumbakam

Before deciding and designing our destiny, we will deal with the basic fundamental aspect of: Who am I? What am I made up of? What is in me that propels and guides me to reach my destination? Let's explore with the help of some examples and analogies! Here we go !

#### Who am I?

An **ocean** is a large area of water.

What is the **chemical formula** of water in the ocean? It is **H<sub>2</sub>O**.

A **drop of water** separates out from the ocean.

What is the chemical formula of this drop of water?

It is **H<sub>2</sub>O** obviously!

In the same way in the **Ocean of Divinity or Humanity**, each one of us is a **speck or a drop**.

But all of us have the **same potential** in us as the **Divinity** and the formula is - **PM4C**

**What does PM4C stand for?** Curious to know? Let's explore!



#### What am I made up of?

Like the **cell phone** we are made up of **3 bodies**:

**PM4C** stands for **Physical, Mental and Causal body**.

**1. The Physical body. Energy as matter.**

**2. The Mental Body. Energy as Vibration.**

This is like the **Sim card** of the cell phone.

All the applications to operate our life is found here.

These **operations are 4** in number.

**3. The Causal body. Absolute Energy!**

It is the **life force**, in our **battery** called the **heart**. It is the potential energy in us – **unmanifested**. It keeps us **alive**!



**Physical Body**

(Energy as Matter)

**Mental Body**

(Energy as vibration)

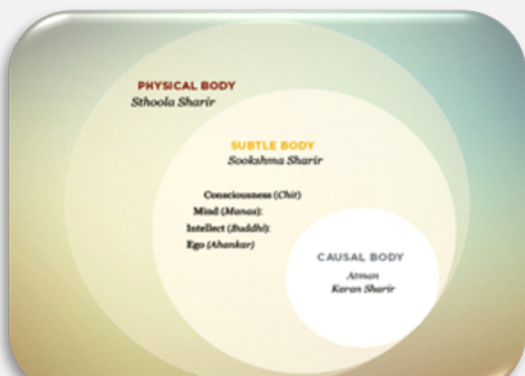
**Causal Body**

(Potential Energy- Unmanifested)

Therefore, who am I? It's so very obvious.

**I am the Causal body – the Athman, Soul, Spirit or Rhu.**

It is like the **electrical energy** in the battery, without which we cannot use the cell phone.



### What propels and guides me to design my destiny?

It is the **mental body** in us . This can be **upgraded** like the sim card. It can **evolve!**

**Our Destiny is designed here!**

We definitely need to know more about this Mental body which designs our destiny!

### What does M4 stand for ? M4 refers to the 4 components or functions of the mental body

**Consciousness** - Awareness  
**Mind** -Thinks & Feels  
**Intellect** - Reasons & Judges  
**Ego** - Confirms every decision.

These 4 components (CMIE) work in an **interactive way**.  
 In general parlance we call it the **mind**.  
**This mind is nothing but a flow of thoughts.**  
**Thoughts are the base to decide our destiny!**

### Thoughts & Impressions:

Let's read this quote which says it all!  
 "Watch your thoughts, they become words.  
 Watch your words, they become your actions.  
 Watch your actions, they become your habits.  
 Watch your habits, they become your Character.  
 Watch your character, it becomes your destiny."

When we were born we were **simple, innocent & pure**.  
 As we grew up – 'me, my and mine'  
**attitude** developed.  
 This resulted in creation of **unproductive & unnecessary thoughts & also desires**.

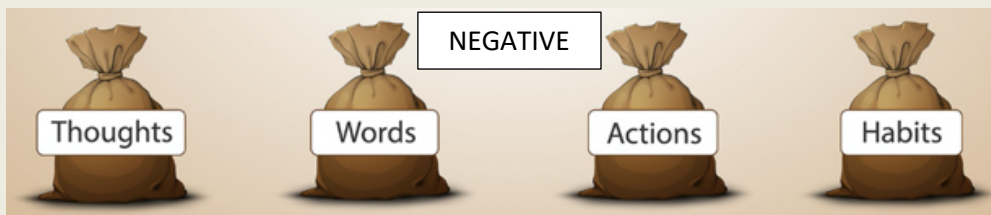
From innocence we moved towards impressions!  
 From purity we slowly moved towards accumulation of impurities!  
**"Purity Weaves our Destiny. Impurities Destroy our Destiny".**  
 It is better to know our enemies in us now, so that we can recognise them  
 before they come.  
 Better still to remove them, and allow the purity to shine forth from



### Luggage of Impurities

What is the luggage of impurities that we are carrying in our minds?

Negative thoughts, leading to Words, Actions and Habits

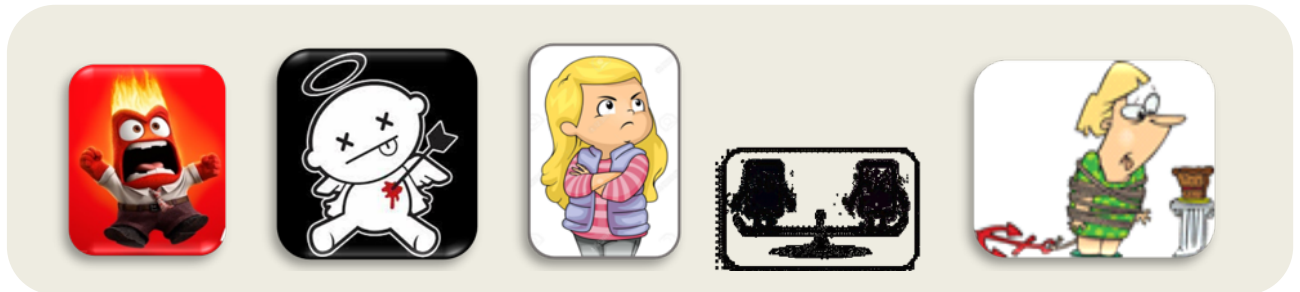


They disturb our minds. Create a heaviness in our hearts. Destroy our peace & destiny!

### Impurities Destroy our Destiny:

None of us are perfect. We do have some unwanted qualities like:

**Anger, Hatred, Jealousy, Comparison, Temptation, Fear, Doubt, Guilt, Ego & Prejudice.**

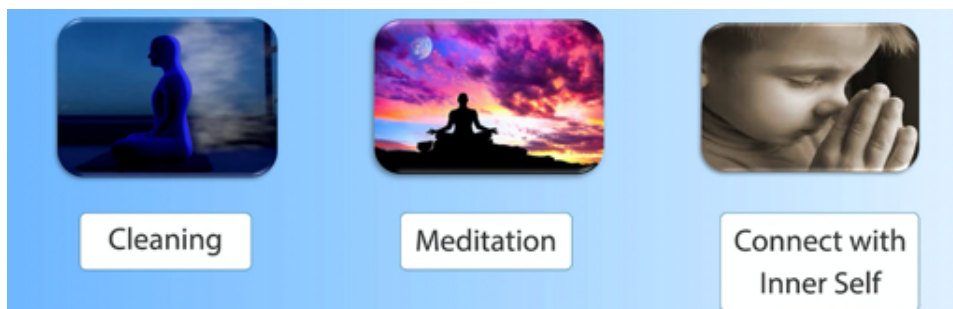


### How to remove these deep rooted impurities and, purify & simplify the mental body?

Deep rooted layers of impurities covering the purity can be removed through the

**Heartfulness Cleaning technique.**

This technique coupled with regular practise of **Heartfulness Meditation & Connect with Inner Self**, purifies and simplifies the mental body.





## Evolution of Mental Body

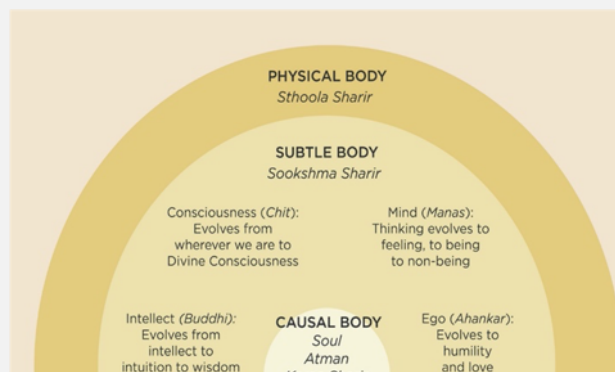
In a purified & simplified mental body  
**M4 evolves.**

**Consciousness** - to Divine Consciousness.  
That is **360 degrees awareness.**

**Mind** - From Thinking to Feeling

**Intellect** - To Intuition and wisdom

**Ego** - To Humility & Love



## Purity Weaves Destiny



The evolution of the mind perpetuates purity and qualities of  
**Love, compassion, patience, tolerance, faith, humility, simplicity, acceptance and discipline.**

**This purity in thought, word, action, habits and character, weaves one's destiny!**

Each one of us is capable of being one such person!



**Education is to Transform  
Human Beings To Being Human !**

It's nothing but Pure Love & Compassion!



<https://www.youtube.com/watch?v=HkuKHwetV6Q>

Watch the video where the joy of the soul shines and radiates from within.  
All the positive values and character have been portrayed so beautifully!



**Vasudhaiva Kutumbakam  
The world is one family.**

**We are all connected by pure,  
selfless love!**

**Let's pitch in, to build a positive  
Collective Consciousness!**



“It is in the stillness of the mind that we perceive the heart with clarity. By constantly observing the inner weather, we steer through life wisely, steadfastly, sans regrets.”

- Daaji



## Heartfulness Meditation

- Choose a place where you can meditate without being distracted, preferably at the same place and same time daily. The most ideal time of day is before sunrise.
- Turn off your phone and other devices. Sit with your back upright but not rigid.
- Sit comfortably. Gently close your eyes and relax.
- If needed, take a couple of minutes to relax your body by doing the Heartfulness Relaxation.
- Turn your attention inward and take a moment to observe yourself.
- Then, suppose that the Source of divine Light is already present within your heart, and that it is attracting you from within.
- Gently relax into that feeling. If you find your awareness drifting to other thoughts, do not fight them but also do not entertain them. Let them be, while simply reminding yourself that you are meditating on the Source of divine Light in your heart.
- Allow yourself to become more and more absorbed within.
- Remain absorbed within this deep silence for as long as you want, until you feel ready to come out of meditation.



## Heartfulness Cleaning

Do the cleaning practice at the end of your day's work, preferably not too close to bedtime. This process will rejuvenate you and purify your system of any accumulated heaviness. There are a few steps to the cleaning process, so in the beginning it is best to practice them in the following sequence:

- Sit in a comfortable position with the intention to remove all the impressions accumulated during the day.
- Close your eyes and relax.
- Imagine all the complexities and impurities are leaving your entire system.
- Let them flow out from your back in the form of smoke, from the area between your tailbone (at the base of your spine) and the top of your head.
- Remain alert during the entire process without brooding over the thoughts and feelings that arise. Try to remain a witness to your thoughts.
- Gently accelerate this process with confidence and determination.
- If your attention drifts and other thoughts come to mind, gently bring your focus back to the cleaning.
- As the impressions are leaving from your back you will start to feel lighter.
- Continue this process for up to twenty to twenty-five minutes.
- When you feel light within, you can start the second part of the process.
- Feel a current of purity coming from the Source entering your system from the front. This current is flowing into your heart and throughout your system, saturating every particle.
- You have now returned to a more balanced state. Every particle of your body is emanating lightness, purity, and simplicity.
- Finish with the conviction that the cleaning has been completed effectively.



## **Meditation with a Trainer**

It is helpful to have an individual meditation session with a trainer every two weeks. These individual sessions normally last between thirty and sixty minutes. The individual meeting is also a good time to seek any necessary clarifications on your practice.

If there is not a trainer close by to you, you can have these sessions remotely, through the LetsMeditate App, available on all smart phones via the relevant App store.

## **Meditation in a Group**

Group meditations are held in Heartfulness centres worldwide at least once a week, often more frequently. They are sometimes called satsanghs. You are very welcome to attend these sessions whenever you wish; you can find your local HeartSpot centre at [heartspots.heartfulness.org](http://heartspots.heartfulness.org)

Please arrive more than ten minutes before the meditation begins, relax and sit in a meditative mood to prepare yourself.

Afterwards, sit quietly for five to ten minutes so that you can really absorb the inner state you experienced during the meditation and carry it with you when you leave. Meditation is sometimes followed by a reading or video, and information about upcoming seminars and local events.

On those days when you attend group meditation, you can still do your own Heartfulness practices at home.

## **Introductory Articles and Videos**

Heartfulness website - [www.heartfulness.org](http://www.heartfulness.org)

Daaji's articles and videos - [www.daaji.org](http://www.daaji.org)

Heartfulness YouTube Channel - [youtube.com/heartfulness](https://youtube.com/heartfulness)

Heartfulness Magazine - [www.heartfulnessmagazine.com](http://www.heartfulnessmagazine.com)

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