

High School

7-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

7-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

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