

## High School

### 15-Week Tuning Into your heart - Conscious Living

#### What is Heartfulness?

Heartfulness is a simple and practical way to experience the heart's unlimited resources. The Heartfulness Institute offers workshops to help students learn simple and effective relaxation and meditation techniques that help them develop calmness from within leading to reduced stress and anxiety, improved focus, and overall wellness of being.



#### How does this help the school?

Students are

- more relaxed, positive and focused
- better integrated, and have improved relationships
- healthier, more creative and productive learning environment

#### How do you learn this?

The Heartfulness relaxation and meditation techniques are simple and practical exercises designed to nurture individual well-being and balanced living. This involves being seated comfortably for 15 minutes in quiet repose with closed eyes, to simply tune inwardly through the guided suggestions given by the facilitator. It is available to students of all socioeconomic backgrounds from ages 6 onwards, regardless of academic ability, and is offered completely free of charge by trained Heartfulness volunteers.



#### How to integrate this in the school?

The practice can be easily integrated into a student's daily routine, and school schedule without any disruption. It is open to all students from ages 6 onwards irrespective of religion, nationality, personal beliefs, socioeconomic backgrounds, academic ability or other demographics.

A Heartfulness program can range from a single workshop to a series of workshops, providing a deeper understanding of meditation. Ongoing support is available from Heartfulness trainers.



**Heartfulness Institute** offers this method in over a hundred countries throughout the world for schools, universities, corporates, communities and individuals. The program is offered free of charge by trained Heartfulness volunteers. There is no cost for the practice at any stage or any other commercial interest.

## **Heartfulness Meditation and Relaxation Program for High School Students**

### **15-week Program**

### **Tuning Into your heart - Conscious Living**

**Class Length: 45 min - 1 hour**

#### **Week 1: Program- Introduction to Heartfulness Meditation and Relaxation**

What is meditation? What is Heartfulness Meditation?

Why the HEART?

Why should I meditate?

How to practice relaxation and meditation?

How to integrate this into daily routine?

#### **Week 2: Program- Transmission (Energy that helps us go deeper into meditation)**

Recap and share your experience: Meditation and relaxation as a tool for wellbeing

Focus during meditation

Place, posture and time for Meditation

Time Management with Heartfulness Meditation

Transmission: A unique feature of Heartfulness meditation, how and why does it work?

Guided Relaxation and Meditation

### **Week 3: Program- Cleaning (Technique that helps us feel lighter)**

How to manage thoughts and disturbances during meditation? (An interactive session including feedback and questions)

Thoughts as impressions

Introduction to Cleaning and how it helps in deepening the experience of meditation

Guided Cleaning followed by self-observation of the effect of cleaning

Guided Relaxation and Meditation

### **Week 4: Program- Self-Observation**

Review of relaxation and meditation (A self-reflective session)

Interactive session on questions and experiences on individual relaxation and meditation including reemphasis on 'Why the HEART?'

Why do we need to observe ourselves? What is the importance of self-observation?

How do we do self-observation? Introduction to journal writing and the importance of using PEMS method: Physical, emotional, mental and self-development for self-observation. Practical tips on how to observe oneself

Guided Relaxation followed by meditation

### **Week 5: Program- Tuning into your heart to make decisions**

Review of individual meditation and journal writing

Tune your mind to the heart to achieve the highest

How to develop better Decision Making

- Emotional vs. logical decision making
- Difficult to make clear decisions when our minds are clouded with a billion thoughts
- Are we following our head or our heart?
- The importance of going within to making a correct choice

Guided Relaxation followed by meditation

PEMS – Self-observation

### **Week 6: Program- Happiness Quotient**

Review of individual meditation and journal writing

What brings happiness?

Present the 'Happiness Quotient' (by Shri Kamlesh D. Patel). How does this science of happiness apply to us? (An interactive session)

Happiness and Beauty in Simplicity

Heartfulness Relaxation conducted by a student followed by meditation

PEMS – Self-observation

## **Week 7: Program- Recap**

Inner Change due to meditation

Review of the following:

- **Individual relaxation, meditation and cleaning**
- **Self-Observation- PEMS Journal writing- Diving into our heart**
- **Tuning into your heart to make decisions**
- **Happiness Quotient**
- **Recap**

Each life is unique. Each life has a story to tell. Each life has its own set of lessons, experiences, and perspectives. Share them.

Review of the last seven weeks: a self-reflective session to be collected and reviewed by the Heartfulness team:

- How has your practice of meditation and relaxation changed in the last three months?
- What changes have you and your family observed in yourself since you started Heartfulness?
- What is your feedback on this program?

Guided Cleaning

Heartfulness Relaxation conducted by a student followed by meditation

## **Week 8: Program- Prioritising**

Review of individual meditation and journal writing

Follow up on last week's self-reflective exercise: short presentations by students on their experiences

Keeping priorities straight. What are my top 5 priorities in life?

Techniques to prioritize and beat procrastination

Finding balance through Heartfulness Meditation

Guided relaxation conducted by a student followed by meditation and PEMS observation

### **Week 9: Program- Becoming settled in your SELF**

Why Do We Care What Others Think About Us? Becoming Settled in Your Self. Be yourself and believe in yourself

- Why is our sense of self so dependent on others' opinions of us?
- How do we settle in to our sense of Self comfortably and without the bias/influence of others?
- Self-confidence
- Doubt poisons the will and makes us weak

Be yourself and believe in yourself

Discover the inner beauty through Heartfulness meditation

Guided relaxation conducted by a student followed by meditation

### **Week 10: Program- Fostering positivity**

Do we understand the power of positivity?

How do others influence our self-confidence and performance? How can we spread positivity?

How do we resolve conflicts? A few tips...

How does meditation change us from the inside? How does this change foster positivity?

Guided relaxation conducted by a student followed by meditation and PEMS observation

### **Week 11: Program- Co-existing with different personalities**

Review of individual meditation and journal writing including feedback: a self-reflective session

Problem People: Co-existing with Different Personalities

- What is my personality type?
- Importance of coexistence - Differing personalities exist in every facet of our lives: family, workplace, cultural spheres etc.
- Embracing differences: How do we learn to accept the personalities of others and still create a functioning and thriving environment?
- Handling criticism and face setbacks as an opportunity to learn

Staying 'centred' throughout the day with Heartfulness Meditation: practical tips for continuing the meditative state and doing emergency cleaning when needed

Guided relaxation conducted by a student followed by meditation and PEMS observation

### **Week 12: Program- Sleeping and resting well**

Review of individual meditation and journal writing including feedback and questions: an interactive session

Why Can't I Fall Asleep? !

- Thoughts!
- Consistently filled with worries, thoughts, emotions, activities of the day, previous day, next day, etc
- Electronics—habit of falling asleep with cell phone/television on
- The smallest disruption of sleep can throw off our entire sleep pattern
- How do we empty our minds and feel relaxed for a sound night of sleep?

The importance of a good night's sleep for feeling good and being able to meditate well in the morning

How can meditation and relaxation help in sleeping better? Review of the use of cleaning to feel light

Guided cleaning

Guided relaxation conducted by a student followed by meditation and PEMS observation

### **Week 13: Program- Attitude and values that lead to excel**

Review of individual meditation and journal writing including feedback: a self-reflective session

Excel in everything you do

Attitude for excellence

Positive Attitude and Heartfulness Meditation

Guided relaxation conducted by a student followed by meditation and PEMS observation

### **Week 14: Program- The Art of Silence**

Review of individual meditation and journal writing including feedback and questions: an interactive session

The Art of Silence

- Reducing the amount of noise that we are surrounded by
- Cell phones, television, music
- Era of technology – excessive noise is a by-product
- How can we internalize in order to find peace and quiet?

Practical tips on how to self-observe, introspect and tune to the HEART using the Heartfulness meditation and additional techniques

Guided relaxation conducted by a student followed by meditation and PEMS observation

## **Week 15: Program- Tuning into your Heart**

Meditate deeply

Review of the following:

- **Heartfulness relaxation, meditation and cleaning**
- **Self-Observation- Individual meditation and journal writing**
- **Tuning your mind to the heart: Emotional vs Logical**
- **Happiness Quotient: Simplicity as the key to success**
- **Importance of Prioritising**
- **Obstacles, a chance for an opportunity to grow**
- **Becoming settled in your SELF**
- **Positivity: inside and outside to build healthier relationships**
- **Co-existing with different personalities**
- **Sleeping and resting well**
- **Attitude and values that lead to Excel**
- **Art of Silence**
- **Recap**

Each life is unique. Each life has a story to tell. Each life has its own set of lessons, experiences, and perspectives. Share them.

Review of the last fifteen weeks: a self-reflective session to be collected and reviewed by the Heartfulness team:

- How has your practice of meditation and relaxation changed in the last three months?
- What changes have you and your family observed in yourself since you started Heartfulness?
- What is your feedback on this program?

Difference between Meditation and Cleaning followed by Guided Cleaning

Guided relaxation conducted by a student followed by meditation and PEMS observation