

REVIEW ARTICLE**MODULE FOR HEARTFULNESS RELAXATION AND MEDITATION TO
IMPROVE THE QUALITY OF LIFE**

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ABSTRACT:

Heartfulness Meditation and Relaxation on the effects of contemplative practices on cognitive function, well-being, and neurophysiology, it reduces stress and improves the Quality of Life.

Keywords:

Heartfulness Meditation, Relaxation, Quality of Life

INTRODUCTION:

Heartfulness is a contemplative tradition with a global presence that enables practitioners to experience the transcendence of individual human consciousness with the use of a few simple practices ([Patel and Pollock, 2018](#)). most research has focused on the effects of contemplative practices on cognitive function, well-being, and neurophysiology, largely without considering the philosophy or tradition from which the practices originate.

Heartfulness Meditation is designed to help practitioners regulate and relax the mind and expand consciousness, eventually leading to a permanently awakened state, not only during meditation but at all other times.

What is heartfulness meditation?

Heartfulness is a heart-centered approach to life, where you will ideally be able to live each moment by the heart. It is to live naturally, in tune with the noble qualities of a heart, enlightened and refined through spiritual practice.

Four steps :

1. Relax,
2. Meditate,
3. Rejuvenate/ **cleaning**,
4. Connect.

First, Relaxation. Heartfulness Relaxation is so simple that children of 5 years of age learn it and happily teach it to their parents. Yet it is so potent that it removes stress and tension from the body, calms the nervous system, and settles breathing, so that you feel deep relaxation. You may also feel some relief from many physical and mental ailments.

Second, Meditation. Meditation is a natural human pastime. When we practice meditation, we turn our attention inward to the center of our being, and at first, that is not so easy. We usually find it hard to go beyond the flurry of thoughts and feelings that arise when we close our eyes. Luckily, **Heartfulness Meditation** is supported by the ancient yogic technique of Pranahuti, which takes us beyond the mental level, allowing us to dive deeper into the heart from the outset. While we start with the thought that “the source of Light that is already present in my heart is attracting me from within,” we soon go to a level where we experience the source of Light, and then further beyond that. We touch the center of our being where we find stillness, peace, and contentment.

Third, Cleaning. Imagine resting your mind in stillness, peace, joy, and love. Imagine having such clarity that you automatically make wise decisions without all the confusion and procrastination that generally accompany decision-making. Heartfulness Cleaning is the method that purifies the mind of all its complexities and heaviness, allowing you to feel light and carefree in your approach to life. It will simplify your world by detoxing your mind at the end of each day.

Fourth, Connect with your inner self. Heartfulness Connect allows you to connect with your inner self and listen to your heart’s voice. You can then weave your destiny. It is like taking a dip into the source of life itself, and you will emerge refreshed and balanced. When you connect before sleeping at night, your sleep will be deep and refreshing, and every new day will start positively.

What are the 5 C's of mindfulness meditation?

1. Contentment,
2. Calm,
3. Compassion,
4. Courage,
5. Clarity,

were the foundation of our mental, emotional, and social intelligence.

Uses of Mindfulness Meditation

Mindfulness meditation is a form of meditation that focuses on the heart. Some immediate effects reported by practitioners include

- A sense of calm, relaxation, and increased awareness of one's emotions.
- It can also lead to reduced stress and anxiety,
- Improved concentration, and a greater sense of inner peace.

What is the relaxation?

It removes stress and tension from the body, calms the nervous system, and settles breathing,

Purpose of relaxation

- When we relax, the flow of blood increases around our body giving us more energy.
- It helps us to have a calmer and clearer mind which aids
 - Positive thinking,
 - Concentration,
 - Memory,
 - Decision-making.
- Relaxation slows our heart rate, reduces our blood pressure, and relieves tension.

Benefits of heartfulness relaxation

Heart-based meditation practice aimed at achieving a state of balance of mind. Participants in coping with workplace stress,

Decrease burnout,

Improve emotional wellness,

Increase telomere length.

Importance of relaxation

Relaxation keeps your heart healthier,

cuts stress,

Reduces muscle tension,

Improves brain function and memory,

helps you avoid depression, anxiety, and obesity.

It boosts your immune system and helps alleviate the symptoms of many medical and psychological disorders.

What are the effects of meditation and relaxation?

- Reduced stress
- Improve symptoms of stress-related conditions, including irritable bowel syndrome (IBS), post-traumatic stress disorder (PTSD), and fibromyalgia.
- Improved memory
- Better focus through regular meditation may increase memory and mental clarity.

Standard Guidelines for Mindfulness Relaxation and Meditation

Steps	Guidelines	Benefits
1.	Sit comfortably and close your eyes very softly and very gently.	It helps to prevent distraction.
2.	Let's begin with the toes	Wiggle your toes. Now feel them relax.
3.	Relax your ankles and feet.	Feel the energy move up from the earth. While it is moving upward, try to feel how the cells, the muscles, and the bones it covers are relaxing up your feet to your knees relaxing the legs.
4.	Relax your thighs	The energy moves up your legs relaxing them, Feel the lightness in relaxation.
5.	Relax your hips, stomach, and waist	Improve Relaxation
6.	Relax your back	From the top to the bottom the entire back is relaxed.
7.	Relax your chest and shoulders	Feel your shoulders simply melting away
8.	Relax your upper arms. Relax each muscle in your	

	forearms, your hands ... right up to your fingertips.	Feel how your whole body is now completely relaxed.
9.	Relax the neck muscles	
10.	Move your awareness up to your face. Relax the jaws, mouth nose, eyes earlobes, facial muscles, and forehead to the top of your head.	
11.	Move your attention to your heart.	Rest there for a little while. Feel immersed in the love and light in your heart.
<p>Remain still and quiet, and slowly become absorbed in yourself.</p> <p>Remain absorbed for as long as you want, until you feel ready to come out.</p> <p>And we have to meditate for 20 minutes or 30 minutes, whatever you can, whatever time you have available, you can do it. And you will feel it, in 20 minutes or 30 minutes when it ends on its own.</p>		

Conclusion:

Heartfulness is a simple meditation method that has the potential to affect human beings at many different levels of their existence. Heartfulness Relaxation and Meditation reduce Stress, relax the mind, and improve the quality of life.

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